

For The Farm Wife
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1/2 cup confectioners sugar
Blend 1 cup milk and shredded coconut at high speed for 1 minute in electric blender. Add pineapple juice concentrate, thawed, milk and sugar. Blend about 1 minute. Serve in 4-6 tall, frosted glasses with pineapple spear or chunks for garnish.

BANANA FLIP

4 fully ripe bananas, flecked

with brown cups cold milk
Sweetened whipped cream for garnish
Cinnamon
Slice bananas into a bowl, and beat until creamy using a hand or electric beater. Add milk. Top with sweetened whipped cream and a dash of cinnamon.

LEMON REFRESHER

4 cups cold milk
1 1/2 cups fresh lemon juice

8 tablespoons sugar
1 pint vanilla ice cream
Combine above ingredients and beat until smooth. Pour into 5-6 glasses, topping each with a scoop of ice cream.

Food Intake Off By 200 Pounds In Fifty Years

Annual food consumption per person now is 200 pounds less than it was 50 years ago according to USDA's "The Farm Index."

A good share of this decline results from the additional processing that takes place before the consumer buys the food.

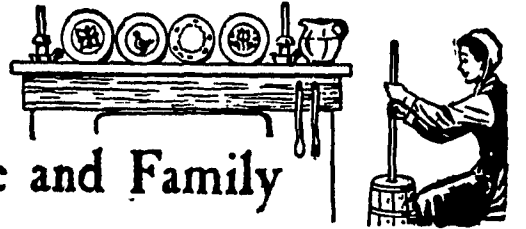
Consumption is measured in pounds sold at retail, so the additional processing which has removed more waste gives a figure closer to actual consumption now.

According to the article, "We're averaging an estimated 400 fewer calories daily. We're eating somewhat less and we've changed the kinds of food we eat."

"For example, consumption of meat, poultry, and fish is up; bulky, starchy foods have lost ground."

If all the milk produced in the United States was placed in square quart bottles, they would form a band around the world 140 times at the equator.

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Choosing The Correct Sewing Thread
Mercerized sewing thread — use on light and medium fabrics. Size 50 in black, white, and colors.

"Heavy duty" mercerized sewing thread — designed for use on drapery, slipcover, and heavy fabrics. Available in black, white, and colors.

Mercerized sewing thread, labeled from No. 8 (coarsest) to No. 70 (finest) is made in black and white only.

Nylon and Dacron polyester threads are made for sewing all kinds of fabrics except cotton and linen . . . strong enough for fabrics of any weight. Available in black, white, and colors.

Button and carpet thread is extra-strong, heavily glazed cotton for hand-sewing only. It is especially good on unholstery.

Darning cotton is made in four strands; use as many strands as needed. It is available in stocking and sock colors.

Buy-Points For Fresh Meats
Look for signs of quality. Quality in meat refers to its palatability, such as tenderness, juiciness, flavor and appearance. To get high quality, sel-



THOMAS

ect firm, fine-grained, moist meat that is:

Light red to dark red color in beef.

Dull pink in lamb.
Light grayish pink in pork and veal.

Look for bones that are reddish pink. Bones of older animals are hard and white.

Look for a moderately thick layer of fat covering the outer edge. Marbling throughout the meat adds to flavor and tenderness. A certain amount of fat is important to flavor and tenderness. Remember, veal has little fat covering and almost no marbling.

Your guides to quality are the meat packers' brands and government grades. The principal grades for beef, veal, and lamb are USDA Prime, Choice, and Good.

Usually, a higher quality cut is more tender and costs more.
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9 a.m. to 8 p.m. Friday
9 a.m. to 11 a.m. Saturday (Mount Joy Office only)

Of course, you can still bank by mail 24 hours a day!

So . . . County Farmers Bank is always open one way or another!

Listen regularly to these County Farmers Bank radio broadcasts:

7:00 A.M.—News — WGAL and WLAN — Mon. thru Sat.
5:55 P.M.—News — WSBA — Mon. thru Fri.
9:55 P.M.—"Our Changing World" — WDAC-FM — Mon. thru Fri.

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