

● **For The Farm Wife**
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sugar, salt, vinegar, sour cream, and blue cheese. Pour mixture over cabbage and toss lightly. Cover and refrigerate for at least 30 minutes before serving. 8 to 10 servings.

TOSSED GREEN SALAD WITH BLUE CHEESE
 ¼ cup crumbled blue cheese
 ½ clove garlic
 ¼ cup salad oil
 1½ quarts crisp salad greens
 ¾ cup salad dressing
 1 cup crisp toasted bread cubes
 3 strips bacon, fried crisp and crumbled

Add garlic to salad oil. Let stand 2 to 3 hours. At mealtime, tear salad greens into bite-sized pieces and put into salad bowl. Add blue cheese and salad dressing. Mix salad lightly with two forks to blend ingredients. Don't overmix. Remove garlic from oil. Pour oil over the crisp toast cubes. Stir to coat cubes thoroughly. Add to salad at once. Use forks to mix toast cubes into salad. Serve immediately topped with crumbled bacon. 4 servings.

Real happiness is not expensive, but people pay stupendous prices for substitutes.

Robert K. Rohrer

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● **One Man's**

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 The panel discussion on the consequences of "biddy odor" is part of "one of the best speaking programs we've ever had," according to NEPPCO executive director Richard I. Ammon.

Other speaking sessions will cover the changing egg pricing mechanism, the growing scarcity of started pullets, the independent farmers' fight to survive against the giant egg complex, the emerging British poultry industry and up-to-the-minute reports on poultry disease control.

The battle of the harried poultry homesteader will be outlined by a panel moderated by John Bezpa, extension poultry specialist in the most urbanized egg-producing state of them all, New Jersey. The Rutgers University expert will share the rostrum with Earle E. Wilde, agricultural agent who has encountered the problems for many years in his Sullivan County, N.Y.; Henry C. Schragger, Esq., NEPPCO's legal counsel from Trenton, N.J.; and David E. Hefler, NEPPCO's director of member services, who has studied and authored pieces on the problem.

The panel will analyze the causes, depict the role of the producer caught in the middle and outline solutions which successful poultrymen are coming up with.

Other features of the three-day exposition are a tour of modern egg and poultry facilities in burgeoning Lancaster County, instructive displays on processed and packaged poultry and egg products, the nation's largest market egg

Cool Weather Harmful To House Plants

Walter Haldeman of The Pennsylvania State University says houseplants summered outdoors make good growth. But in September as days shorten and night temperatures drop into the 40's, plant growth slows down.

According to a Penn State correspondence course on houseplants, tender tropicals like peperomias, philodendrons, anthuriums and gesneriads (African violets, gloxinias, etc.) are actually injured by 40-degree temperatures. Exposed to 40 degrees just one night, they may not die but they lose decorative value for a season. Get plants of tropical origin indoors soon after Labor Day.

Repot plants whose roots have grown through drainage holes. Don't try to save overgrown specimens nor those grown in beds. Root divisions and cuttings grow into desirable plants.

Examine plants for insects, slugs and earthworms. Treat infested plants and soil with pesticides.

Place all plants on a porch for a week or so before moving outdoor to indoor living inside. Make the move from a gradual change. Scrub the outside of pots to remove dirt and molds. Syringe the foliage. Discard weak plants.

show, a complete turkey educational program and a Wednesday night authentic polynesian Fia-Fia, or entertainment/feast, with all the native trimmings (and girls).

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

By Doris Thomas, Extension Home Economist



Economical Oven Meal
 For an easy oven meal, select an economical pot roast.

Cook it in the oven, covered with a little moisture and some onion.

Add vegetables to the roasting pan about an hour before meat is done.

With a crisp salad and fruit or a light dessert, the meal is complete.

How To Wear Accessories

Accessories are attention-getters. They color accent your costume and indicate if the outfit is tailored, dressy, or casual.

Limit your choice of light or vivid colors in accessories for a dark dress

Too much color contrast creates a spotty, distracted look.

Bright colored wardrobes call for subdued accessories.

Gloves can match shoes, hat, or bag in a neutral color. Always wear neutral colored gloves with a bright colored hat.

Hats, shoes, or bag look best in a solid color when you wear them with multicolored prints, plaids, or other designs.

Choice of Foods

Can Cut Budget

You can save as much as 25 percent on your food budget if you buy food wisely. Foods which are low in cost — yet provide adequate nutrition — are wise buys. Among these are:



THOMAS

Dairy products — nonfat dry milk and low-cost cheeses.

Meat — stew beef, ground beef, sausage, chicken, and fish. These meats are more economical to serve if you combine them in dishes with other foods, such as dry beans or peas, spaghetti, macaroni, or rice.

Flour and cereals — large proportion of flour and cornmeal; only cooked cereals, not ready-to-eat; some rice; macaroni products; bread; and crackers.

Fruits — depending on the season: canned orange juice, some fresh oranges, bananas, fresh and canned apples, and

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PERSONAL LOANS FOR FAMILY FUN

For Henry S. Rutter, Assistant Vice President of The Conestoga National Bank and manager of our Manheim Township Office, family camping is one of the most rewarding forms of recreation. Henry's wife and two daughters agree with him completely.

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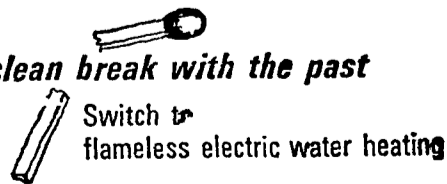


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