

## Farm Women Societies

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Mrs. Howard Martin, who will begin duties as president in January, announced committee chairmen for 1972. Included are: Mrs. John Newswanger, program; Mrs. Robert Miller, social; Mrs. J. Clayton Charles, ways and means; Mrs. Harold Greider, sunshine; Mrs. Paul Keagy, membership, and Mrs. Ben Shenk, cancer pads.

The next meeting will be held at 7:30 p.m. December 30 when a Christmas party and gift exchange is planned. Mrs. Charles Frey is in charge of the program.

### Society 26

Farm Women Society 26 met recently at the home of Mrs. John Cassel, Manheim RD1, with Mrs. Alvin Herr as cohostess. Devotions were in charge of Mrs. John Brubaker.

A short business meeting was conducted by the president, Mrs. Robert Summy.

Mrs. Summy announced that

the Society will have a bazaar table at the Homemakers Day on December 7 at the Farm and Home Center. Each member is to bring an article in the form of a Christmas decoration and/or a baked product.

The program speaker was J. W. Beattie, trust officer at the National Central Bank of Lancaster, who spoke on "Willis".

Next meeting will be at the home of Mrs. Howard Sipling, Marietta RD1, at 7:30 p.m. December 9. Mrs. Ralph Hostetter will be cohostess. Mrs. Doris Thomas, Lancaster County Extension home economist, will talk on "Blenders".

### Society 28

Farm Women Society 28 met recently at the home of Mrs. Ira Welk, Quarryville RD3. Mrs. Melvin Zimmerman served as cohostess. Mrs. Dale Bowman was in charge of devotions.

Mrs. William Dean Jr, president, presided over the business meeting.

Mrs. Robert Brenneman, 6 Locust Lane, Leola, was installed as a new member.

Mrs. Jacob Bare presented Mrs. Harold Rohrer with a plaque from the members of the Society in honor of her being named Lancaster County Farm Woman of the Year.

The program for the evening was a work night. The Society made 40 Thanksgiving favors for the Paradise Presbyterian Home, 13 pairs of wash cloth slippers for the children's ward at the General Hospital and three stuffed toys will be given to the General Hospital.

The next meeting will be held December 9 at the home of Mrs. Harry Landis, 2120 Lyndell Drive, Lancaster. Mrs. Elizabeth Nieccyporuk, soloist, will present the Christmas story.

### Knighthood Training

A page began training for knighthood at the age of seven in the Middle Ages. He served until his teens, at which time he became a squire. When the squire was about 21, he took the solemn vows of knighthood.



By Doris Thomas, Extension Home Economist

Doris Thomas

## Ladies, Have You Heard?

### Know the Egg, Know the Man?

An egg-loving character analyst once claimed that a man's personality can be determined by the way he likes his eggs.

For instance, scrambled eggs suit the artistic, nervous and passionate.

Omelets are preferred by the sturdy, reliable and conservative; and sunny-side up are the choice of the happy, healthy and wise.

Whether you subscribe to this

theory or not, you'll be glad to know that egg production this month was at a slightly higher level than last year. The U.S. Department of Agriculture's Consumer and Marketing Service says this makes it likely you'll find a large at attractive prices at your food store.

And while we're on the subject of egg price, remember that they vary by size for the same grade. The amount of price variation depends on the supply of the various sizes.

Generally speaking, if there is less than a 7 cent price spread per dozen eggs between one size and the next smaller size in the same grade, you will get more for your money by buying the larger size.

When large eggs sell for 60 cents per dozen, that is the equivalent of 40 cents per pound, very reasonable for a pound of high protein food! Egg protein, by the way, is so near perfection that scientists often use it as a standard to measure the value of protein in other foods.

Ever wonder why some hard-cooked eggs are so hard to peel? Our character analyst would have said that's appropriate, since lovers of this egg preparation are persistent, dynamic, and sincere.

But actually the condition is related to fresh eggs. As eggs are stored, they lose carbon dioxide and become easier to peel when hard-cooked. The consumer should understand that eggs which will not peel easily when hard-cooked are freshly laid and generally of high quality. Eggs that have been stored for several days will usually peel easily.

Sometimes there is a greenish coating around the yolks of hard-cooked eggs, and consumers want to know why. Usually they have cooked the eggs at too high a temperature, or for too long, or they have not cooled them rapidly following cooking. The eggs, however, may be eaten — they are still wholesome and nutritious, and the flavor is unaffected.

A preferred method for hard-cooking is to put the eggs on the range in cold water, bring the water to a boil, then turn off the heat, leave the eggs in hot water for 15 minutes, then cool them right away in running cold water.

Some egg shells may crack during cooking, but a small hole punched through the large end of the shell will prevent this.

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