

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

**GRANGE NEWS**

tender; remove from heat. Add croutons and ¼ cup of the oranges, mixing lightly. While tossing gently, add mandarin orange syrup.

Rub inside of duckling with salt and stuff lightly. Do not truss or prick skin. Close opening with skewers or toothpicks and lace with cord. Place breast up on rack in shallow roasting pan. Roast in slow oven (325 degrees) allowing about 30 minutes per pound. Meaty part of leg should feel soft when pinched between fingers. Garnish with remaining orange sections 4 servings.

Fulton Grange #66 met in regular session recently at their hall in Oakryn. Cub Scout Pack #130 presented "Show Boat", a very entertaining variety show with about thirty children from five Dens taking part. The following den mothers and other mothers directed and assisted: Mrs. Nancy Fisher, Mrs. Jean Barnes, Mrs. Sarah Jackson, Mrs. Celia Bittinger, Mrs. Dotty Mizell, Mrs. Charlotte McCaddell, Mrs. Judy Bergdoll and Mrs. Ann Preston. There were about 150 in attendance.

Clifford W. Holloway, Jr., Master, was in charge of the business meeting. The Charter

was draped in memory of Mrs. Delmar L. Spencer.

The Youth committee will have another dance for the community young people February 15. They are sponsoring a tour of the Peach Bottom Atomic Plant January 29, leaving the Grange hall at 7 p.m. Anyone desiring to go should make reservations through Mrs. Stanley Stauffer Jr. They are also sponsoring a tour of the Chrysler Plant in Newark, Del. Feb. 18, leaving the Grange hall at 7 p.m. Children under four years will not be permitted to go. It will be a walking tour of the plant which will last 1½ hours.

The Junior Grange held their regular meeting with good attendance. They are requesting yarn, scraps of material and new wash cloths for crafts. Their next meeting will be Feb. 10.

The program at the next meeting of Fulton Grange, Jan. 27, will feature a panel discussion on Farm Management in charge of William Fredd and a group of young farmers who are enrolled in evening classes at Solanco High School.

**Washing Temperatures**

Water with temperatures under 140 degrees Fahrenheit is not hot enough to destroy bacteria on soiled clothing or household textiles, points out Helen E. Bell, Penn State extension home management specialist. Research shows there are as many as 5 million bacteria per square inch on the underarm part of a T-shirt and 53 million bacteria and 900 thousand fungi per square inch on a washcloth. For clothes that can take it, wash water should be at least 140 degrees to destroy as many bacteria as possible.

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

By Doris Thomas, Extension Home Economist



**Boys' Rooms Need Sturdy Furnishings**

Boys need sturdy furniture that withstands hard use, in a room they can use and enjoy.

Consult your son about his decorating ideas. Ask his help so the room will reflect his ideas and interests.

Select a comfortable bed with a good, firm mattress. For two in a room, you can use bunk or trundle beds.

Walls with washable paper or paint, and floors covered with vinyl or linoleum make a room easy to take care of. If you use a rug, make sure it's washable.

Strong, durable furniture is a must. Look for furniture with a mar-resistant finish.

For a boy who needs space to store his possessions, a sturdy bookcase is a good idea. Leave as much floor space as possible for play and easy cleaning.

A child in school needs a good desk and chair and adequate lighting.



THOMAS

**Freeze Individual Meat Servings**

Freezing individual servings of meat makes it possible to prepare meals for a family that varies in size from day to day and eliminates unwanted leftovers.

Place two thicknesses of waxed or freezer paper to easily separate hamburgers, ground meat patties, chops, or steaks when they're frozen.

Or put each patty or chop into a plastic or waxed paper sandwich bag, close tightly and freeze. When the meat is

frozen, put smaller bags into one large bag. Close, label, and store in your freezer.

If you thaw meat before cooking you can thaw it in the bags and save washing a dish.

You can also freeze patties or chops by placing them on a baking sheet, then placing in your freezer. When frozen, put the meat in a large bag or other container and pieces won't stick together.

Individual servings are easy to prepare. There are no leftovers and meals will be interesting and appealing.

**Canadian Bacon For a Treat**

Canadian bacon is made from the tender muscle that would be part of a pork chop if it were cut differently.

Canadian bacon is cured and you can buy it either presliced (Continued on Page 20)

**ROASTED STUFFED FISH**

- 2 tablespoons chopped onion
- ½ teaspoon basil leaves
- ¾ cup coarsely chopped walnuts
- 6 tablespoons butter or margarine
- 1 cup cooked rice
- ¾ cup thickly sliced celery
- 2 tablespoons chopped parsley
- 2 teaspoons finely grated lemon peel
- ½ cup 100% bran cereal
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (6-pound) sea bass or other

whole fish, fresh or frozen and thawed

Cook onion, basil, and walnuts in 3 tablespoons butter for 5 minutes. Add 2 more tablespoons butter; when melted remove from heat. Stir in next seven ingredients. Mix lightly with a fork. Dry inside of fish thoroughly. Place stuffing on one half of fish; fold the other half over. Rub outside of fish with remaining butter. Wrap in foil. Roast in 350 degree oven about 1 hour or until fish is flaky when tested with a fork. Makes 8 servings.

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