

Read Lancaster Farming

● For The Farm Wife

(Continued from Page 10)

Scald milk in small saucepan. Beat eggs slightly in large bowl. Stir in pumpkin, sugars, salt, cinnamon, cloves, ginger, nutmeg, and maple flavoring. Beat in scalded milk. Pour into cooled pastry shell. Bake in a moderate oven (350 degrees) 40 to 45 minutes, or until a knife inserted in center of filling comes out clean. Cool completely before cutting.

- FRUIT PIE**
9-inch baked pie shell, cooled
Green food coloring
1 pound, 13-ounce can pear halves
1 package frozen raspberries, thawed, reserving liquid
1 tablespoon cornstarch

Stir food coloring into pears and syrup in can. Let stand until pears become green in color. Remove pears and drain well on absorbent paper. Drain liquid, about 1 cup, from raspberries. In a saucepan combine cornstarch and a small amount of raspberry liquid, blend well. Gradually stir in remaining liquid. Heat slowly, stirring constantly, until mixture thickens. Fold in raspberries. Pour half of mixture into bottom of baked pie shell.

Arrange pear halves, cut side down, on top of raspberry mixture. Spoon remaining raspberry sauce around outside of pear halves. Refrigerate until set. Serve immediately to prevent color change in fruit.

- RAISIN PIE**
CRUST:
1 cup sifted regular all-purpose flour
1/4 teaspoon salt
3 tablespoons butter
2 tablespoons lard
3 tablespoons milk
FILLING:
3 eggs
3/4 cup honey
1 cup dairy sour cream
1 tablespoon lemon juice
1 cup cooked pitted chopped prunes
1 cup raisins
1/2 cup chopped walnuts

Crust: Into a bowl sift together flour and salt. Cut in butter and lard until mixture resembles small peas. Sprinkle milk over flour mixture, 1 tablespoon at a time, mixing lightly with fork after each addition. Shape dough into ball. On floured board roll 1/8-inch thick into a circle one inch larger than diameter of pie plate. Fold circle in half over rolling pin. Ease into pie plate. Flute edge.

Filling: Beat eggs slightly. Blend in honey, sour cream and lemon juice. Fold in prunes and raisins. Pour into pie shell. Sprinkle nuts over top. Bake 50-60 minutes or until a knife inserted near center comes out clean.

For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Meals and the Young School Child
The 6 to 10-year-old needs a leisurely breakfast.

Get children up early enough to allow time for dressing and time for breakfast.

A thin child sometimes gains weight when a generous breakfast, eaten quietly, is the only change in his routine.

A leisurely breakfast and pleasant rising may require an earlier bedtime hour.

A planned snack after school is often desirable. Include foods which will digest before supper, such as bread and butter, milk, fruit, or a hard cooked egg. Don't include candy or other sweets. They may destroy his appetite for supper.



THOMAS

A good basic lunch has sandwiches, raw vegetable, milk, fruit, and a cookie. It's a good idea to have one hot food, either heated at school or carried in a thermos bottle. Such a dish could be chowder, cream soup, or cocoa.

It takes several months for positive health and vigor from correct food and regulated rest and play to show up.

Many families have had the health of all members improved when the original aim was to benefit the children.

How Do You Manage Your Time?

Your attitude toward homemaking may be the clue to your use of time. Don't say, "I'm just a housewife." Remember that the tasks of homemaking are parts of your

very important role that of being a successful homemaker.

Successful homemakers are good managers. Management is using resources to get what you want or to attain family goals.

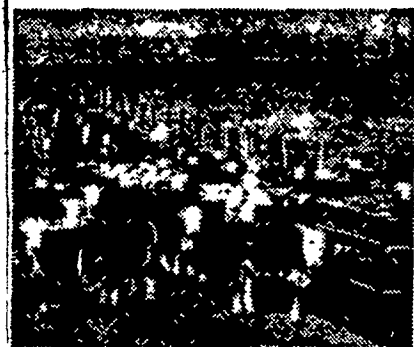
Time is one of the most important of these resources. How do you manage the time you have during the day? Are you a putterer, forever picking up and putting down? Do you spend a lot of your time looking for misplaced things? Do you allow your need to do jobs crowd out your want to do jobs?

Don't over-do one day, and then take 2 or 3 days to recover.

Judge the effort and time you should spend on each job. Does it contribute to your family's health, comfort, or happiness? Does the job show a profit, measured against the amount of time and energy you expended?

Allow some time for interruptions. Keep a flexible period in your day so that you can meet unexpected demands. It makes the difference between a systematic and a chaotic household.

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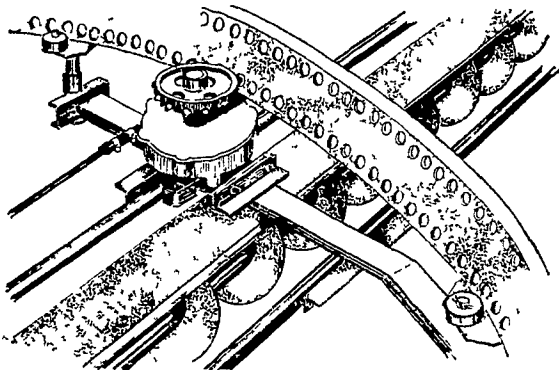
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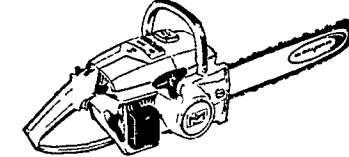
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