

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

Toss cereal with oil until well-coated; stir in peanuts. Spread in shallow baking pan, sprinkle with soy sauce and seasoning salt. Heat in moderate oven (350 degrees) about 10 minutes, stirring occasionally. Serve warm or cold. Store in tightly covered container. Makes 4 cups.

LEMON-OATMEAL CRISPS

- 1 cup butter or margarine, soft
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- ¼ teaspoon lemon extract
- 1½ cups sifted all-purpose flour
- ¼ teaspoon salt
- 1 cup rolled oats, quick or old-fashioned

Beat together butter and sugar until creamy. Add egg, vanilla and lemon extract; beat well. Sift together flour and salt; add to creamed mixture, blend well. Beat in oats.

Using 1 teaspoon measure, drop onto ungreased cookie sheets. Bake in preheated moderate oven (375 degrees) 7 to 10 minutes or until edges are lightly browned. Remove from cookie sheets while hot. Cool thoroughly.

National Grange Reports Labor And Industry Are Profit-Taking

The National Grange in testimony recently before the Joint Economic Committee pointed out that the 1968 Economic Report of the President and the Annual Report of the Council of Economic Advisers clearly indicate that "both industry and labor are engaged in profit-taking actually beyond their real earnings in terms of production and these increased profits and wages

are being passed on to the consumer in the form of high prices — the underlying cause of the present inflationary pressure."

ly before stacking. Makes 6 dozen.

- CHOCOLATE PEANUT CRUNCH BARS**
- 3 cups sifted regular all-purpose flour
 - 1½ cups brown sugar, firmly packed
 - ¼ teaspoon salt
 - ½ cup butter or margarine
 - ½ cup shortening
 - ½ cup crunchy peanut butter
 - 1 egg, slightly beaten
 - 1 teaspoon vanilla flavoring
 - 1 cup (6-oz.) semi-sweet chocolate morsels
 - ½ cup crunchy peanut butter
 - 1½ cups Special K cereal

Measure flour, brown sugar and salt into mixing bowl. Add butter, shortening and peanut butter, cut in with pastry blender or two knives until mixture resembles coarse cornmeal. Add egg and vanilla; mix well. Press mixture firmly into ungreased 15½x10½x1 inch jelly roll pan. Bake in moderate oven (350 degrees) about 25 minutes. Cool slightly. Melt chocolate over very low heat, stirring constantly. Remove from heat and stir in peanut butter and cereal. Spread over baked layer, let stand until chocolate is firm. Cut into bars or squares to serve.

"With the increased interdependence of farmers on the rest of the economy, the increases in cost of services paid for by the farmer, as well as the cost of automobiles and machinery, were a prime reason for the decrease in net farm income by \$283 million," National Grange Legislative Representative Harry L. Graham testified.

"While net farm income was down, the farmer's output per man-hour increased. Thus we see the familiar pattern of lower farm population, increased inputs into machinery to replace hand labor, followed by the migration into the cities," the Grange spokesman continued.

"Had it not been for the dramatic increase in exports, with agricultural exports up more than \$2.5 billion, the total picture would have been worse. This not only prevented a further decline in agricultural prices but made a major contribution to our balance of payments."

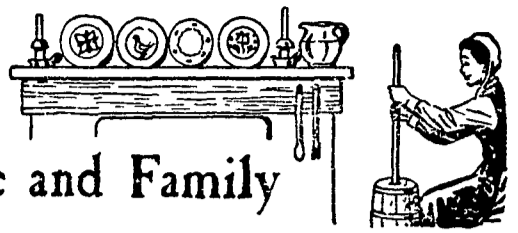
Graham said that one of the major reasons for the decline in our competitive advantage in industry has been that many of the U.S. companies have been more interested in expanded profits than in modernization of their plants.

"Import quotas, as currently being proposed, would simply lock in our inefficiencies in the U.S. industry and charge these inefficiencies to the consumer," Graham charged.

"U.S. industry and labor must

(Continued on Page 16)

For the Farm Wife and Family



Ladies, Have You Heard? . .

By Doris Thomas, Extension Home Economist

Store Foods Properly

Care of foods when you get them home makes a difference in food flavors, in nutrition for your family, and in saving money. Keep your freezer at zero degrees or below.

Refrigerator temperature should be between 38 and 42 degrees.

Keep a thermometer on hand to check freezer and refrigerator temperatures often. It's better to have them cold than to have foods wasted.

Serve Fish While In Supply

Frozen seafood cases in your stores have a variety of products — cod fillets, ocean perch, whiting fishcakes, crabmeat cakes, and whole frozen fish.

Estimate a serving of fish as one-third to one-half pound of edible flesh.

For whole, fresh fish, allow one pound per person because there will be more waste.

For cleaned fish, one-half pound per person is an average serving.

For steaks, fillets, or sticks, allow about one-third pound per person or two pounds for six persons.

The inspection shield on the label means the product has been processed under continuous supervision by a trained government inspector as an assurance of a quality product.

Getting Ready to Wash Clothes

Mend before laundering so the garment won't be damaged beyond repair.

Remove unwashable trimmings, close zippers and remove stains before washing. Hot water sets many stains so they may never come out.

Give special attention to heavily soiled areas, such as

shirt collars and cuffs, necklines of dresses, and fronts of children's play garments. Scrub these areas with a soft brush and a solution of the detergent you use in washing.

A Cooking Tip

Use the ventilating fan in your kitchen when you're doing any top-of-the-range cooking. A frypan, the oven, or almost any cooking utensil generates odors and some moisture that the fan will remove quickly. Turn on the fan while you're washing the dishes to remove moisture. A ventilating fan will do a better job if you turn it on while moisture is building up instead of trying to clear moisture out of a room all at one time.

Know & Follow Rules of Safety

Every family member needs to know and practice the simple rules of safety. Children need to learn at an early age that rules are important for safety of everyone.

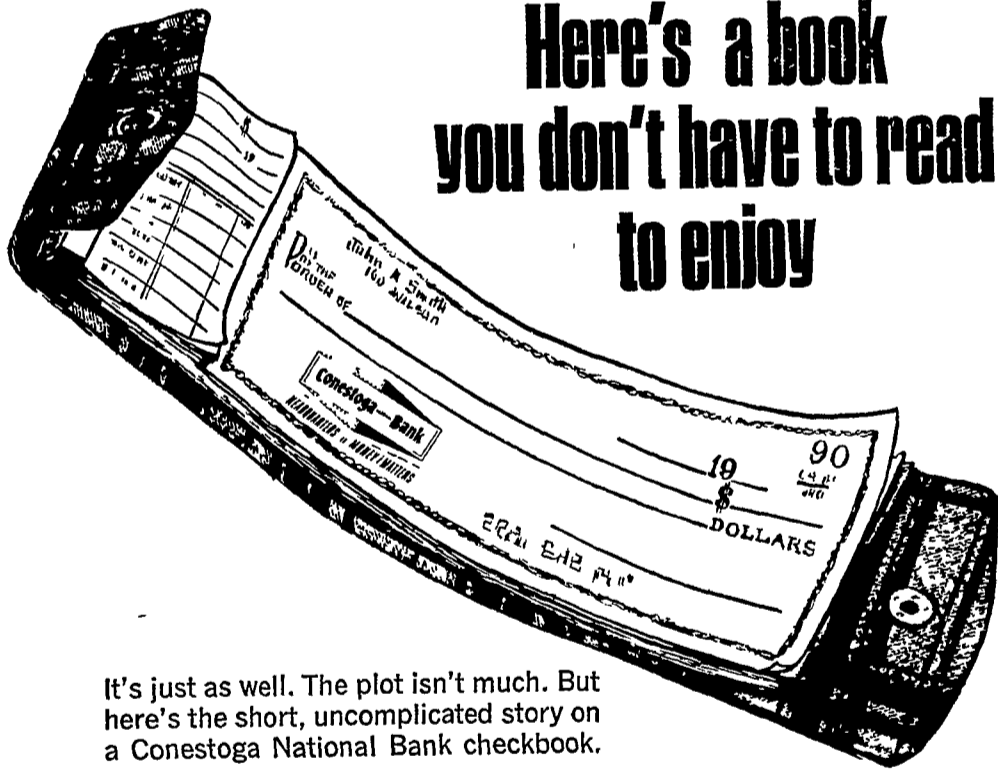
Make it a rule that children

(Continued on Page 16)

SAVE AT SAVE RITE MARKET

743 S. BROAD ST. LITITZ, PENNA.

Here's a book you don't have to read to enjoy



It's just as well. The plot isn't much. But here's the short, uncomplicated story on a Conestoga National Bank checkbook.

It assures you that the cash value it represents is guarded against loss.

It helps you maintain an up-to-date record of all expenditures.

It supplies, by means of cancelled checks, uncontested proof of payments made.

It even has your name on every page.



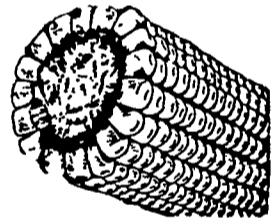
HEADQUARTERS FOR MONEY MATTERS

LANCASTER/CENTERVILLE/LANDISVILLE LITITZ
MANHEIM TOWNSHIP MILLERSVILLE/ROHRERSTOWN

MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION
A Trustee for The Lancaster County Foundation

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.

HOLLAND STONE

CONCRETE BLOCKS

Ready-Mixed CONCRETE

METAL WINDOWS

New Holland Concrete Products

New Holland, Pa.

354-2114