



**Tuna is Versatile Seafood**  
Tuna fish is a versatile seafood. And knowing the different packs and styles of tuna will help you get the type you want. Albacore, yellowfin, bluefin, and skipjack are the four commercially important tunas. According to federal regulations, the albacore is the only tuna that can be labeled "white" meat. You'll find white meat is more expensive because there's less available. All other tuna is sold as "light" meat even though the color may vary slightly.

You can buy tuna in three styles of pack—fancy or solid, chunk, and flaked or grated. Pack refers to the size pieces in the can. Fancy or solid pack contains several large pieces of tuna. You'll want to use this pack in dishes where appearance is important, such as cold plates. About two-thirds of all tuna is canned in chunk pack. And it's moderately priced. You can use chunk style for salads and casseroles.

The least expensive tuna pack is flaked or grated. But only about ten per cent of all tuna is processed in this pack. It's just right for spreads and sandwich fillings because it's mechanically sized into small pieces.

Next time you reach for a can of tuna on your grocer's shelf, remember to read the label. That way you'll be sure to get the style and pack of tuna you want.

**Discipline Explained**

Disciplining children shouldn't be a problem for parents. It's usually what parents expect of it that makes difficulties.

Discipline is training and teaching. Eventually it should teach self-discipline and control that responsible adults must have. Too many times parents'

attempts at discipline are limited to punishing their child instead of teaching and training.

You may stop your child from doing something you don't want him to do by punishing him. But even when he stops, he may not be learning. Will his stopping an action help him grow toward self-discipline? Or is he stopping because he's afraid of punishment. Perhaps he's just waiting for a chance to repeat the action when he won't be caught.

On the other hand, punishment may not stop the child. He may want to do it so much that it's worth being punished. Punishment gains attention and when he behaves, no one bothers him. But when he doesn't behave, he's the center of attention.

Discipline is a long term plan for developing your child's full

**Farm Women Society 30**

Farm Women Society 30 held an auction at a recent meeting, with sales totaling more than \$216. Dave Thomas served as auctioneer.

An antique frame with a dried flower arrangement made by Mrs. Donna Fisher was the highest item auctioned at the meeting.

Mrs. Sadie Horst served as hostess, assisted by Mrs. Ruth Anne Herr.

The group voted to give a donation to Easter Seals.

The next meeting will be held Monday, April 10 at the home of Mrs. Lonita Myers. The meeting will feature tips on sewing

**Society 18**

Farm Women Society 18 met at the home of Mrs. T. Hershey Rohrer, East Petersburg, for its March meeting.

The president, Mrs. David E. Buckwalter, conducted the business meeting. Devotions were led by Mrs. John Henry Hess.

potential. It's helpful to know the stages of growth because discipline teaches when it works hand in hand with your child's growth and development.

Plans were made to sew at the Lancaster General Hospital. A contribution was voted for the Easter Seal campaign.

The program featured a talk by Mrs. Norman Chalres, telling of the work she and her husband have been doing as missionaries

in Brazil. Mrs. Charles' two youngest daughters, Jeannette and Yvette, assisted with singing and demonstrations.

The next meeting will be held April 15 at the home of Mrs. John Henry Hess, Manheim RD1.

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**Fry Family**

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sauce till thickened. Makes 4 servings.

**Irish Mex-Italian Spaghetti Sauce**

Brown in 1 tablespoon shortening

1 1/2 pound hamburger

1 medium onion (more or less to suite taste)

1 teaspoon onion salt

1 teaspoon garlic salt

1 teaspoon celery salt

2 tablespoons flour

Add:

1 No. 2 can or 1 pint tomatoes or

2 1/2 cups fresh tomatoes

2-6 ounce cans tomato sauce

2-6 ounce cans tomato paste

1/2 green pepper

1 cup water

2 teaspoons worcestershire sauce

1/2 teaspoon garlic salt

1 tablespoon sugar

3 bay leaves

2 dashes cayenne

2 dashes paprika

1 teaspoon chili powder

1 1/2 teaspoon Italian seasoning

1 teaspoon salt

1/2 teaspoon pepper

(Add more water while simmering if too thick.)

Serve over Vermicelli (thin spaghetti) with or without

Parmesan cheese and hot peppers.

This recipe will make enough for 1 1/2 pounds spaghetti. It may be frozen for a second meal.

Serves 12.

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