

For The Farm Wife

(Continued from Page 10)

- 3/4 cup lemon juice
- 1 clove garlic, minced
- 1/4 cup sugar
- 1/2 teaspoon black pepper
- 4 1/2 teaspoons salt
- 2 teaspoons mustard seed
- 1 teaspoon celery seed
- 5 teaspoons dehydrated sweet pepper flakes
- 2 tablespoons freshly chopped parsley
- 1/2 teaspoon dried, crushed red pepper

Place shrimp, onions and orange pieces in a large crock or mixing bowl. Combine remaining ingredients, blending well. Pour over shrimp, onions and oranges; cover. Marinate in refrigerator for 24 to 48 hours, stirring twice each day. Serve well drained for appetizer or salad. For one serving use approximately 6 shrimp, 2 tablespoons onion rings, 1/2 cup orange juice. 8 to 10 servings.

BLUEBERRY-ORANGE CUPCAKES

- 2 cups sifted flour
- 1 tablespoon baking powder
- 1 teaspoon salt

POMONA GRANGE PICNIC TO BE HELD TONIGHT

Lancaster County Pomona Grange #71 will hold its annual picnic at the Quarryville Memorial Park Saturday, August 19, 7 p.m. as guests of Colerain Grange. Members and friends are advised to bring a meat dish and another dish, silver and plates. Miss Helen Warner, Pomona Grange Lecturer, will conduct games.

- 1 1/4 cups sugar
 - 1/2 cup nonfat dry milk powder
 - 1/2 cup oil
 - 1 cup orange juice
 - 2 eggs
 - 1 cup blueberries
- Sift together dry ingredients. Blend in oil and 1/2 cup orange juice. Beat 2 minutes at medium speed. Blend in remaining orange juice and eggs. Beat 2 more minutes at medium speed. Fold in blueberries. Turn into paper-lined muffin tins. Bake in 350 degree oven, 25-30 minutes, or until done. Cool completely on wire racks; sift confectioners sugar over tops. Makes 18 cupcakes.

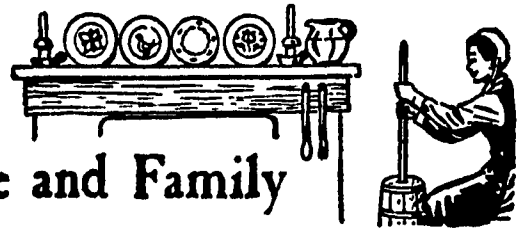
FULTON GRANGE MEETS

Fulton Grange #66 held its regular meeting August 14 at Oakryn. Clifford W. Holloway, Jr., Master, conducted the business meeting. A collection was taken for a charitable cause in the community. The Community Progress Committee reported that the two-year report had been compiled. Seventy pairs of glasses were donated to "Eyes For The Needy."

Miss Jennette McCummings presented the program: Reading "A Monkey's Viewpoint" by Mrs. Mary Sinclair; Clarinet solos by Miss Elaine Galbreath; Talk "How I Grow Corn" by Samuel H. Groff; Game in charge of Miss McCummings. The following under the direction of Mrs. Ambrose Giffing presented square dance numbers: Misses Elaine, Peggy and Joyce Galbreath, Lynda Sweigart, Sandra Shoemaker, Pam and Patty Groff, and Sandra Wood. Jokes were given by several members.

There will be nominations for new officers at the next meeting, August 28, and election will be held September 11. Booster Night will be observed September 25.

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



By Doris Thomas, Extension Home Economist

How To Save Money On Meat

Because meat for your family costs about one-third of your food dollar, knowing how to buy fish, meat, and poultry will help balance your budget.

Buy meat on special price sales and compare prices among stores.

When prepared properly, less expensive cuts of meat and low-cost fish can save money. And they're just as nutritious and tasty as more expensive cuts.

Less expensive cuts of meat include chuck roast, hamburger, pork shoulder, pork and beef liver.

Whiting, ocean cod, perch, canned tuna, pink salmon, and mackerel are less expensive fish.

You can also substitute dry beans and peas, and peanut butter for meat in a meal.

Cost per serving is a good guide for recognizing less expensive foods.

Lean or ground meats yield about four servings a pound.

Meats with a medium amount of bone and fat, such as short ribs or rib steaks, give only about two servings per pound.

Such meats as spareribs with a large amount of bone, will give you only about one and

one-third servings per pound.

Types of Bleaches and How To Use

Chlorine and oxygen bleaches are two chemical types of bleach for home use.

Chlorine bleach is available in liquid and powder form.

Oxygen bleaches come only in powder form.

Read clothing labels to determine which bleach you should use on a certain garment.

Chlorine bleach may yellow, rather than bleach and cause



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Richard S. Garrett, Assistant Cashier in charge of Consumer Installment Loans at the Conestoga National Bank, is a family man who enjoys everything about his suburban Lancaster home. He knows full well how home improvements can add to the enjoyment of family life.

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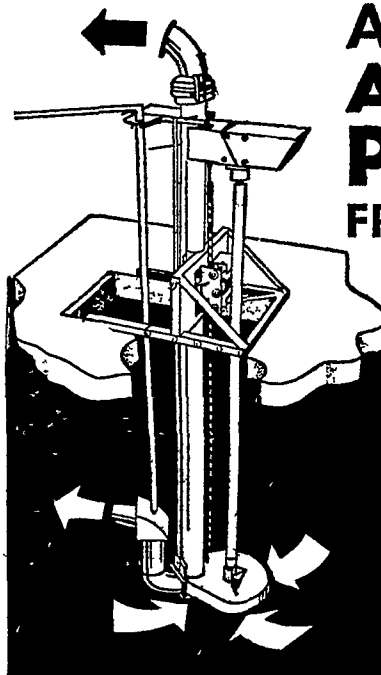
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