

For The Farm Wife
(Continued from Page 14)

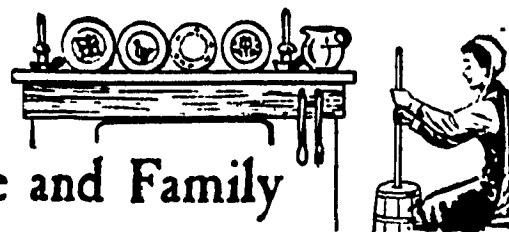
French Toast is another breakfast favorite. Try it made this way—

FABULOUS FRENCH TOAST
 2 slices dry white bread
 1/4 cup prepared pancake mix
 1/4 teaspoon vanilla
 2 eggs
 1/4 cup milk
 1/4 cup honey
 1/8 cup softened butter

STRAWBERRY JEWEL PANCAKES
 1 cup milk
 1 egg
 1 tablespoon melted or liquid shortening
 1 cup prepared pancake mix
 Strawberry preserves
 Confectioners' sugar

The natural hot drink for breakfast is cocoa. Here are

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For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Do You Know

Well-chosen snacks can contribute to dental health and good nutrition. For the best dental health, it's recommended that you cut down on eating sweets between meals.

Nutrition research has established milk as one of our most valuable foods. Milk is the richest source of calcium of the foods commonly eaten in the United States.

Pasteurized-process cheese is a blend of one or more types of cheese, as described on the label. The processing gives a cheese that melts readily and smoothly. Cheese spreads and cheese foods are softer forms of process cheese, and often have added nonfat dry milk and flavor ingredients. Such as olives and pimientos.



THOMAS

Some Hints to Help

Improve Ironing Skills
 Always be sure clothes are clean before you iron them. Wash anything slightly soiled before ironing it.

Iron with a clean iron. starch sticks to the soleplate, let the iron cool, then wipe it with a cloth dipped in soap or detergent suds. Rinse and (Continued on Page 19)



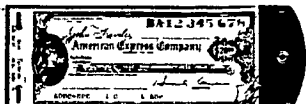
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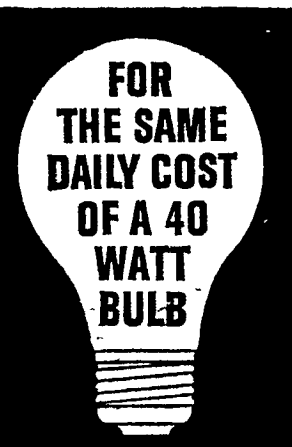
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Quakertown, Pa.

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