

● **Farm Women**
(Continued from Page 19)

presided. Devotions were led by Mrs. Ann Shreiner.

Roll Call was answered by Society members introducing their guests.

Mrs. Richard Peters, of Lancaster, gave a demonstration of Origami, the art of paper-folding. A "Vocal Ensemble" group from Ephrata High School presented several musical selections.

Members of the Society recently took refreshments to the Conestoga Nursing Home.

Five Society members attended a Tea at the Holiday Inn, Lancaster, in honor of Edna Eby Heller who introduced her book, "The Art of Pennsylvania Dutch Cooking," on April 4

A bake sale will be held on April 27, beginning at 9 a.m., at Stauffers Market, Kissel Hill.

Society 26 will entertain Society 1 on April 25 at 7:30 a.m. at the Lititz Church of the Brethren

A Spring Rally State-Affair will be held May 16 at Collegeville Inn.

The next meeting will be a mother and daughter banquet or May 3 at 6:30 p.m. at the General Sutter Inn, Lititz. Reservations must be made by April 25. Miss Sarah Martin, a representative from Pennsylvania Power & Light, will speak on "Famous People of Pennsylvania."

SOW PANSY SEED SOON

It is almost time to sow pansy seed in the open ground, if you want blooming plants in late summer or early autumn, reminds Extension ornamental horticulturists at Penn State. Pick the blooms as they appear and the plants will flower continuously

Recipe Book Is Published

A true delight in life is eating a "wonderful good" Pennsylvania Dutch meal. So that others may enjoy these delicious foods, a collection of recipes — some of them family heirlooms and others treasured by generations of Amish, Mennonite and other Pennsylvania Dutch folk — is now available in a new book, "The Art of Pennsylvania Dutch Cooking", written by Edna Eby Heller. The book, published by Doubleday, is on sale at any book store.

Mrs. Heller, daughter of Mrs. Frank Eby, 31 W. Lemon St., Lititz and the late Mr. Eby, learned to cook as a child, often helping her mother prepare hearty meals for the 18 boarders residing at the "House of Eby".

Fifteen years of research conducted by Mrs. Heller has resulted in an accumulation of 300 recipes, with helpful hints on preparation and a brief history of the Pennsylvania Dutch people.

With "The Art of Pennsylvania Dutch Cooking" you will be able to make all sorts of dishes, familiar ones and other such intriguing names as Lottwarick un-

● **Have You Heard**
(Continued from Page 19)

A round purple inspection mark is used to show wholesomeness while the purple shield-shaped grade mark is used to show quality. You won't often see the inspection mark.

Schmierkase, Old Shoes, Flannel Cakes, Snavelly Sticks, Huddlestrow, Booch-Waltz Gribble, Souse, and the truly elaborate Morning Glory Cake that takes five hours to make!

In the past 20 years, Mrs. Heller has written five cookbooks hundreds of articles for news papers and magazines and a popular cooking column for Pennsylvania newspapers.



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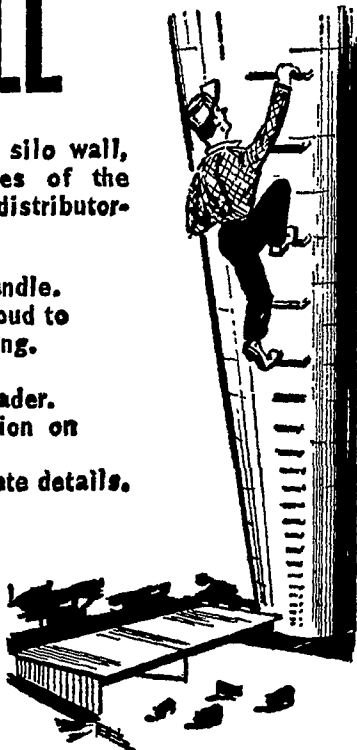
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because the stamp is placed on large wholesale cuts only. But you will probably see the grade mark.

Some cuts of beef roasts are naturally more tender than others. Cuts from the rib and loin section will be more tender than cuts from the active muscles in the shoulder and round.

Buy any beef roast you intend to oven-roast big enough — at least 4 pounds — to keep it from overcooking, especially if you like it rare or medium rare.

Guides to Buying Fresh

Asparagus
One sign of quality asparagus is freshness.

are firm, crisp and bright green. Tips should be tightly closed and green to purplish-green in color.

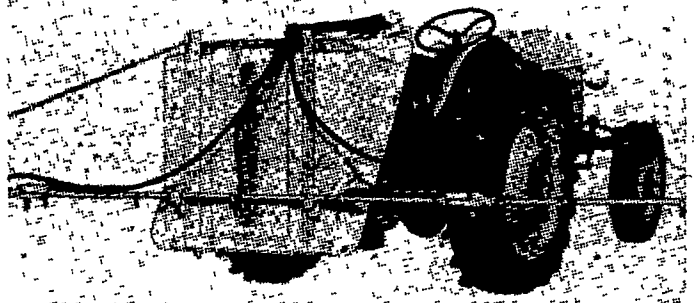
On the other hand, avoid stalks that are wilted and tips that have started to open. These are signs that asparagus is past its prime.

After you buy asparagus, serve it as soon as possible.

If you must store it, put asparagus in a moisture-proof bag or container and keep it in the refrigerator.

Stalks and tips age rapidly once they're cut.

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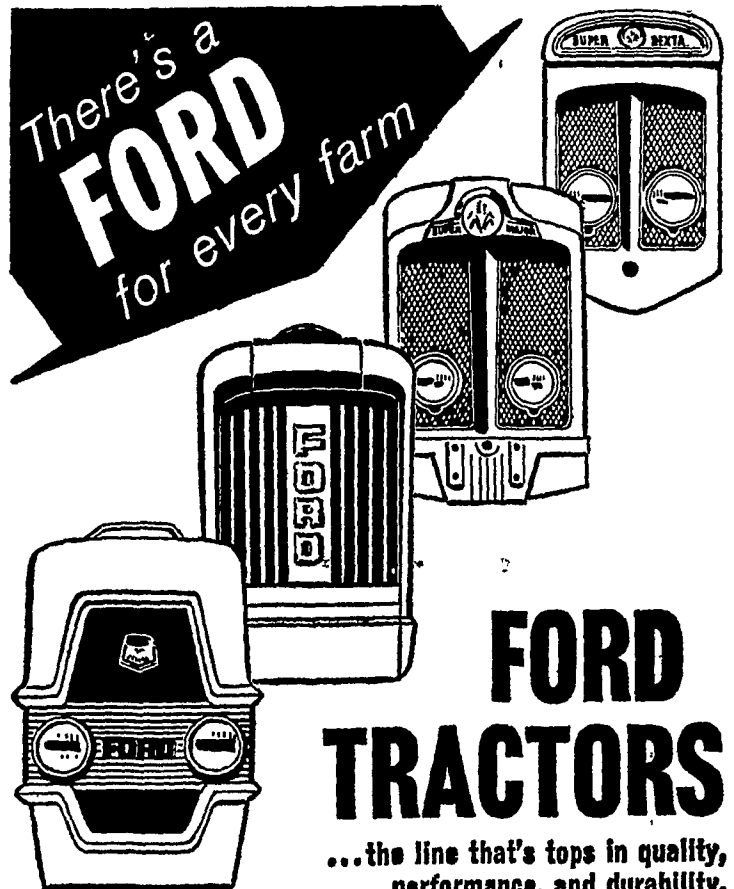
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