

Ida's Notebook

There are many signs of Spring and Easter here on the farm. When I gathered greens from the field last week and brought them to the table in a bright bowl, my youngest peered over the edge and said, "Is this the daffodils you feed us, oh, I mean dandelions."

We simply eat them tossed with mayonnaise and a bit of salt and hardboiled egg

Tomorrow we'll be treated to another bunny-cake. My daughter made several in preparation for a demonstration at school.

She uses two layer cakes and cuts them in a way that turns them into a beautiful 15 inch coconut covered rabbit with pink ears inch coconut covered rabbit with pink ears

The other week my husband asked me to go along to Juniata County to a cow sale. In the afternoon he bought some animals. The one cow had a barn name of "Ida" and I surely hope he changes it to its registered name.

Then I saw a cow I liked and bid on it and bought it. It was exciting to buy an animal.

In fact, Allen was so surprised he tells me he almost fell off his straw bale.

Of course, when we got the animals home, my 4-H trained cattle-judging son told me my cow had weak feet. You can't win all the time.

A number of years ago I read of a survey that was taken to discover the healthiest group of people. The result showed that Midwestern farm women with

eight to 12 children were the healthiest

I've often wondered whether the heavy responsibilities they bore didn't have something to do with their being "up and around" every day. Maybe they had their bad days too, but couldn't afford to stay in bed

FARM WOMEN

(Continued from Page 22)

Mrs. Robert Rohrer was in charge of the business meeting. A donation to Easter Seals was approved. Members also approved the sending of money gifts to families of members confined or hospitalized.

The next meeting will be held April 22 in the home of Mrs. Howard Martin, Lancaster RD2. A wig demonstration is planned.



By Ida Risser

Farm Women Calendar

Saturday, April 10

12 Noon—Farm Women Society 25, entertain Society 7, covered dish luncheon, Conestoga Methodist Church

Farm Women Society 30, entertain Society 10, Penryn Fire Hall

Tuesday, April 13

1 p.m.—Farm Women Society 22, home of Mrs. Harold Ranck, 1717 Hans Herr Drive, Lancaster

7:30 p.m.—Farm Women Society 21, entertain Society 29, Refton Fire Hall

Wednesday, April 14

1:30 p.m.—Farm Women Society 14 meets

Farm Women Society 14, town of Lancaster County.

Friday, April 16

1:30 p.m.—Farm Women Society 2, entertain Society 10, Penryn Fire Hall.

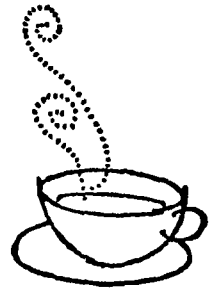
Saturday, April 17

6:30 p.m.—Farm Women Society 3 family night.

7:30 p.m.—Farm Women Society 13, home of Mrs. Ervin Brown, 2116 New Holland Pike

Farm Women Society 7, home of Mrs. George Arment.

Ladies, Have You Heard? . . .



Broccoli Grows In Popularity

Broccoli's popularity was not immediate with Americans. In fact, it remained practically unknown until the early part of the 20th century. Before 1920, only a few Italian families around Boston and New York grew broccoli because they remembered having it in their homeland.

Broccoli is an excellent source of vitamin C and A. And it fulfills the requirement for dark green leafy vegetables that you need to eat every day.

As with most vegetables, the food value for fresh and frozen broccoli are similar.

Fresh broccoli is perishable so use it as soon as possible after you buy it. Store it in the refrigerator in a moisture-proof container. You can prepare broccoli many ways.

It's most often steamed and served with butter or margarine.

Or dress it up with a sprinkling of grated cheese or buttered bread crumbs.

For a real treat, serve with hollandaise sauce, sour cream, cheese sauce or lemon butter.

And it can make a fine addition to casseroles and vegetable salads.

When you cook fresh broccoli, remove the coarse leaves and the tough part of the stalk. Soak in cold salted water for about 20 minutes if there is a possibility of insects. Wash thoroughly. Cook only until fork tender. Over cooking impairs color, flavor and texture.

To prevent discoloration and the development of strong odors, leave the pan uncovered during the first part of the cooking period. Broccoli contains milk acids which cause a color change if not allowed to escape in the steam. If covered, broccoli will also develop a strong odor. But if cooked without a lid for the entire cooking period, vitamin C is lost.

For an interesting change in your vegetable menu, why not serve broccoli.

Mayonnaise vs. Salad Dressing
Mayonnaise or salad dressing? What's the difference?

And why does mayonnaise cost more?

Mayonnaise is a stable emulsion of oil droplets in water. And it doesn't separate because it's stabilized with egg yolk. Ingredients in mayonnaise in-

clude vegetable oil, lemon juice or vinegar, eggs or egg yolks, and spices. At least 65 per cent of the product must be oil.

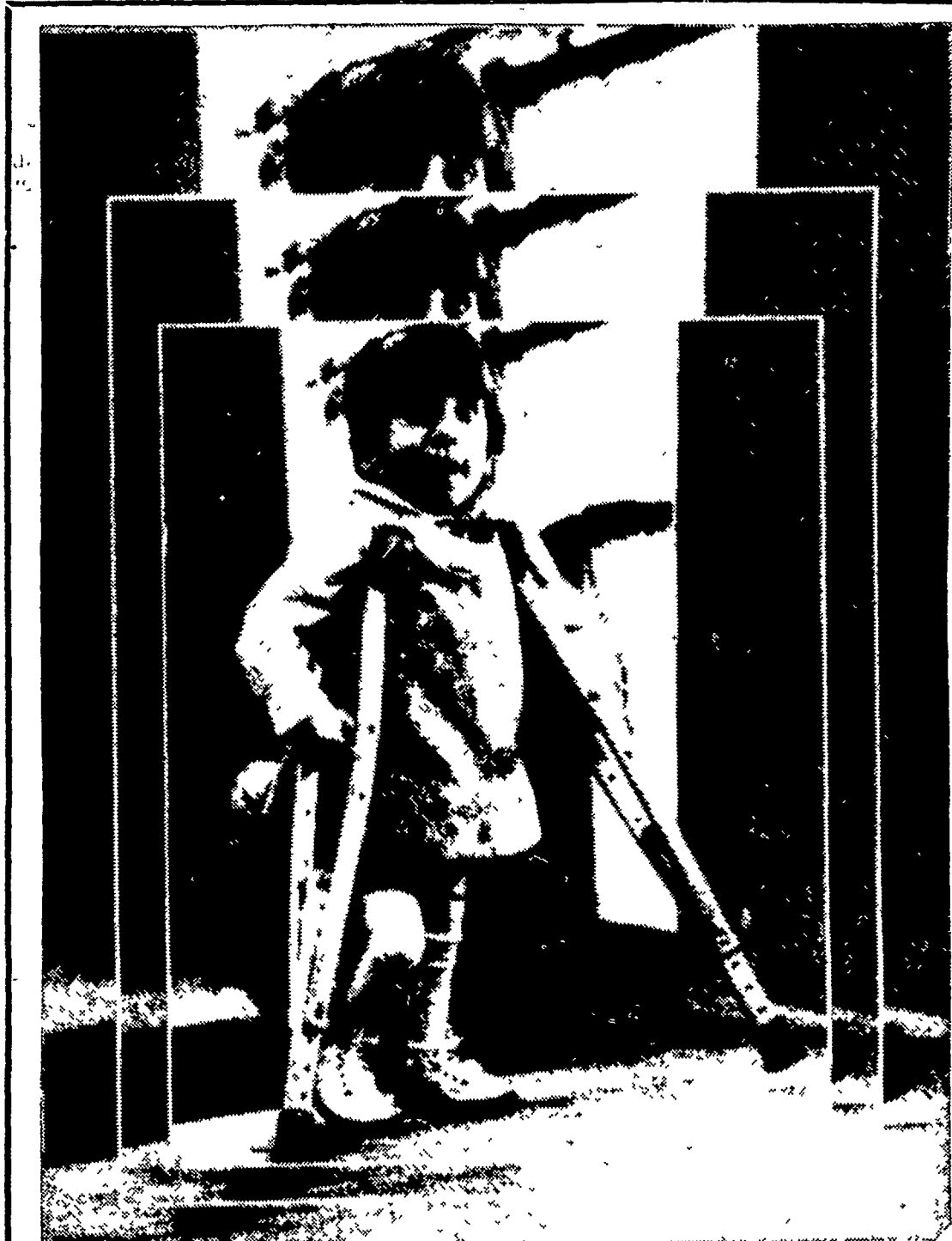
Salad dressing is similar to mayonnaise but contains less oil. A cooked starch paste is substituted for part of the egg. And salad dressing costs less because ingredients are less expensive.

Mayonnaise and salad dressings are standardized products. That means that processors of these products have agreed to a standard as to what constitutes mayonnaise and salad dressings. And the Food and Drug Administration enforces the standard. Anyone making these products must use at least the minimum amount of ingredients in the standard. Because the products are standardized, a list of ingredients isn't required on the label.

Whichever you choose—mayonnaise or salad dressing—depends on your family's preference and how much you want to spend.



THOMAS



When can I throw these braces away?

It takes time. It takes therapy. It takes your help. This Easter, set a child free.

Send your contribution to:
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