

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

**FARM WOMEN SOCIETIES**

degrees) long enough to brown marshmallows, about 45 minutes. Serve piping hot. Makes six servings.

NOTE You can make two casseroles of this vegetable treat for 10 to 12 servings.

**CHERRY COBBLER**

**1/4 cup shortening**  
**1 cup sugar**  
**1 egg**  
**1 1/2 cups flour**  
**1/2 teaspoon salt**  
**2 teaspoons baking powder**  
**1 tablespoon tapioca**  
**1 tablespoon lemon juice**  
**2 tablespoons butter**  
**3/4 cup milk**  
**2 cups cherries, sweetened**

Sift flour and measure Sift flour baking powder, salt and sugar together. Cut shortening into dry ingredients. Beat egg and add milk. Combine with flour mixture. Stir until flour is damp. Pour cherries into a greased, shallow baking dish. Sprinkle with tapioca, add lemon juice and butter. Drop batter in 6 mounds on top of cherries. Bake at 400 degrees for 30 minutes. Serve warm with milk or cream. Makes six servings.

VARIATION: Replace one cup of cherries with one cup pineapple chunks and follow directions as given.

**PIGS IN THE BLANKET**

**1 pound hamburger**  
**3/4 cup tomato juice**  
**1 small onion, minced**

**Society 26**  
Farm Woman Society 26, Manheim, met recently at the home of Mrs. Abram Mummau, Manheim RD2, with Mrs. Paul Blubaker as co-hostess.

Two new members were welcomed: Mrs. Robert Blubaker and Mrs. Harold Sipling.

Members were encouraged to write to their state representatives concerning X-rated movies.

Society 19 will entertain Society 26 on July 11 at 12:30 p.m. at the Lititz Church of the Brethren. Lititz Society 26 will hold their family picnic at the Manheim Memorial Park on July 26 at 1 p.m. Each member is to bring a covered dish and the Society will furnish the sandwiches and coffee.

Mrs. Noah J. Fuhrman, Lititz, was the guest speaker and presented a Pennsylvania

**1 teaspoon salt**  
**1/2 teaspoon pepper**  
**1/2 teaspoon worcestershire sauce**

Make your favorite biscuit dough or use a prepared biscuit mix. Roll to one-fourth inch thickness and cut into four inch squares. Place one tablespoon meat mixture in center of each square. Fold over dough so meat is covered. Place in greased pan and bake at 425 degrees for 40 minutes. Makes eight "pigs."

Dutch skit entitled "Furhood-led"

Next meeting will be Aug. 27, when the members will tour Heishey Medical Center, Heishey. They will meet at the Clearview Bowling Lanes at 6:45 p.m. to go to Heishey. After the tour the members will go to the home of Mrs. Dave Garber, Marietta RD1, for a meeting.

**Society 18**

The June meeting of Farm Women Society 18 met at the farm home of Mrs. John Heit, 1564 Millport Road, Lancaster. Devotions were led by Mrs. Jerome Blubaker.

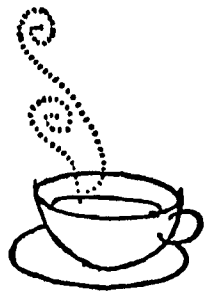
Members answered roll call by telling of their favorite camping or picnic area. Miss Edith Heit spoke on camping and outdoor cooking.

Also in June, Society 11 entertained Society 18 at the Methodist Church in Quarryville at a luncheon. Verina Albert spoke to a large group on herbs, relating the subject to the Bible.

Members were encouraged to assemble migrant kits and also to remember Anne Forbes on her birthday. Miss Forbes was Lancaster County home economics extension agent for many years.

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

By Doris Thomas, Extension Home Economist



**Labels Tell Inside Story**

Label reading can cut your food costs. If you read it right, the label on federally inspected meat and poultry products can be your best friend when you shop.

These products must be checked for composition and then labels checked for truthfulness by the U.S. Department of Agriculture's Consumer and Marketing Service before they can be produced.

If, for example, you are planning chili as the main dish in your menu, shop for "Chili Con Carne." A federally inspected can of this product must contain at least 40 per cent fresh meat and would be suitable for the main course in your meal. An item labeled "Chili Sauce with Meat" need contain only 6 per cent fresh meat, and you would probably want to supplement it to assure a nutritious meal.



THOMAS

If you are like most consumers, you associate certain characteristics with the product name on a label. To help assure that the product you buy has the characteristics you associate with it, USDA sets standards that describe what a product must contain. Such requirements specify things like the minimum amount of meat, the maximum amount of wa-

ter, and what other ingredients may be used in the product.

For example, "Beans with Bacon in Sauce" must have at least 12 per cent bacon, while "Beans with Franks in Sauce" must include at least 20 per cent franks.

"Beef Stroganoff" must be made with at least 45 per cent fresh uncooked beef or 30 per cent cooked beef, and at least 10 per cent sour cream or a "gourmet" combination of at least 75 per cent sour cream and at least 5 per cent wine.

A "Turkey Pot Pie" must contain at least 14 per cent cooked, deboned turkey meat. "Chicken Soup," under Federal inspection, can contain no less than two per cent chicken meat.

For some products, such as chopped ham and oleomargarine, complete standards of identity have been established by USDA. These standards require specific ingredients to be present.

Under composition standards such as these, the product name can tell you a great deal about what is inside. But the label can reveal still more helpful information to those who take the time to read it.

It lists the ingredients — starting with the one weighing the most, and continuing to the one weighing the least, storage or cooking instructions when necessary, the net weight of the product, the packer's or distributor's name and address, and the mark of inspection. In other words, it lets you know what you are paying for.

Packaging, too, comes under the watchful eyes of Federal inspection. It cannot be deceptive.

Pictures, for example, must truly represent what is inside the package. If any garnishes or serving dishes are shown, the words "serving suggestion" or "suggested serving" must appear with the picture.

Informed about Federal standards and labeling, you will be ready to start reading labels to save money on your next trip to the grocery store.

**Plentiful Foods for July**

July shoppers will be offered a wide variety of their favorite foods, according to the U.S. Department of Agriculture Consumer and Marketing Service's Plentiful Foods List.

The list for July carries always-popular broiler-fryers, honey, fresh summer vegetables, watermelons, fresh peaches and fresh plums, fresh and processed lemons and limes and rice.

Marketings of broiler-fryers are expected to run eight per cent ahead of last July, so there will be plenty of these succu-

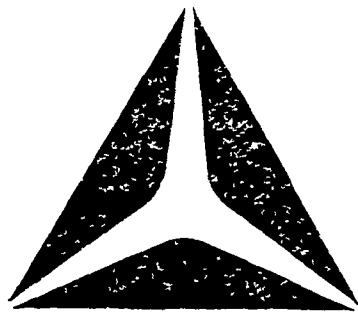
(Continued on Page 23)

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