

For The Farm Wife
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Danish cabbage is compact and has comparatively smooth, light green leaves. It stores well and can be marketed for many months. Domestic cabbage is often used for sauerkraut. The leaves of this variety are more tender and brittle than the Danish cabbage.

You can easily identify red cabbage by its distinctive red or purple color. Serve it sweet-sour or use it for color and flavor in salads. Prices for this variety range higher than for the green varieties.

Cabbage will keep longer than lettuce, which is more perishable. When storing cabbage at home, wilting may be prevented by maintaining a high relative humidity or 90-95 percent.

A popular way to enjoy fresh cabbage is to shred it, add a touch of mayonnaise, vinegar, and seasoned dressing and eat it as cole slaw. Many supermarkets now carry prepackaged cole slaw for your convenience. Since the mixture is highly perishable, the price is relatively high, especially compared to fresh cabbage.

EGG PEPPERS

- 6 large green peppers
- 6 hard-cooked eggs, chopped
- 1 cup shredded cheddar cheese
- 1/4 cup finely chopped onion
- 1/4 cup chopped parsley
- 3 tablespoons prepared mustard
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons dry bread crumbs

Cut tops from green peppers;



BREATHES THERE A MAN WHO DOESN'T LOVE A RED SWEATER? If it has a turtle neck, raglan sleeves and white stripes across the chest, watch out! For a big hug, knit him this pullover of worsted yarn in a textured pattern stitch. The instructions cover men's sizes 38-44. They are available free by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PK 1603.

remove seeds and membrane. 1 teaspoon bread crumbs. Place in boiling water, remove in baking dish with just enough water to cover the bottom of the minutes; drain. Mix together all remaining ingredients except for 25 minutes, or until green bread crumbs. Scoop equal amounts of egg mixture into broiler to brown crumbs, if desired. Sprinkle each with sired. Makes 6 servings

**Ladies,
Have You Heard? . . .**

By Doris Thomas, Extension Home Economist



Substitute Eggs For Meat To Economize
The quality and versatility of eggs make them an ideal choice for any meal.

Eggs are low in cost and yet can give you a meal's worth of protein.

Serve eggs alone or in combination with other foods.

Use hard-cooked eggs as the basis for many meals

Try pickling eggs with sliced beets and seasoned vinegar.

When you make deviled eggs, mix cooked seafood with the yolks before refilling the egg whites.

You need only three eggs to supply the amount of protein you get from an average serving of meat. You need fewer eggs if you combine them with other protein foods.



THOMAS

New Detergents For Laundry Available

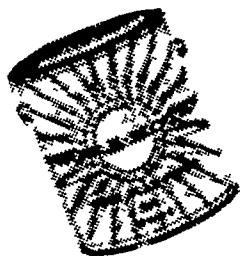
Enzyme action has been introduced to laundry products to remove stains.

Enzymes can breakdown problems stains, such as grass, blood, gravy, and body oil stains like

those found in collars and cuffs. Enzymes help with stain removal by breaking up the stain's complex long chain molecules that are intertwined in the fabric weave.

When molecules are broken (Continued on Page 20)

**Dura-Kote
Paint Sale**



\$3.99
GAL.

Plus S & H Green Stamps

ALKYD FLAT FINISH NO. 291 - White — An Alkyd Interior Finish. It is easy to apply with paint roller or brush and has no "painty" odor. Dries quickly to a smooth flat finish without laps or brush marks. Is extremely high hiding and washable. A beautiful flat finish for plaster, plywood, brick, wood, celotex, wallboard, wallpaper, concrete, cinder block, metal or painted surfaces.

Martin's Hardware
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- and you won't at



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Latex Flat Wall Paint **\$4.85**
Reg. List Price \$6.90 OUR PRICE Per Gal.

Latex Satin Enamel **\$5.80**
Wall Paint Reg. List Price \$7.95 OUR PRICE Per Gal.

BONUS OFFER

With One Gallon Latex Flat Or Latex Satin Enamel Wall Paint Get 1 Gallon Of Latex Flat Ceiling White For \$2.85 Per Gal. Reg. List Price \$5.75 Gal.

THIS WEEK'S SPECIAL

LADIES' SWEATERS **\$1.25** AND UP ONLY

STORE HOURS: 7:30 A.M. to 9 P.M. — Except Wed. & Sat. 7:30 to 5 P.M. — Closed Sunday

Clothing, Shoes, Houseware, Hardware and General Merchandise

GOOD'S STORE

R. D. 1, East Earl, Penna. Ph. 445-6156
1 Mile North of Route 23 Along Route 625