



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

Potatoes: The Versatile Food
Plentiful supplies of all-purpose potatoes will be filling the produce counters at your food store this week, says the U. S. Department of Agriculture's Agricultural Marketing Service. Make these tasty tubers a highlight of your meals while they're in such good supply; versatile potatoes are mighty good eating any time of the day or night!

Here are some cooking tips while you're at it.

No matter how potatoes are to be cooked, first remove the sprouts and cut off the green portions. If you pare them, keep the parings thin.

To get the most food value from potatoes, cook them whole in their jackets, boiling in as little water as possible saves the most vitamins.

Pared potatoes usually retain their whiteness better during boiling than potatoes cooked in their skins. If potatoes aren't cooked immediately after paring, cover them with water to prevent darkening.

For cooking whole, select potatoes of uniform size so that all will be done at the same time. The odd sizes can be used for potato salad or for scalloped potatoes or other dishes for which the potatoes are cut in pieces before cooking.

To speed cooking, cut potatoes in pieces and cook in as little water as possible in a tightly covered pan. Although the larger amount of exposed surface tends to increase loss of nutrients, this may be offset by the shorter cooking time. The smaller amount of water also causes less loss of nutrients.

Don't overcook potatoes. Cooked only until done, they are at their best in taste, food value, and appearance.

Try Sweet—Sour Fried Potatoes for a different touch at dinner.

- 4 slices bacon
- 2½ to 3 cups diced raw potatoes
- ¼ cup finely chopped onion
- 1 tablespoon sugar
- ¾ teaspoon salt
- ½ cup water
- ¼ cup vinegar

To Prepare:
Cook bacon in fry pan until crisp, remove from pan, and crumble. Using 2 tablespoons of bacon fat, cook the potatoes over medium heat, without turning, for 15 to 20 minutes, or until they are brown on the bottom. Turn potatoes; add onion and cook for 5 minutes more. Sprinkle sugar and salt over potatoes; add water. Cover and simmer for 15 minutes or until potatoes are tender. Remove from heat and

pour vinegar over potatoes. Cover and let stand for 15 minutes. Add bacon, and reheat. Serves 4.

Teach Daughter About New Roles

If you're concerned that your daughter will get the idea that the only thing girls can do in the way of a career is to keep house and raise babies, perhaps you can help by selecting the books she reads more carefully.

Jim Van Horn, Extension family life specialist at Penn State, suggests you read the books you give your daughter thoroughly before you give them to her.

Books for children often picture boys in exciting roles. The fireman, the policeman, the astronaut, a doctor, a scientist. But girls usually end up in only about three roles—a mother, a nurse or a teacher.

There's nothing wrong in any of these roles. But why not switch the scene a bit. Picture the girl as the astronaut, the doctor or the policewoman. There's a future for females in different job positions the same as there is for males these days. And little girls should be encouraged toward new ventures in their future, too.

One way you can do this, is by selecting your daughter's reading material more carefully. Ask yourself if the books will stimulate your daughter's thinking toward the many careers open to her. Or do they picture her only in the all too typical role of wife, mother, nurse or teacher?

Cake Baking and Decorating

(Continued From Page 24)

shaped tureen, a little jug, candlesticks, mugs, a dish shaped like a cabbage head and is making a corn with husk tureen. She made beautiful decoupage pictures. She made glass paper weights with dried flowers inside, dried flowers under glass pictures, dried arrangements and arranges fresh and artificial flowers. She has beautiful houseplants such as two large dieffenbachia plants, philodendrons, ferns and a piggyback plant. She is collecting cups and saucers, also cut glass pieces.

Not only does she like to cook and train young people to cook but she likes to share her dishes and recipes with others. She has a Shoo-fly pie that she makes so often that, just out of curiosity, she puts a stroke after the recipe each time she makes it. She used this recipe 116 times, making 232 pies. She sold about a dozen, donates to sales and gives them away to friends besides serving them to her family. This is the recipe:

Pennsylvania Dutch Shoo-Fly Pie

(Makes 2 nine-inch pies)

- Liquid mixture
- 1 egg, beaten
- ½ cup brown sugar
- 1 teaspoon baking soda
- 2 tablespoons flour
- 1 cup molasses (2 or 3 tablespoons)

Brer Rabbit and rest King syrup)

- Crumbs
- 2 cups hot water
- 2 cups flour
- 1 cup brown sugar
- 1 teaspoon baking powder
- 2½ cups shortening

Line two 9 inch pie pans with pastry. Combine egg, brown sugar, baking soda, flour, molasses, and hot water. Pour liquid mixture into bottom of pastry-lined pans. Mix flour, brown sugar, baking powder and shortening together to form crumbs. Spoon crumbs on top. Bake at 350 degrees for 40 minutes. XXX

Never Fail Pie Crust (Makes four 9-inch crusts)

- 3 cups flour
 - 1 cup shortening
 - 1 teaspoon salt
 - 1 egg, well beaten
 - 5 tablespoons water
 - 1 tablespoon vinegar
- Cut shortening into flour and salt. Combine egg, water and vinegar. Pour liquid into flour mixture all at once. Blend with a fork just until flour is all moistened. This is an easy crust to handle. (These crusts can be frozen and baked when you want to use them.) XXX

Egg Cheese

- Scald 1 quart sweet milk.
- Beat 4 eggs and add:
- 1 teaspoon flour

- 1 teaspoon sugar
- ½ teaspoon salt
- 1 cup buttermilk

Stir into scalded milk and cook till curdly and cheesy (the whey and curd separate), stirring constantly. Remove from heat and leave stand five to 10 minutes. Pour into mold and leave cool. If you don't have a cheese mold, a sieve or colander could be used.

Delicious served with molasses. Can be used as a side dish for a meal or served anytime. XXX

Meat Loaf

- 2 pounds hamburger
- 1½ cups dried bread crumbs
- 1 onion
- 3 eggs
- ½ cup milk (or more more)
- 1½ teaspoons salt

Mix together and shape into loaf. Spread top with butter and sprinkle with flour.

Bake at 350 degrees for 1 hour, then at 325 degrees for one-half hour.

Farm Women Calendar

- Saturday, May 6**
Farm Women Society 6, entertain Society 20, Elizabethtown Church of the Brethren.
- Thursday, May 11**
6:30 p.m. - Farm Women Society 14, Mother-Daughter Banquet, Akron Restaurant.
- Friday, May 12**
Farm Women Society 13, home of Mrs. Merrill Miller, 1668 Old Philadelphia Pike.
- Saturday, May 13**
12 Noon - Farm Women Society 25, entertain Society 8, Conestoga Methodist Church.

Happy Homemaking

By BARBARA BAKER

When trying to fill a small-mouthed bottle (or even a larger one) and a funnel is not handy, use either a toothpick or a kitchen match. Just insert the end into the bottle, pour the liquid down over the toothpick or match and you will not spill a drop.

An old coffee percolator makes a convenient recep-

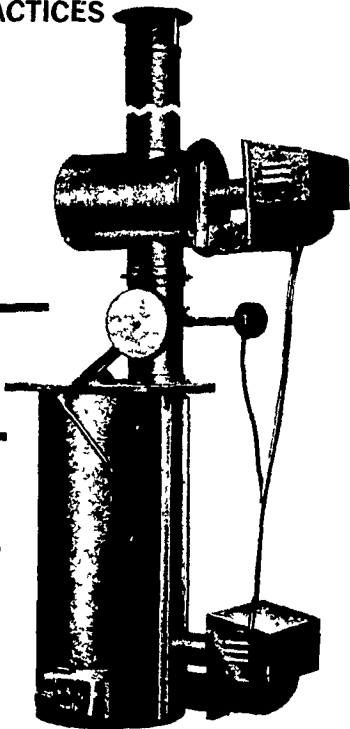
tacle for grease that you want to use again. The coffee holder serves as a good strainer and the spout enables you to pour grease without spilling it. All you have to do is clean out the percolator.



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