

Grange Sewing Contest Begins

A home sewing contest, fastest growing project conducted by the Pennsylvania State Grange, opened recently for 1972 with an enrollment goal of 1,300, according to A. Wayne Readinger, master.

Readinger said the contest will be directed by Mrs. Ross Metz, Allensville, Womens Activities chairman, and her committee. Enrollment a year ago reached a new high of 1,122 from 43 counties.

Again the competition will be open to non-professionals 12 years of age or older who are grangers or are grange-sponsored. They will make any type dress or suit including pants outfits in one or more of three different classes.

Enrollment will remain open until April 30 when an entry form for each garment must be filed with the contestant's Subordinate Grange.

Garments will be judged in

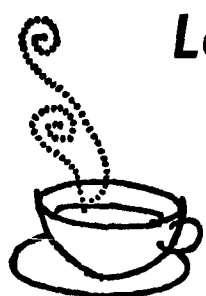
May at Subordinate and Pomona Grange levels preliminary to State finals in June at State Grange offices in Harrisburg where a state champion in each class and a best-of-show will be selected.

At nationwide finals in New York following the state judging Pennsylvania winners and champions from the other states will compete for National honors and attractive prizes. These include a seven-day Mississippi River cruise on the Delta Queen, \$1,000 in cash, \$500 scholarship, U. S. Savings Bonds and various items of merchandise. Attractive prizes will be awarded also to winners at Subordinate, Pomona and State levels.

Mrs. Metz stated that detailed information may be had from Women's Activities Committees in all grange bodies. Assisting her statewide are: Mrs. Ralph Tau, Saegertown; Mrs. Herald Pentz, Rockton; Mrs. Ellsworth Andrus, Milan; Mrs. J. Logan Brownlee, west Middleton; Mrs. Leroy Hoover, Roaring Spring; Mrs. Harry Schreiber, Newport; Mrs. Glenn Yarnall, Gilbertsville, and Miss Ellen Garber, University Park.

American-born

John C. Calhoun, vice-president under Presidents John Quincy Adams and Andrew Jackson, was the first U.S. vice-president not born a British subject.



Ladies, Have You Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

Peaches and Fruit Cocktail Lend Mealtime Artistry
Some foods just seem made for the purpose of adorning and enhancing other foods. Canned peaches and canned fruit cocktail are prime examples.

Consider a scoop of cottage cheese, for example. Although fresh-tasting and rich in protein, it's rather bland all by itself. But surround it with golden canned peach halves or slices, or many-hued canned fruit cocktail — and it instantly becomes a tempting, attractive luncheon salad.

As an artist with peaches and fruit cocktail on your palette, you'll find many palate-pleasing foods to use as your canvas.

You know that chicken you're planning to broil for dinner that's exactly the same as the one you served last week? This time, decorate it with canned peach halves.

Broiled peach halves are a pretty-as-a-picture garnish that provides a tasty complement for chicken. To prepare the peaches, sprinkle them with a butter and brown sugar mixture, and broil until bubbly.

Here's another good reason for featuring peaches and fruit cocktail in your menu plans. The U.S. Department of Agriculture reports large inventories of both — generally larger than last year. USDA's Consumer and Marketing Service says these heavy stocks point to probably attractive prices in retail outlets.

Canned fruit cocktail and peaches really blossom in desserts. Peach melba peach shortcake . . . peach crisp . . . all are luscious and colorful when made with canned peaches.

Fruit cocktail atop your favorite ice cream makes a dazzling and delicious sundae.

Of fold drained cocktail into loftily whipped cream and serve, shortcake-style, with angle food or sponge cake.

Puddings and custards are also glamorized when fruit cocktail or peach slices are stirred in or spooned over.

To add a home-made touch to packaged vanilla ice cream, let the ice cream soften, swirl in chunks of peaches or fruit cocktail (use the syrup, too) and refreeze.

Sirloin Steak Good Buy

If you're buying steak for your family, a sirloin may be your best bargain. A good one will serve four or five people and costs a little less per pound than those from the short loin.

These thick tender steaks may contain either a wedge bone, pin bone, or a long flat bone. Usually sirloin with the long flat bone is slightly more tender. But the others have less bone.

When buying any sirloin steak, allow one-half pound per person for generous servings.

Steaks from the short loin are also juicy and tender, but may cost slightly more per pound.

These steaks include the porterhouse, T-bone and club. The porterhouse contains a large section of the tenderloin while the T-bone has a smaller section. Both have the familiar T-shaped bone. The club steak is similar to the porterhouse and T-bone, but lacks the tenderloin portion.

For generous servings of any of these, buy a three-fourths to one pound steak per person.

BARGAIN DAYS

FEB. 17-18-19

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(Except Fair Trade Items - Coal Ranges
stove repairs and Collectors Plates)

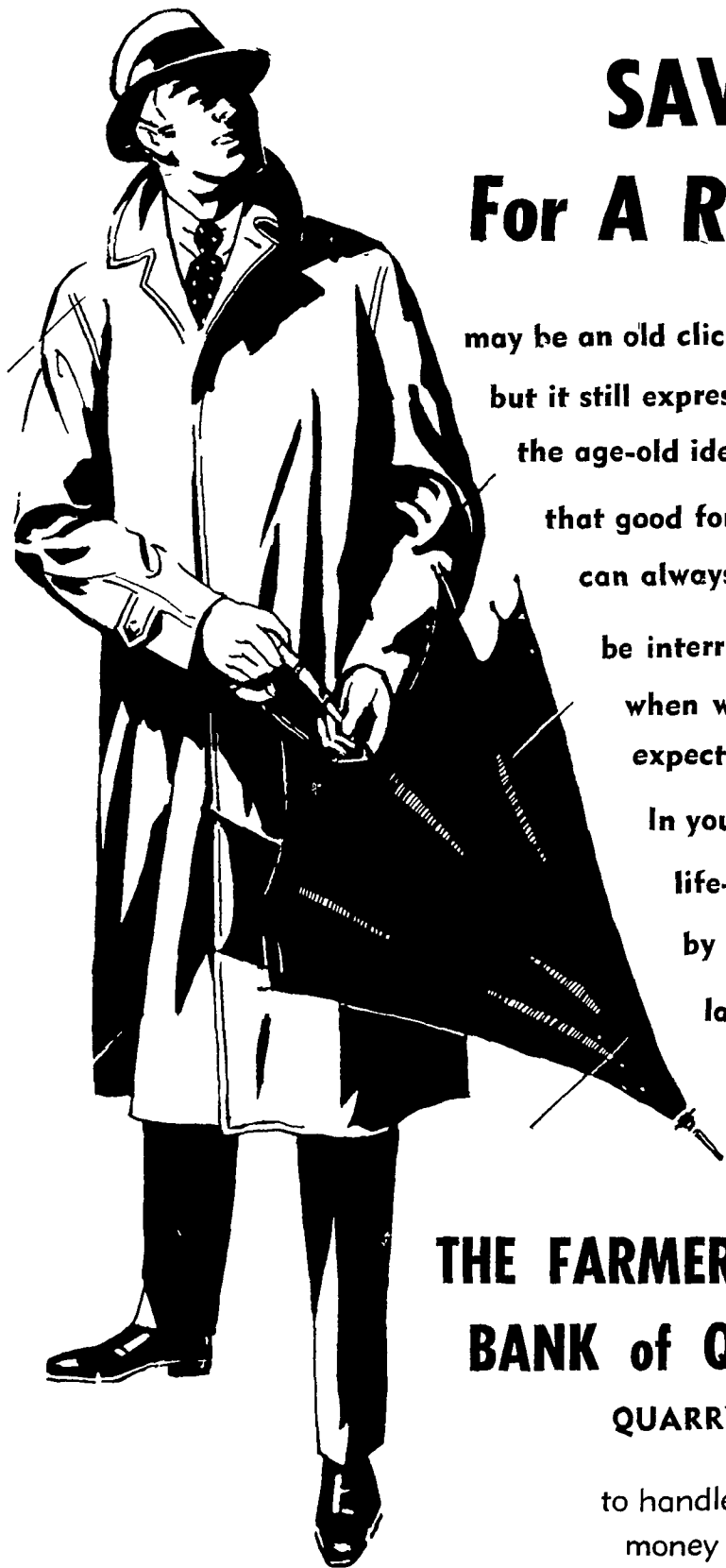
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SAVING For A Rainy Day

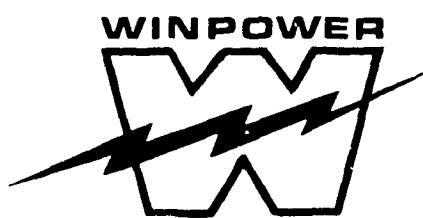
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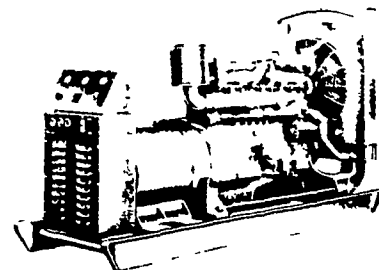
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