

● **For The Farm Wife**

(Continued from Page 14)

- 1 1/4 cups milk
- 1 egg
- 1 cup grated sharp Cheddar cheese
- 1 teaspoon onion salt
- 1/2 teaspoon basil leaves
- 1/2 teaspoon celery seed
- 1/4 teaspoon paprika
- 2 tablespoons chopped chives
- 1 10-oz. package frozen peas and carrots, cooked and drained
- 6 eggs
- 1/4 cup grated Parmesan cheese

In a large mixing bowl, blend corn bread mix with the next eight ingredients until moistened. Stir in cooked peas and carrots. Pour into a greased 11 1/4 x 7 1/2 x 1 1/2 inch ovenproof dish. Make 6 indentations in corn bread mixture with a rubber scraper or the back of a tablespoon. Drop one egg into each indentation. Sprinkle with grated Parmesan cheese. Bake in a moderate oven (375 degrees) 30 minutes. Serve at once with your favorite mushroom sauce.

● **E'Town Youth**

(Continued from Page 13)

laboratory and sheep barns. Locally, Gipe was an active 4-H'er and served as president of his club for three years. In college he is a member of the Block and Bridle Club.

The delegates recently completed a three-day orientation conference at the Penn State

favorite mushroom sauce. Makes 6 servings.

CHOPPED HAM WITH MUSHROOMS AND EGGS

- 12 oz can chopped ham, cut into 1/4 inch by 1/4-inch strips
- 4-oz can mushroom pieces and stems, drained
- 1/4 teaspoon onion salt
- 4 eggs
- Pepper

Heat ham strips and mushrooms in a skillet. Stir in onion salt. Cover bottom of the skillet with the chopped ham mixture. Drop eggs on top of ham. Season eggs with pepper. Cover. Do not stir. Cook until eggs are done.

campus and will receive further training in Washington, D. C. before leaving the United States.

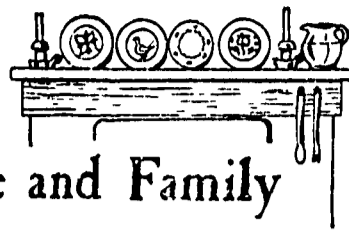
The IFYE program, conducted by the National 4-H Club Foundation, sends outstanding rural youths from the United States to other countries and brings rural young people from these same countries to the United States. The program is financed privately with the home community or county sharing the delegates expenses. Upon returning from this IFYE adventure Harvey plans to work for the Cooperative Extension Service and will be available to speak to Lancaster County groups on his experiences in a foreign country.

FARM WOMEN NO. 1

The Society of Farm Women No. 1 will meet on Saturday, April 3 at 12 noon in the Salem Lutheran Church, Lincoln.

They will entertain the members of Society No. 2 at a covered dish luncheon. Mrs. John Newcomer will be in charge of devotions and the hostesses include Mrs. Leon Ulrich, Mrs. Roy Brubaker, Mrs. Willis Bucher, Mrs. Guy Reidenbaugh and Mrs. P. F. Snyder.

For the Farm Wife and Family



Ladies, Have You Heard? . . .

All-Cotton Stretch Socks For Children

All-cotton stretch socks are one solution to keeping the growing child supplied with socks. Made to fit any size, the new socks will wear three times longer than regular styles, according to tests.

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Check Grocery Bill —

It May Not Be All Food

If your grocery bill seems high, check it now and then for nonfood items.

Checking is quick and easy. Here's one way to do it — as you empty each sack after a trip to the supermarket, check

items that are not food on the cashier's slip. You can identify them by matching the prices on packages with charges on the sales slip.

Do not charge such items as light bulbs, paper towels, soap, and magazines against the food budget. Add up the cost of the nonfood items and subtract from the total bill. Save these slips, and at the end of a week or a month, add the totals of nonfood items and you'll know how much you spent for them.

Do You Know That —

Eggs are just the thing for round-the-clock mealtime needs? Rich in protein, vitamins, and minerals, and low in calories, eggs will help keep you and your family in tip-top shape. Serve eggs often — at least four or five times a week or maybe once a day.

Ironing will go faster and clothes will look smoother if the ironing board is well-padded.

(Continued on Page 18)



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