

For The Farm Wife

(Continued from Page 10)

1 pint softened coffee ice cream
Blend together molasses and rum flavoring in a punch bowl. Gradually stir in milk. Top with spoonfuls of ice cream. If desired, sprinkle with nutmeg. Makes about 20 half-cup servings.

CHOCOLATE PEPPERMINT SHAKE

1 pint vanilla ice cream, softened
¾ cup chocolate sauce
¾ teaspoon peppermint extract
3 cups cold milk
1 pint vanilla ice cream

Fill wide mouthed vacuum jug with ice cubes; cover tightly and chill for one hour. In mixing bowl combine 1 pint ice cream, chocolate sauce and peppermint extract; beat until well blended; blend in milk. Empty cubes from vacuum jug; pour in milk shake mixture. Scoop remaining pint ice cream in vacuum jug; cover until time to serve. Makes 6 servings

CINNAMON SHAKE: In mixing bowl combine ¼ cup brown sugar, ¼ teaspoon cinnamon and ½ cup warm milk; beat until sugar is dissolved. Add 1 pint vanilla ice cream and beat until blended. Blend in 3 cups cold milk. Finally, add 1 pint chocolate ice cream by scoopful.

FARM WOMEN GROUP 14 HOLDS FAMILY PICNIC

Farm Women Society No. 14 held its family picnic at the Lampeter Community Park on Wednesday, August 9th with 50 members and guests attending. Hostesses were Mrs. Roy Book, Miss Elsie Metzler, Mrs. Joseph Noll, and Mrs. Ira Rutt.

Rhonda and Ricky Burkhardt entertained the group with songs accompanying themselves on the guitar and banjo.

The society will have the refreshment stand at the Merle LeFevre Sr.'s, Ronks R1, on September 6

The next meeting will be held September 13 at the home of Mrs. Paul Longenecker, Strasburg R1.

Wear a scowl and have wrinkles; wear a smile and have friends.

CRANBERRY FRUIT PUNCH

1 quart cranberry juice cocktail
1 pint orange juice
¾ cup lemon juice
1 cup pineapple juice
½ cup sugar
1 to 2 cups water

Stir thoroughly and serve over crushed ice or ice cubes. Makes 8 to 12 servings.

CRANBERRY ICED TEA

In large pitchers mix together equal portions of chilled cranberry juice cocktail and cold tea. Pour over ice cubes in tall glasses to serve.

AUTOMATIC WASHERS

To eliminate the danger of electric shock, be sure your automatic washer is grounded, advises Mrs. Cecile Sinden, Penn State extension home management specialist. A greater hazard exists if laundry equipment is located in the basement because the concrete surface is in contact with the earth. If you grasp a part of a defective appliance while standing on the ground and touch a water faucet at the same time, your body serves as a conductor. But the current goes into the ground and not through you when the machine is grounded.

Practicing Supermarket Courtesy

Finish your shopping before getting to the checkout counter

Watch the register as the cashier records prices. Anyone can make an unintentional mistake.

If you discover that the bill exceeds the amount you wanted to spend, ask the cashier to deduct some of the items — no need to be embarrassed.

Count your change immediately. An error is better corrected before you leave the store.

More than 25 million men and women in the U.S. today were former 4-H Club members. Among them are many of the nation's leaders

For the Farm Wife and Family Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Temperature Important In Canning Foods

Using heat in canning is one method to prevent food spoilage. Amount of heat needed to preserve foods depends on the type of food you're canning.

Foods can be classified by their acid strength. Some acid foods are fruits, sauerkraut, and tomatoes. Most vegetables are low-acid foods.

Molds and yeasts which thrive in acid foods are destroyed by boiling water.

Bacteria, found more often in low-acid or nonacid foods, are more difficult to destroy. Thermophiles, a type of bacteria, grows and resists destruction at high temperatures. They also form spores which can resist heat up to

240 degrees. You destroy them when you process your food in a pressure canner.

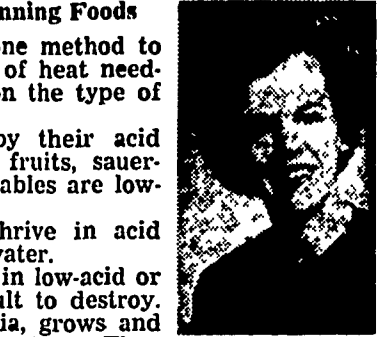
Amount of heat needed to preserve food varies. As acid strength in food decreases, temperature needed for preservation increases.

Process low-acid foods at 240 degrees which you can only do with a pressure canner.

You can safely process acid foods at 212 degrees (boiling point) or by boiling water bath method.

Caring for Teflon-Coated Pans

Discoloration in Teflon-coated cookware doesn't affect its nonstick qualities but does affect the pan's appearance. Discoloration results from a



THOMAS

gradual buildup of food films and from overheating the coated pan. When this film isn't thoroughly washed it causes discoloration.

Even though these pans are easy to clean they need more than a rinse under the faucet.

You need to wash Teflon-coated cookware thoroughly in hot sudsy water. Also give these cooking utensils a washing with a plastic or rubber scrubber, or stiff sponge. Steel wool pads or cleansers can damage the finish.

Washing Teflon-coated pans in an automatic dishwasher usually won't affect the finish.

When cooking with Teflon-coated pans, keep top-stove temperature at medium or lower. Be careful not to leave the pan empty on high heat.

For oven use, temperatures no higher than 425 to 450 are recommended. And never use these pans under the broiler because the heat is too intense.

Cleaning solutions to help lighten and remove stains from Teflon-coated utensils are available.

Remember to follow manufacturer's recommendations for using Teflon-coated cookware.

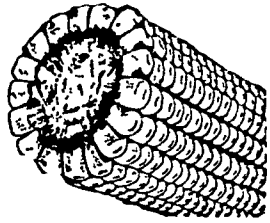
Why Fruit Sometimes Floats
Strawberries or other fruits sometimes float in a jar of jam. There can be several reasons for this.

The fruit may not have been fully ripe.

It may not have been thoroughly crushed or ground.

More farmers each month prefer to buy their

- EAR CORN
- HAY ● STRAW



from us for better value and all around satisfaction. At farm or delivered, any quantity as your requirements may be.

Area Code 717 687-7631

Esbenshade Turkey Farm

"America's Oldest"
PARADISE, PA.

Farmers

FOR 120 DAYS FREE STORAGE
ON YOUR 1967 WHEAT

— CALL 626-2296 —

ZARTMAN'S ROLLER MILL

P. O. Box 23

Lititz, Pa. 17543

Key Service No. 10



If tax time catches you flat

get extra cash with Bancardchek.

How would you like to have a checking account that gives you \$500 credit over and above your regular checking account balance? A reserve of ready cash for any emergency. Special bargains. Tax bills. Medical expenses. Extra school expenses. Or a vacation trip. Come in, phone or write and ask about our Key Service No. 10 — a Bancardchek checking account.



LANCASTER COUNTY FARMERS NATIONAL

Lancaster • Quarryville • Mount Joy • Christiansburg • Columbia

Member of Federal Deposit Insurance Corporation

