

● For The Farm Wife
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the background the meal is served against, though, so there isn't too much color activity. For example, spaghetti and meat balls on an intricately designed platter might be too much color.

Food textures mean a sensation of touch suggested through your eyes. Foods such as mashed potatoes have a soft texture; raw carrots have a hard texture and bacon has a crisp crunchy texture.

In the white menu given above all textures are similar; all are soft. Something of crisp or hard texture is needed to give the meal visual and taste variety. A baked potato gives the appearance of a crisp texture to the meal. Crusty French bread may be a better substitute because it tastes as well as looks crunchy. A well planned meal gives the teeth some resistance, something to bite into.

Variety of shapes and forms in foods gives eye appeal. Some foods are round such as peas, rectangular such as a

fish steak or linear such as green beans. Also, some foods give a heavier appearance than others. For example, in the menu given earlier the cauliflower gives a heavier appearance than the fluffy mashed potatoes. A baked potato would give a heavier appearance than the cauliflower.

FOOD SHOPPING HINTS

There's more to buying fruits and vegetables than choosing those items that are in season. Start your market list with the use you intend to make of these foods. If a vegetable is to go into a casserole, your choice may be canned food. But will it be a solid pack, whole food, pieces or broken bits.

Whether your choice is fresh, canned or frozen food depends on what you want to spend for the vegetable course. Make these comparisons with each purchase.

Then, your next choice is size of container. Canned foods come in many sizes but these are standardized. Large sizes often cost less per ounce

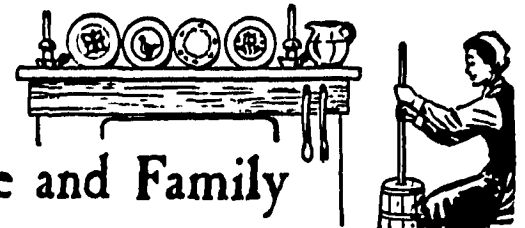
but not always. If you don't have immediate use for all of a large can it may not be the best purchase.

Another comparison between brands may reveal seasonings or other ingredients that suit your family's preference. Labels for some products carry ingredients but for other foods you may need to buy a sample can to see that the family likes it. No food is a bargain if it doesn't suit family tastes.

Shelf space and refrigerator space may influence your choice of can or package size.

You may find it convenient to make your own sauces from some partially prepared paste or puree or the choice may be to save time. Then, the completely prepared can will help. Be prepared to pay for the time spent on the convenience.

**Some Gave Up and Cried,
Others Tried A
Classified
In Lancaster Farming**



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Repair Outdoor Furniture

Before you store your outdoor furniture for the winter:

Inspect for worn parts, rot, and mildew. Make any needed repairs.

Thoroughly clean . . . using soap and water whenever possible.

Add protective coatings such as wax, varnish, lacquer, oil, penetrating sealer, and paint.

Cover with paper, plastic, or cloth and store in a dry place.

Consider using items inside the house. The family room, kitchen, dining area, or child's bedroom are often ideal spots for "outdoor" furniture.



THOMAS

When You Buy Melons show traces of yellow. The Look for these melons at flesh is a salmon pink; very your market. juicy, sweet, and spicy.

Cranshaw (a green and gold melon that is pear-shaped) Persian (a greenish-gray melon that's round like most cantaloupes but much larger and with less pronounced remaining green areas should

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TODAY!

New Holland FARMERS FAIR

Tractor Driving Contest — noon

Baby Parade — 4 p.m.

Farmers Fair German Band

The Westerns

Tug-Of-War Semi-Finals — 8 p.m.

Tug-Of-War Finals — 10 p.m.

RIDES — AMUSEMENTS — EXHIBITS

Art and Flower Show — Groff's Appliance Bldg. on Franklin Street

Potatoes and Corn Show — A. B. C. Groff Bldg.

Vegetables and Food Exhibits — School Auditorium