

**For The Farm Wife**  
(Continued from Page 14)

tangles. Serve hot mushroom sauce over each portion. Make your own sauce from the recipe below or use canned mushroom soup thinned slightly with milk. Makes 6 servings

**MUSHROOM SAUCE**

1/2 cup sliced fresh or canned

- 1 mushrooms to 3 tablespoons butter or other fat
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1 1/2 cups milk

Brown mushrooms lightly in fat before adding the flour. Blend in the flour and salt. Heat and stir until bubbly.

Slowly add milk, stirring constantly, until thickened. Calories per serving, about 305 if made with 4 tablespoons butter or margarine and whole milk; 260 if made with 2 tablespoons butter or margarine and skim milk.

**TURKEY CHOW MEIN**

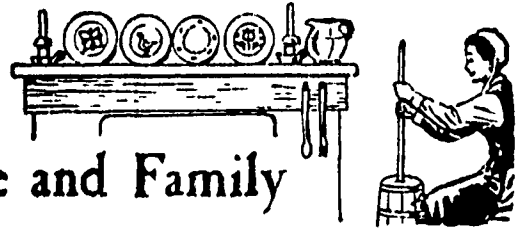
- 5 tablespoons butter
- 1/8 teaspoon curry powder
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1 green pepper, cut in strips
- 1/4 cup regular all-purpose flour
- 3/4 cup light cream OR half and half
- 1 can (1 lb.) bean sprouts, undrained
- 2 cups chopped cooked turkey
- 3 tablespoons soy sauce
- 2 tablespoons chopped pimiento
- 2 cans (3 oz. each) chow mein noodles

In a 2-quart saucepan melt butter; stir in curry powder. Sauté celery, onion and green pepper until tender. Stir in flour. Remove from heat; gradually stir in cream. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Add bean sprouts, turkey, soy sauce and pimiento; cook until heated through. Serve immediately over warmed chow mein noodles. Serves 6

**FABRIC SOFTENER**

Fabrics treated with a fabric softener in last rinse tend to keep their anti-static character better if dried in the air instead of in an automatic dryer, points out Bernice J. Tharp, Penn State extension clothing specialist. Read the label on the container for amount of softener to use for the size load and quantity of water in the washer.

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



By Doris Thomas, Extension Home Economist

**Clean Clothes Hints For Warm Weather**

Clothes worn more than once after laundering feel damp and clammy in heavy humid air.

Lingerie and other apparel, if clean, will absorb perspiration which serves to air-condition the body as it evaporates.

New perspiration will remain on the skin instead of being blotted up by clothes if worn more than once.

Laundry perspiration-stained washable cottons promptly after each wearing. If the fabric is discolored, sponge it with a dilute solution of vinegar and water to restore original color. Then rinse well and wash entire garment in clean suds. Rinse well.

When fabric gloves get soiled, wet them, rub soap or detergent into all soiled spots, and roll each glove up tightly starting at fingertips. Leave for an hour or more so the suds can loosen the soil. Then wash gloves in clean suds, rinse, and let dry.

**Caring For Stainless Steel Pots and Pans**

Wash stainless steel pots and pans in hot suds promptly after use to maintain the metal's luster.

Rinse with hot water and dry thoroughly. Moisture remaining

on the surface produces a cloudy film.

Soak utensils with food stuck in them in warm suds. Then scrub with a cloth sponge, or fiber brush.

It stainless steel becomes dull with use, scrub gently with a fine abrasive to restore luster.

To remove brownish or varicolored heat tints on bottoms of pots and pans, rub at once with a fine abrasive. Wash in hot suds, rinse with hot water and



THOMAS

(Continued on Page 18)



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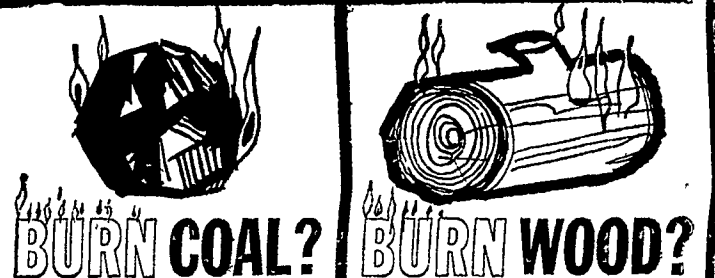
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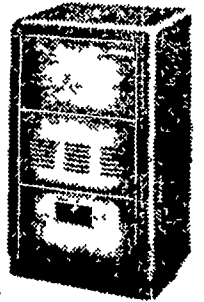
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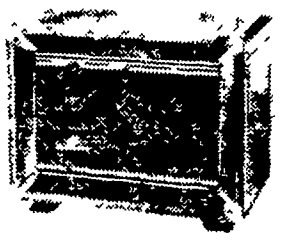
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