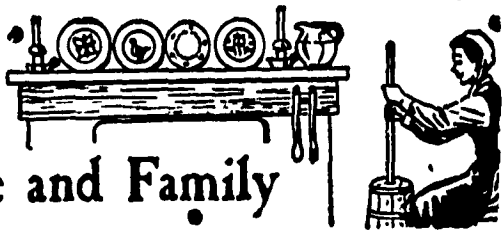


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Get Out Of That Mealtim Rut



— SPENCE

To avoid making mealtimes monotonous, occasionally make an extra effort to cook something a little out of the ordinary. Add a new twist to an old family favorite or introduce an entirely new food. Cookbooks are available with recipes from every country for every possible food. Take advantage of the adventures in good cooking — and good eating — they offer.

Add ¼ teaspoon powdered ginger and 1/8 teaspoon nutmeg to your favorite meatball recipe for a subtle difference. Make your usual meat gravy, but add ½ teaspoon instant coffee to the liquid. Instead of turkey-a-laking, make creamed turkey royal by adding

chicken bouillon cube and the liquid from a six-ounce can of mushrooms to the cream sauce. Add the cubed, cooked turkey, the mushrooms and slivered almonds.

Candied ginger adds its own subtle flair to many dishes, from meats to desserts. When making a pot roast, sliver candied ginger and add one tablespoon for each three pounds of roast. Add the ginger after browning the roast.

For a Chinese touch, add ½ cup chopped green onion, sautéed in salad oil, and two tablespoons candied ginger to four cups hot cooked rice.

An easy, but still out of the ordinary, dessert is made by adding two teaspoons finely chopped candied ginger and one cup orange juice to a drained pound can of sliced peaches. Chill to blend flavors. Then add banana slices and

serve trimmed with kumquats, if desired.

Another candied ginger dessert is a calorie-rich ice cream pie. Mix two tablespoons candied ginger with a pint of softened vanilla ice cream and spread on a baked nine-inch pie shell. Cover the ice cream with one cup whipping cream, whipped, folded into a mixture of one cup canned pumpkin, one cup sugar, ½ teaspoon each of salt and powdered ginger, ¼ teaspoon nutmeg

and 1½ cups tiny marshmallows. Freeze.

Perk up your tired salads by changing your salad dressing. Use tarragon vinegar instead of cider vinegar. Its herb fragrance is perfect for greens or meat salads. For a hearty salad try malt vinegar. Add a new spice to your salads; use sesame seeds or dill seeds in a cucumber salad, for instance. Or, try adding chopped anchovies to salad greens.

Try a new vegetable or new ways of cooking the old familiar ones. Onions will taste intriguingly different if seasoned with monosodium glutamate, sugar, salt and pepper, then cooked in butter until barely tender. Sprinkle with Parmesan cheese.

Add a cheese sauce to green lima beans and cover with hot buttered crumbs. Or, cook carrots in a small amount of water with butter and sugar. Add salt and pepper, and sprinkle with fresh parsley and fresh or dried tarragon.

Asparagus will taste even more like spring cooked the Chinese way. Slice the asparagus on the extreme bias so the slices are about ¼ inch thick and 1½ inches long. Add the asparagus, salt, pepper and ½ teaspoon monosodium glutamate to a small amount of hot salad oil in a large skillet. Cover; shake the pan above the heat just as if you were popping corn until the asparagus is tender, about four minutes.

Chinese podded sugar peas would have been considered exotic and rare only a few years ago. Most supermarkets now carry them in their frozen food departments. They will make a tasty addition to your diet, eaten pods and all. Add a small amount of chipped pimiento or diced celery or sliced mushrooms for a further treat.

Fried chicken is a delicious strictly-American food, but chicken is good to eat in any language. Serve it in the Italian manner as chicken cacciatore; in the Chinese style with walnuts, onions, celery bamboo shoots and water chestnuts; in the Indian fashion as a curry; or in the Russian style as chicken breasts kiev, pounded and rolled, stuffed with parsley, onion and butter, dipped in beaten eggs, rolled in bread crumbs and deep fat fried.

Consult your cookbook; try something new from your supermarket; get out of the rut of cooking the same old foods the same old way every day; be a gourmet in the truest sense of the word.

EYE APPEAL ADD TO MEALS

Another way of encouraging healthy appetites is through the attractive appearance of the foods you serve. Consider the basic art elements of col-

or, texture and shape when planning meals to increase eye appeal.

Think of color in each food individually, in the relationship of foods together and to the background of china and tablecloth. A menu of mashed potatoes, cauliflower, and halibut steak on a white plate doesn't give variety of color.

Add eye appeal with a garnish of paprika, parsley or a spicy apple. Or instead of mashed potatoes, serve a baked potato. Substitute a green, red or yellow vegetable such as peas, beets, or carrots for the cauliflower. Perhaps your patterned china or plaid tablecloth gives the needed contrast.

Basically all foods in nature go together visually. Watch (Continued on Page 15)

SUPER Self Service SHOES

2750 Columbia Ave. Lancaster Lanc. Co.'s Largest Shoe Store All 1st Quality Super Low Prices

Rabbits For Sale



Dressed or alive. We also buy Rabbits any size, any color, all year round. Open 7 days a week. We also buy pigeons and squabs.

Come up to Quakertown to Shelly Station turn right, second road to left.

Quakertown Rabbit Farm

R. D. 4

Quakertown, Pa.

Planning to buy a new Tractor

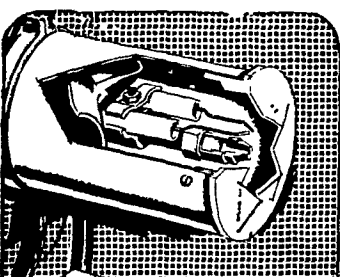
See Farm Credit first for Money

If you've been putting off buying a new tractor because you lack "tractor money", it's time to see Farm Credit. You save money with a Farm Credit loan because you pay only simple interest and only for the actual time you use the money. And your repayment is fitted to periods when you have actual farm income. Call Farm Credit now.

LONG TERM LAND BANK MORTGAGE LOANS
SHORT TERM PRODUCTION CREDIT LOANS

Farm Credit ASSOCIATIONS

411 W. Roseville Rd., Lancaster Ph. 393-3921
Agway Building, Lebanon Ph. 273-4506



MORE HEAT! LESS OIL!

...with Texaco's new Jet Flame Booster installed on your present oil burner.

This new flame-control development mixes oil and air scientifically to form a compact flame that burns cleanly and completely. Tests in homes proved it can increase burner efficiency by as much as 42%.

Give us a call. We'll analyze your burner's performance and tell you what the Texaco Jet Flame Booster can do for your home, big or small. No obligation, of course.

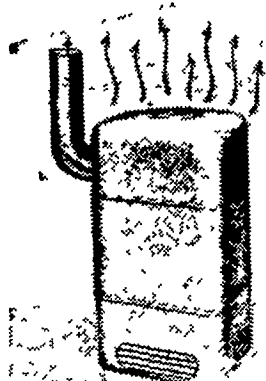


We Give S & H Green Stamps

Garber Oil Co.

Texaco Fuel Chief Heating Oil
105 Fairview St. MOUNT JOY, PA. Ph. 653-2021

if your heat goes **UP**
YOUR FUEL BILLS GO UP!



SIEGLER OIL HOME HEATERS
force the heat **down**
and fuel bills go **down**

Ordinary heaters pile the heat up on the ceiling until some of it finally steps down to the living level. If you own an ordinary heater, you know how costly and uncomfortable that system is! Sieglar does just the opposite... your floor gets heated first. Heat is not wasted on the ceiling and out the chimney. Don't close off rooms this winter and pay high fuel bills to boot... order your new Sieglar now.

IT PAYS FOR ITSELF WITH THE FUEL IT SAVES

L. H. BRUBAKER

R. D. 3, Lititz, Pa.
350 Strasburg Pike, Lancaster

Phone: Lanc. 397-5179 — Strasburg 687-6002 — Lititz 626-7766