

## ● For The Farm Wife

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and hold these ingredients together. Taste and add salt if needed. Serve on lettuce cups. For a garnish dip the slightly moist edges of the lettuce cups into paprika. Serves 4.

If guests drop in you may expand the salad by adding more turkey, if you have it, and increase apple and celery. If you have no more turkey, expand the salad with any other cold meat you have on hand, or diced cheese.

### WINTER FRUIT SALAD WITH POPPY SEED DRESSING

- 2 avocados, peeled and sliced
- 1/4 cup lemon juice
- 2 grapefruit, peeled, sectioned
- 2 oranges, peeled, sectioned
- 1 bunch watercress
- 2 small hearts of romaine, separated into spears
- Poppy Seed Dressing
- Dip avocado slices in lemon juice to prevent darkening.
- Drain grapefruit and orange sections. Arrange watercress

on serving plates; arrange grapefruit, orange and avocado pieces on top. Tuck the spears of romaine in and around the fruit, leaving the ends out so they can be eaten with the fingers. Serve with Poppy Seed Dressing.

### "POPPY SEED DRESSING"

- 1/2 cup sugar
  - 1 teaspoon salt
  - 1 teaspoon ground mustard
  - 1 cup lemon juice
  - 2 teaspoons onion juice or finely minced onion
  - 1 cup salad oil
  - 1 1/2 tablespoons poppy seeds
- Blend sugar, salt and mustard into lemon juice. Stir in onion juice and oil. Add poppy seeds and shake until well blended.

### CARROT SLAW

- 1 teaspoon sugar
  - 1 teaspoon lemon juice
  - 1/2 teaspoon salt
  - Dash of ground cloves
  - 1/2 cup dairy sour cream
  - 1 1/2 cups grated carrots
  - 2/3 cup raisins
  - 1/2 cup chopped celery
- In a bowl mix together sugar, lemon juice, salt and

## FARM PONDS HAVE USES IN PENNSYLVANIA

While most farm ponds in Pennsylvania are used for fishing, swimming, and watering livestock, a few have been designed for fire protection alone.

For a pond to be useful, in case of fire, it must be near the farm center, but not closer than 75 feet to the nearest building. It's important to have an access roadway to the pond, which cannot be blocked by flames from a burning building. This road should have a solid foundation and be plowed open immediately following snow storms. It should lead from the highway to the top of the dam or to the deepest water. The large pump on a fire truck can "pull" water only 15 or 20 feet but it can "push" it 1000 feet or more if there is enough hose.

ar, lemon juice, salt and cloves; gently blend in sour cream. Add carrots, raisins and celery, toss lightly. Cover and chill. Serve in lettuce cups. Makes about 2 cups.

## For the Farm Wife and Family

## Ladies, Have You Heard? . .

By Doris Thomas, Extension Home Economist

### Sirup From Canned Fruit Has Hidden Dividend

If you're throwing away sirups from canned fruits, you're pouring money down the drain. You can use the sirup in many ways. Here are some of them:

Sweeten raw fruit or mix the sirup with a fruit juice for a breakfast or snack beverage.

Combine sirup with a small amount of sugar, cook about ten minutes, then serve as a pudding, cake, or ice cream sauce.

Use sirup for part of the liquid in gelatin salads or desserts.

Heat sirup and spoon over pancakes or hot cereal.

Spoon sirup over baked ham zipper, be sure to have the slider all the way down and

How To Get The Most From Zippers

Whether metal or nylon coil, a zipper will work efficiently during the life of a garment if you give the fastener some special attention.

When putting on or taking off a garment, open the zipper all the way. Close the hook and eye or button at the top of a placket before closing the zipper.

When closing a separating zipper, be sure to have the slider all the way down and insert the pin through the slider and firmly down into the box.

Always close the zipper before washing or drycleaning a garment.

When possible, keep a zipper closed when pressing. Cover the zipper with a press cloth when using the iron. The cloth will protect the soleplate of the iron. And when pressing, have the iron set at the temperature.

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