

● **For The Farm Wife**
(Continued from Page 22)

Ohio, Florida, New Jersey and Washington, D.C.

Wayne is a member of the Pennsylvania Farmers Association and served on their membership drive a year ago. Yvonne is a member of Farm Women Society 27 of the Mount Joy area which meets once a month in the evenings. They have 30 members and Mrs. Arthur Wenger is president at present. Mrs. Miller was vice-president at one time. At their meetings this year they have had workshops on egg decorating, candy making and interior decorating. This month they are touring the Ephrata Cloisters. They will have a white elephant sale at their August meeting. They have held two food sales to earn money. Their service projects have included taking home-mixed cookies to the Harrisburg State Hospital and helping the staff bake them for the patients, giving to the County Farm Women projects and they took meals, for a couple of months, to a family of one of their members who died.

Mrs. Miller sews for Barbara and herself and makes many household items. Some of her

hobbies include making decoupage plaques, knitting, growing flowers outside and house plants and making arrangements of fresh flowers, artificial flowers and fruits.

She cans and freezes quantities of vegetables and fruits and makes large quantities of jellies and preserves. She says she is hard on cookbooks as she tries lots of new recipes. However, she changes many of the recipes to suit her own taste.

Here is a typical meal Yvonne might serve her family and guests featuring a one dish meal, a tossed salad and her own shoofly pie.

DEILED EGGS WITH CHEESE SHRIMP SAUCE

- 9 hard-cooked eggs
- 3 tablespoons mayonnaise
- 1 tablespoon chopped sweet pickle
- 2 teaspoons vinegar
- 1/2 teaspoon dry mustard
- Dash Worcestershire sauce
- Dash Pepper
- 1 (4 oz.) can mushrooms
- 1 (4 oz.) can shrimp
- 3/4 cup milk
- 1 (10 1/4 oz.) can condensed Cheddar cheese soup or other cream soups
- 4 cups hot cooked rice

Cut peeled eggs in half lengthwise, slip out yolks; mash with fork. Mix in mayonnaise, pickle, vinegar, mustard, Worcestershire sauce and pepper. Fill egg whites with the egg yolk mixture, heaping it up lightly. Heat oven to 350 degrees. Heat mushrooms, shrimp, milk and soup just to boiling, stirring occasionally. Spread rice in ungreased baking

dish (11 1/2"x7 1/2"x1 1/2") Arrange eggs in 3 rows on rice, pour soup mixture over eggs and rice. Bake uncovered 15 minutes, if desired. Garnish with snipped parsley. 6 to 8 servings.

TOSSED SALAD

- Lettuce
- tomato
- cucumber slices
- carrots
- celery
- hard boiled eggs
- shrimp pieces
- radishes

UNCOOKED SALAD DRESSING

- 1/4 cup vinegar
- 1 cup sugar
- 1 cup salad dressing or mayonnaise

1/2 cup milk
pinch salt
Beat together until smooth in mixer or blender. Use for tossed salad or cabbage slaw.

YVONNE'S SHOO-FLY PIE

- Bottom part:**
- 1/4 cup King syrup
 - 1/2 cup boiling water and 1/2 teaspoon soda

- Top crumb mixture:**
- 1 cup flour
 - 3 tablespoons shortening
 - 1/2 cup brown sugar
 - 1/2 teaspoon salt
 - 1/2 teaspoon cinnamon
 - 1/8 teaspoon each of nutmeg, ginger and cloves

Mix bottom ingredients and into an unbaked pie crust. Make crumb mixture and put on top. Bake at 400 degrees for 10 minutes, lower temperature to 325 degrees and bake until firm. Top with whipped cream when served. Makes a 9 inch pie.

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

By Doris Thomas, Extension Home Economist



Flavorful fresh peaches — is there any better eating?

Whether your fancy is fresh peaches on your breakfast cereal or warm peach pie a la mode for dessert, you are bound to welcome the fresh peach crop. And whether you prefer the yellow-fleshed or white-fleshed peaches, choose top quality fruit.

Top quality peaches are bright and fresh-looking. The juiciest, most highly flavored peaches have a yellowish or cream background. The red cheek of peaches depends on the variety and the preharvest weather — a red cheek does not necessarily mean good eating.

Select peaches that are fairly firm or firm — but not hard. Very green, hard peaches may not ripen evenly or not at all. Instead they will shrivel and dry, and these peaches lack flavor. Soft or overripe peaches will not keep. So buy them only if you can use them right away.

Bruised peaches are usually light. If you have more than you can use at one time, put the ripe peaches in the refrigerator to preserve their quality and flavor. If you plan to can or freeze peaches this summer you will find the following information most helpful.

Red Haven, an early yellow freestone, is excellent for freezing. Red Haven holds its shape and will not darken as quickly as some other varieties. Halehaven, J. J. Hale and Shippers Late Red ripen during the middle of the season and are recommended for freezing and canning.

The Elberta is the last of the peaches to ripen in Pennsylvania, usually in heaviest supply around Labor Day. It is excellent for canning or pickling.

Peaches at the right stage for eating are the best for freezing and canning. Sometimes it may be necessary to hold peaches a day or two after buying or picking until they reach the "just-right" stage for preservation.

Summer Apples Are Good Eating!
The first apples of the season are now on the market. These early-comers are different. They are tart, juicy, and quick cooking — all factors that make first apples excellent for sauce and pies.

Among early apple varieties are the Yellow Transparent, the deep, green Starb, the very tart green and red stripe Duchess, and the Williams Early Red. By August and September, Summer Rambo Apples come to market.

Regardless of the type you buy, look for apples that are firm, well-shaped, and free from bruises or other blemishes. Early apples that turn yellow may be dry and mealy and not be the best for cooking.

There are about three medium-sized, or four small apples to one pound. Medium-sized apples have a little less waste than small ones. You will need about eight medium apples to make a generous 9 inch pie. The same number will make about 3 cups of apple sauce.

Gonzalez in NEPPCO Egg Quality Course
George Gonzalez of Hess Bros Farms, Ephrata, was among those registering the highest scores recently at the new, two-day NEPPCO Egg Quality School at Rutgers University, New Brunswick, N.J.

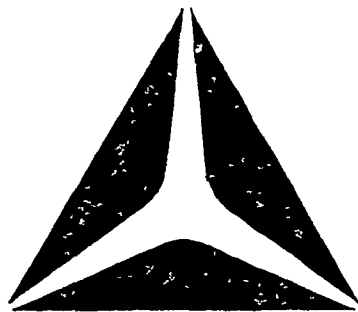
Of those 39 taking the test, 36 qualified for Certificates of Proficiency. Gonzalez scored 93 per cent, just under the top score of 95 per cent.

NEPPCO also reported five new members from Pennsylvania, including Carroll S. Baiton, John W. Melhorn, Richard Miller, Mark Meyer, Stanley R. Ringel and J. Warren Shearer.

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