

For The Farm Wife
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likes to cook. Here are a few of her preferred recipes:

LEMON JELLO

Pour 2 cups boiling water over 2 packages lemon jello and 8 large marshmallows. Allow to cool then add 2 sliced bananas and 1 cup crushed pineapple. Pour into pan and chill until firm

Topping Beat together 1 egg 1/2 cup sugar, 2 tablespoons flour, 1 cup pineapple juice. Pour this into a heavy kettle where 2 table-spoons butter has melted. Bring to a boil and cook until slightly thickened. Cool. Mix 1 package Dream Whip with directions. Fold into topping mix. Spread on top of chilled jello

Optional: Sprinkle with 1/2 cup finely chopped nuts. Serve on lettuce.

SEAFOOD CASSEROLE

3/4 cup thin broken noodles (cooked)
1 cup whole kernel corn (drained)
1 5/8 oz. can of shrimp (drained)
1/2 cup sliced mushrooms
1 cup cheese sauce
grated cheese

To make cheese sauce—melt 1 tablespoon butter. Add 1 table-spoon flour. Stir and add 3/4 cup milk. Bring to boil and add white American or Velveeta cheese. Stir until cheese melts.

Place noodles in greased cas-serole. Arrange corn, shrimp and mushrooms over noodles, cover

with cheese sauce. Sprinkle with grated cheese. Bake at 350 de-grees for 30 minutes.

CORNED BEEF CASSEROLE

12 oz. can corned beef (broken)
1/4 lb. cheese chopped (1 cup) (mild cheese such as white American)
1 1/2 oz. cream of chicken soup
1 cup milk
1/4 cup chopped onion
8 oz. noodles cooked and drained
Alternate layers in greased 2 qt. baking dish. Top with 3/4 cup buttered crumbs or wheaties. Bake until heated through at 375 degrees for 30 to 40 minutes

GRAPE PUNCH

2 cups sugar
6 oz. can frozen grape concentrate
6 oz. can frozen orange concentrate
1 qt. ginger ale
Bring to a boil and cook for 3 minutes the sugar and 2 cups water. Cool. Add the concentrate which has been diluted in one qt. of water. When ready to serve add the ginger ale and ice

ICED TEA

Into a gallon container half full of water dissolve 2 table-spoons instant Nestea, 1 3/4 cups sugar, and 1 can (6 oz.) lemon juice frozen concentrate. Stir until dissolved. Add ice and fill to gallon mark.

LEMON PIE ALAMODE

1/2 cup butter
2 teaspoons grated lemon rind
1/2 cup lemon juice
1/4 teaspoon salt
1 cup sugar

Sanitation Hearing

A public hearing on proposed milk sanitation regulations will be held at 10 a.m. Oct. 10 in the State Agriculture Building. State Agriculture Secretary Leland H. Bull said changes are necessary to "update outdated regulations"

"Some of our regulations were tailored for the days when milk was handled in cans," Secretary Bull said "They have to be revised to reflect technological changes"

He said the State Agriculture Department will recommend lower bacteria count limits for milk as well as tighter product temperature controls

"The consumer will benefit from these changes because the milk he purchases will keep longer and taste better," Secretary Bull said

2 eggs
3 egg yolks
1 qt. vanilla ice cream
1 baked pie shell with high fluted edge
3 egg whites
1/2 cup sugar

Melt butter in double boiler. Add rind, juice, salt and 1 cup sugar. Beat the whole eggs and the yolks and stir into the butter mixture. Cook over boiling water, stirring constantly till it's thick and smooth. Remove. Cool. Soften ice cream slightly. Put half in pie shell. Carefully spread half the filling over. Freeze pie till firm and repeat. Beat the whites till foamy. Add sugar gradually and beat till stiff. Spread on pie, sealing to edge. Place on a board and bake at 475 degrees for 4 to 5 minutes or until brown. Freeze until ready to serve. This will fill a 10 inch pie pan

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

By Doris Thomas, Extension Home Economist



No-Iron Wool

US Department of Agriculture scientists have paved the way to no-iron wool by blending settable non-wool fibers with pre shrunk wool fibers. After the finished garment is given a durable press treatment, slacks made from this wool blend can be machine sudsed regularly with never any need for ironing. In addition to outstanding washability, this material retains the warmth and resiliency characteristics of wool.

How You Can Help The Needy

There are many projects that volunteers can and do carry out successfully to help low-income families get maximum benefit from food help programs.

Get the word out to low-income families that food help is available and how they can apply. Provide transportation for families who need help getting to the application office or in getting their food home.



THOMAS

Conduct demonstrations on planning and preparing low-cost meals that make good use of the donated foods or food stamp help available for the area.

Provide funds to print information and education materials and get small equipment needed for food demonstrations as well as to help finance emergency food delivery to destitute families.

Enlist the support of local leaders and organizations to develop an effective family food help and nutrition program.

Buying Guides For Services
When you buy repair services on television sets, autos, appliances, and equipment:

Look for repair shops with reputations for reliable service, well-trained technicians, and reasonable prices.

Know essential facts about products — manufacturer's name, model number, date of purchase, dealer's name.

Look at warranties issued at the time of purchase to see if repairs or parts are covered.

Check service shop's guarantees on parts and labor.

Ask for written estimates on cost of repairs and parts and for an itemized bill after servicing.

Return to the original seller when possible.

Keep a list of repairs and services to be done in your home so several things can be done at one time. It is less costly for you if a repairman makes one trip rather than several.

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