

● For The Farm Wife

(Continued from Page 10)

on buttered bread, spread the meat generously with softened cream cheese. Add more thuringer and the second slice of bread. Chilled celery, fresh fruits, and a cold carton of milk in the lunch bag will help to keep all the food cool.

MENU 2 A sesame seed sandwich bun filled with slices of delicately flavored bologna layered with slices of sharp Cheddar cheese makes a hearty sandwich. Several slivers of dill pickles add a tangy touch to the sandwich. Grapes, white or red, are fine finger fruits for the carried lunch.

MENU 3 Fried chicken is especially packable. It can be cooked and frozen for carrying. Brown bread sandwiches with a cream cheese and chopped nut filling plus a crisp apple are a good combination with the chicken. Chicken is fun to eat with the fingers so no knife and fork are needed.

MENU 4 Cold roast pork thinly sliced and arranged on rye bread bring new variety to the lunch bag. Mustard mayonnaise, or Thousand Island Dressing spread on the bread keeps it moist and complements the lean roast pork. Keep in mind that whether hot or cold, pork is rich in thiamine, a very important nutrient. A small container of apple coleslaw adds crispness and vitamin C to the meal. A banana and one or two crisp sugar cookies are the dessert for this meal.

Many who carry their lunch in a box or bag depend on vending machines for milk or some other beverage to complete their noon meals.

This Graham Date Bread would be a tasty addition to a lunch box—

GRAHAM DATE BREAD

- 1/2 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 1/2 cups graham cracker crumbs
- 1/2 cup light brown sugar, firmly packed
- 1 (8-ounce) package chopped dates
- 1 cup chopped walnuts or pecans
- 2 teaspoons grated orange rind
- 2 eggs, well beaten
- 1/2 cup orange juice
- 1/2 cup butter or margarine, melted and cooled

Sift together first three ingredients, add next five ingredients and mix well. Combine egg, orange juice and butter or margarine. Stir into dry ingredients mixing just until combined. Turn into a greased (8 1/2 x 4 1/2 x 2 1/2 inch) loaf pan. Bake in a preheated slow oven (325 degrees) 60 to 65 minutes or until cake tester inserted in center comes out clean. Let cool in pan on wire rack 10 minutes. Turn out and cool completely. Slice aluminum foil wrapped overnight for easy slicing. Makes about 16 slices.

GRANGE NEWS

Fulton Grange #66 held their annual Christmas party December 23 at the Grange Hall in Oaklyn. It was preceded by two groups going carolling in charge of the Youth committee. Some of Coleman Grange #1667 joined in the carolling and attended the party.

Mrs. Jesse Wood, Lecturer, was in charge of the program. Miss Bonnie Miller, Fulton Grange's contestant in the Miss Solanco pageant, played a piano solo "The Little Drummer Boy." J. Robert Reed played a medley of Christmas songs on his violin and was accompanied on the piano by Mrs. Melvin C. Boyce of Colerain Grange. Mrs. Ambrose Giffing conducted a square dance.

Santa appeared and assisted in the gift exchange for the Junior and the Subordinate Grange and friends. About 65 were in attendance.

Cub Scout Pack #130 will present "Show Boat" at the next meeting Jan. 13 and the Junior (Continued on Page 13)

FRUITED SPREAD

- 1/2 cup chunk-style peanut butter
 - 1/2 cup chopped dates
 - 6 tablespoons orange juice
 - 1 teaspoon grated orange rind
 - 8 Holiday Rusk rolls
- Combine first four ingredients until well blended. Spread on rolls.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



The After-Christmas Tree

After the holiday season, the tree has served its purpose indoors.

You can use your tree in a community 12th Night burning ceremony.

Or use it in the backyard as a shelter for birds and a bird feeding station.

Or discard the tree by taking it to a refuse dump or seeing that it is taken away by the refuse collectors in your neighborhood. Specific days are usually set for the pickup of trees after the holiday season.

If you used a live tree — balled and bagged — plant it promptly.

Pork Available In Cured Form

Cured and smoked pork chops are available in most stores. The loin of pork is cured and smoked much the same way, as ham and bacon and is sliced into chops. They require only heating and serving.

Price of smoked chops is generally higher than fresh-style pork chops because of the processing and limited quantities available.

There is less shrinkage in smoked chops and you can actually serve more meat than you would from a fresh chop of the same size.

Buying And Caring For Lettuce

Select a head that's firm but not hard.

One that "gives" slightly when you press it is usually a good choice.

Examine the stem or core end for discoloration — if there is any, the head has lost some of its quality.

To properly prepare head lettuce for storage, strip off coarse leaves then remove the core. One way to remove the core is to whack the head, core side down, on the sink diamond and lift out the core with your fingers.

You can use a sharp knife to remove the core but cut edges tend to discolor rapidly.

Rinse the head, core side up, under cold, running water.

Then place the head, core side down in a colander, sieve, or on a rack, to drain.

When the head is well drained, store it in the refrigerator in a tightly closed plastic bag.



THOMAS

Can You Afford Not To Be A LANCASTER CO. FARMERS ASSOCIATION MEMBER?

- Can you afford to lose the Pennsylvania Milk Control Law?
- Can you afford to lose your farm to land-grab government schemes?
- Can you afford to lose your sales tax exemption on farm supplies and machinery used in production?
- Can you afford to pay double for your truck license fee?
- Can you afford to lose your farm to "open-space" schemes?
- Can you afford to let your farm be managed from Washington by so-called "Agricultural Experts?"
- Can you afford another year \$1.10 per bushel wheat?
- Can you afford the threat of imitation milk products?
- Can you afford government regulations prohibiting you from selling your farm?
- Can you afford to employ union labor on your farm?

These are just a few of the proposed legislation that the Lancaster Co. Farmers Assn. members were able to stop in 1968. But many of these threats still face us in the State and Federal Assembly and Congress.

AGAIN WE ASK:

CAN YOU AFFORD NOT TO BE A LCFA MEMBER?
LCFA HAS A COMPLETE PROGRAM TO FULFILL YOUR FARMER-MEMBERSHIP NEEDS

SERVICE TO MEMBER PROGRAMS INCLUDE:

- Legislative Program
- Marketing & Procurement Programs
- Farm Management Business Analysis Service
- The Land Use & Zoning Program
- Educational Programs
- Insurance Programs
- Real Estate Programs
- Public Relations Programs

**IF YOU ARE PLANNING TO FARM IN 1969
YOU CAN'T AFFORD NOT TO BE
A LCFA MEMBER!**

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10% increase in Life & Dismemberment Policy with dues paid by January 1 to Lancaster County Farmers Assn.

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