

● **For The Farm Wife**
(Continued from Page 20)

is cheaper. Previously, every 61 pounds of edible carrot going to market were accompanied by 49 pounds of tops, extra crates, liners, and ice. And the consumer paid the cost of a green he didn't want and couldn't use.

EGGPLANT

Good quality eggplant is firm and heavy in relation to size, with a dark, rich, purple color, and is free from scars or cuts. A wilted, shriveled, soft or flabby eggplant will usually be bitter, or otherwise poor in flavor. Worm injury can be seen on the surface and, if severe, will probably indicate excessive winter decay shows as brown surface spots.

CAULIFLOWER

Cauliflower is usually sold with most of the jacket leaves removed. When shopping for cauliflower, look for white to creamy white, compact solid, and clean curds (the edible portion). A slightly granular or "icey" curd texture will not hurt the eating

Society 4
Miss Martha Wagner, Lancaster, showed slides on Haiti, and told of a visit there during the program of Society of Farm Women 4 recently at the Mountville Church of the Brethren. Mrs. E. Robert Nolt was hostess.

Mrs. Edwin Yeaglin, chairman of the special activities committee,

quality if the surface is compact. If jacket leaves are attached, make sure they have a good, green color, a sign of freshness. Avoid cauliflower that has a spreading of the curd. Also, smudgy or speckled appearance of the curd can be a sign of insect injury, mold growth, or decay and should be avoided.

ice, discussed several bus trips with the group. The Allenberry Playhouse and a tour of the Governor's Mansion were among those mentioned.

Mrs. Elmer Schroll was officially accepted as a new member.

The June meeting will be held at the home of Mrs. Martin E. Greider, Lancaster RD2 on June 27, assisted by Miss Alice Marie Nissley. The Treblears will present a concert.

Society 9

Society of Farm Women 9 held the May meeting at the Boys Club camp at Martietville, Pequea RD1, with Society 16 as guests. (Continued on Page 27)

Farm Women Societies

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



A leg of lamb is a good meat buy, particularly if you plan for not only its first appearance on the dinner table but its second appearance as well. Wise use of leftovers is one of the secrets to keeping a food budget within bounds.

To get your best yield from a leg of lamb, roast it in a slow oven, 325 degrees, for about 30 minutes per pound. The slow heat cooks the meat evenly and keeps shrinkage to a minimum.

A meat thermometer is the best way to check for doneness in roast meats. For lamb, that's medium done — still juicy and very slightly pink — take the meat out of the oven when the thermometer registers between 170 degrees and 175 degrees. Then let the meat stand 5 to 10 minutes to firm up and make carving easier. This ten minute lapse gives you



THOMAS

needed time to make gravy and put finishing touches on vegetables.

If you leave the thermometer in the meat, you find the temperature will rise a few degrees while it stands because the meat continues to cook even though it's out of the oven. So be sure to take this into your reckoning of when to take the roast out of the oven.

Now for the second time around. Try a Lamb Tetrazzini, a delicious casserole made with cooked lamb and spaghetti.

Lamb Tetrazzini

- 8 ounces spaghetti
- 1/4 pound mushrooms, thinly sliced
- 2 tablespoons butter
- 1 can (10 1/2 ounces) condensed cream of celery soup
- 2/3 cup milk
- 2/3 cup heavy cream
- 2 tablespoons sherry wine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Dash nutmeg
- 1 pound cooked lamb, cut into strips (about 2 cups)
- 1/4 cup grated Parmesan cheese

Cook spaghetti according to package directions. Meanwhile, cook mushrooms in butter over low heat until lightly browned, stir occasionally. Mix in soup, milk, cream, sherry, salt, pepper and nutmeg, cook over low heat 10 minutes, stirring occasionally. Toss sauce with spaghetti and lamb. Turn into greased 2 quart baking dish. Sprinkle with Parmesan cheese. Bake in 350 degree oven 30 minutes or until lightly browned. Serve 4 to 6.

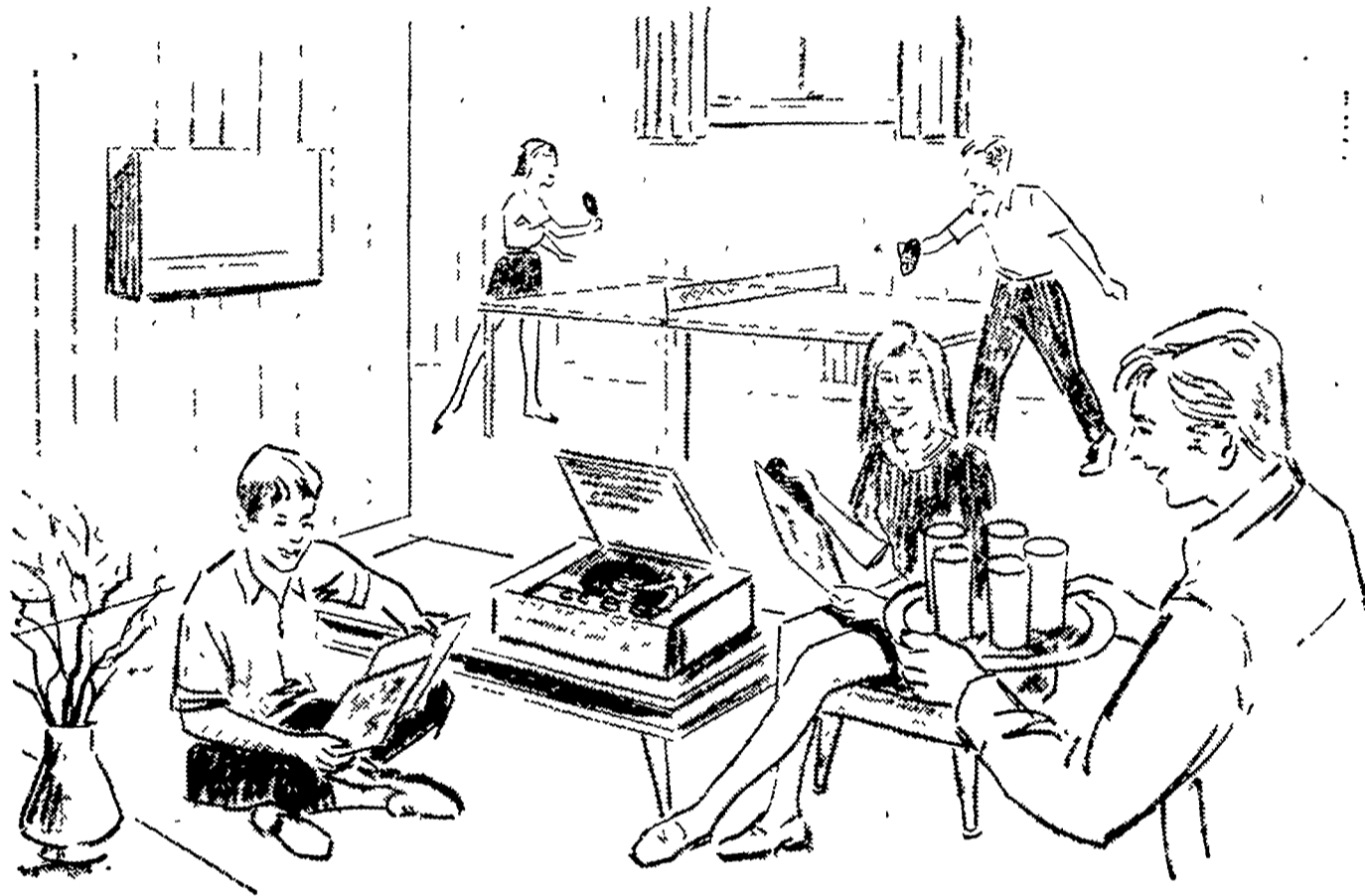
Ready For Food Preservation

It is not too early to take inventory of food preservation supplies and equipment. Taking time now to order or buy what will be needed for preserving the summer's fresh fruits and vegetables will assure you of having supplies when you are ready for them. Advance planning pays dividends.

Whether you freeze or can fresh produce depends on your likes and dislikes, the kind of food you are preserving, and the equipment you have available.

It is a good idea to check processing and freezing equipment to see that it is in good working condition. Waiting until the day you want to use it and then find a piece does not function properly can be costly in time, money and spoilage of food.

If you have a pressure canner and plan to use it for canning. (Continued on Page 24)



What electric hydronic heat is - and what it can do for you

First, a look at the picture will tell you that electric hydronic (hot water) heat does the job in a lot less space than your present type of heat. The suitcase size unit hanging on the wall replaces the furnace and fuel storage you now have cluttering up your basement.

Not only is hydronic electric heat compact, it's also flamelessly clean . . . it conveniently does away with fuel deliveries and fuel storage . . . it is virtually maintenance-free . . . and it can be tied right into your existing hot water system

for a rapid changeover.

If you have a fuel-fired hot water system about ready for replacement, investigate electric hydronic heat now. Or you may want to learn more about the four other types of electric heat—warm air, ceiling cable, baseboard or heat pump. For complete information and a free estimate of operating costs, call PP&L or your PP&L Recommended Electric Home Heating Dealer, listed in the Yellow Pages under "Heating."

