

● **For The Farm Wife**
(Continued from Page 18)

hart's health failed and he had to quit.

Glenn is a foreman at Trojan Boat Company in Lancaster. The Morrisons have a son David who is eleven years old and attends Martic Township Elementary School near Rawlinsville. He plays baseball and basketball. Their oldest son fell victim of leukemia and passed away a few years ago.

Mrs. Morrison enjoys house-keeping and cooking. Whenever there's a covered dish supper or some social activity at church or in her Farm Women Society the ladies say, "Let Flossy make date and nut balls." I guess you might say she is famous for them, even if you don't like dates you'll like these. They're kind of a cross between a cookie and candy.

DATE AND NUT BALLS

- 2 eggs — well beaten
- 1 cup sugar
- 1 cup chopped dates
- 1/4 cup butter

Combine and cook 10 minutes, stirring constantly. Remove from fire. Cool then add 1/2 cup black walnuts.



COCOANUT CAKE is what it will be when Mrs. Morrison gets finished with this bit of home cooking. L. F. Photo

- 2 cups crushed rice krispies
- Form into balls. Then roll in granulated sugar.
- Here's a very delicious

COCOANUT CAKE

- 2 cups granulated sugar
 - 3/4 cup butter or other shortening
 - 3 egg yolks
 - 1 1/2 teaspoons vanilla
 - 1 cup milk
 - 3 cups sifted flour (local wheat flour works fine)
 - 4 teaspoons baking powder
- Cream shortening and sugar together. Add beaten egg yolks. Add flour-baking powder mixture alternately with milk. Add vanilla. Beat egg whites and

fold in lightly. Bake at 350 degrees in loaf pan (13" x 9") until baked. Use a 10X sugar icing and sprinkle shredded coconut over top.

Like stuffed peppers? Try these

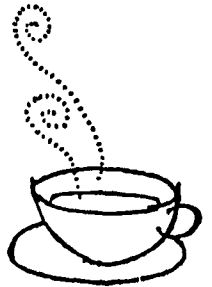
FILLED PEPPERS WITH MEAT

- 1 1/2 lbs. hamburger
- 3 tablespoons uncooked rice
- 1 cup corn flakes
- 2 eggs well beaten
- 1/2 teaspoon salt
- 6 green peppers
- 1 large can tomato soup

Mix the rice, meat, corn flakes, eggs and seasoning together. Cut tops off the peppers

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

By Doris Thomas, Extension Home Economist



What Is Yoghurt?

Yoghurt is as old as civilization itself, but new to many food shoppers of today.

Yoghurt is a fermented, semi-solid milk made by adding a bacterial culture to partially skimmed milk.

It is similar to cultured cream that you use for topping on baked potatoes.

Plain yoghurt contains about 150 calories per cup — about 275 calories if it's flavored.

Some Safe Driving Tips

Allow plenty of time for your trip. Adjust your speed to traffic, road and weather conditions.

Never drink before you drive.

Obey traffic signs and laws.

Stay alert for the mistakes of others.

How To Cook Pork

Pork roasts are best when cooked to an internal temperature of 170 degrees.

The practice of overcooking pork stems in part from the fear that underdone pork might be infected with trichina organisms.

and soak in boiling water for 5 minutes. Scoop out the seeds and fill with the meat mixture. Place in a large pan, add the tomato soup and let cook for 1 hour in a slow oven 300 Degrees F.)

If you ever take a notion to hunt-up Mrs. Morrison, just let her know and she will be out front flagging you down. In fact she might even bake a cake.



THOMAS

Since such organisms are destroyed at a temperature of less than 140 degrees, there's no need to cook pork far beyond that temperature.

Pork roasts cooked to the suggested internal temperature of 170 degrees will be juicy and tender — not dried out and stringy.

Cheese Buying Pointers

Pound for pound, you generally pay less for mild cheese than fuller flavored ones be- (Continued on Page 21)

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Why I switched my checking account

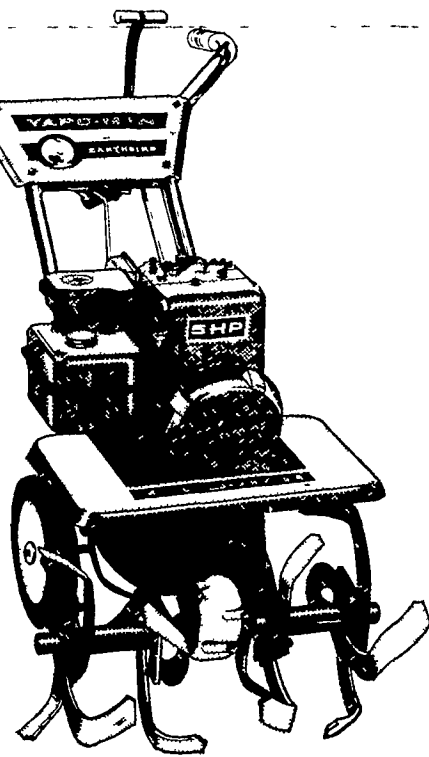
You wouldn't expect a senior citizen who's "set in his ways" to switch his checking account from a bank he'd used for many years. But that's what I did. Switched to the Key Bank where I don't have to pay a cent in service charges as long as I keep a minimum balance of \$200 in my account. At the Key Bank I get the advantages of Bancard checks, too — checks that are cashable anywhere, just like "free" travelers' checks.



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