

# Farm Women Societies

## Society 3

The Society of Farm Women, Group No. 3 of Pennsylvania met Saturday, August 19 at Salem Lutheran Church, Ephrata. Devotions were led by the hostess, Mrs. Gilbert Paul. Mrs. Lawrence Stauffer, president, conducted the business meeting. The program committee for 1973 is Mrs. William Stober,

chairman, Mrs. Earl Miller, Mrs. Carroll Myers, Mrs. Carl Meck, and Mrs. Gilbert Paul.

The Society will entertain at the Veteran's Hospital, Coatesville, on September 17.

A donation of \$50 was given to the Eric L. Reinhart Kidney Fund and \$500 was given to flood relief.

Myers Kurtz, hospital administrator, and Donald Monaghan, building program developer, explained the building program of the Ephrata Community Hospital.

Guests were members of the following local 4-H Clubs: Jolly Caterers, Mrs. Harold Fry, leader; Clay-Brickerville Cooking Club, Mrs. Robert Gregory, leader; and the Lincoln Clothing Club, Mrs. Ivan Eberly, leader.

The Clothing Club also gave a fashion show.

Mrs. Harold E. Stuber  
News Reporter

## Society 18

Farm Women Society No. 18 met recently at the home of Mrs. Henry Nissley, 991 Corvair Rd., Lancaster. Mrs. David Buckwalter, president, presided over the meeting. Mrs. Ruth Rohrer led the devotions.

It was voted to send \$35 to LARC, the county project. The group will also make several table centerpieces for the convention, November 4 at Lancaster School of the Bible.

The next meeting will be held at the home of Verna Mengle with the program consisting of flower arrangements for the group.

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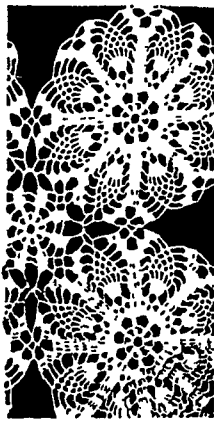
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By NANCY SEWELL



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Ladies, Have You Heard?



By Doris Thomas,  
Extension Home Economist

Doris Thomas

### Chicken: Protein At Budget Prices

High quality protein at budget-minded prices is available, and you do not have to look past your food store's meat counter.

Chicken is economical right now, and a good idea would be to buy more than you need and freeze it. Chicken can be cooked satisfactorily either before or after thawing. However, larger roasting birds may have more uniform doneness if thawed before cooking.

If cooked without thawing, your bird requires extra cooking time and a low temperature to permit gradual defrosting during cooking. Allow an additional 12 to 20 minutes cooking time per pound for solidly frozen birds.

Quick thawing results in a greater amount of drip. The best thawing method is to leave the meat (in its wrapping) in the refrigerator and allow it to thaw slowly. For a whole chicken, this will take from 12 to 36 hours. The time required for thawing pieces of poultry varies with the bird's size.

Chicken which is to be stewed, roasted or braised, need not be thawed before cooking, but chicken which is to be fried should be completely thawed. Otherwise it spatters a great deal and a coating may not adhere well. One final note—once chicken is defrosted, never refreeze it.

Looking for a new way to serve chicken? Try this recipe for YORKSHIRE CHICKEN, the batter puffs around the chicken as it bakes:

- 1-3 cup flour
- 2 teaspoon salt
- 1½ teaspoons sage
- ¼ teaspoon pepper
- 1 2 ½ to 3 pound chicken, cut in pieces
- ¼ cup fat
- 1 cup sifted flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3 well-beaten eggs
- 1½ cups milk
- ¼ cup butter or margine, melted
- ¼ cup snipped parsley

Combine first 4 ingredients; coat chicken. Brown in hot fat; place in 2-quart casserole. Sift flour, baking powder and salt together. Combine eggs, milk,

butter, parsley; add to flour mixture, stir smooth. Pour over chicken. Bake in moderate oven (350 degrees) for about 1 hour. Serves 4.

### Use Caution when Altering Jam and Jelly Recipes

The success of jams or jellies you make depends on the specific proportions of the fruit or fruit juices, sugar, pectin and acid that the recipe calls for. Altering the recipe can result in an unsatisfactory product.

You can double jam and jelly recipes but it is not recommended. There is always a possibility that you will make an error in the doubling arithmetic. And often you will not have the equipment large enough to handle double batches. In large recipes, the quantity of a doubled recipe might be unwieldy for you to handle.

Reducing the amount of sugar that a recipe calls for is never recommended since the proportions of sugar, fruit, acid and pectin must be in proper balance as recommended in the recipe or a soft set, or no set, may result. Actually it is not possible to make a true jam or jelly by reducing the sugar significantly. But manufacturers of artificial sweeteners have recipes available for fruit spreads which you might use as jam substitutes for individual or diabetic or low calorie diets.

## Fix-It Tip

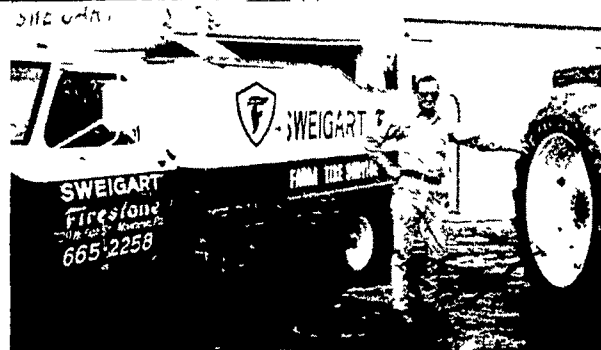
While air conditioners vary in design, the filters on most of them can be removed easily. Some filters slide out at side or top. Others can be lifted off after first removing a plastic or metal grill.

Hold the filter up to a bright light. If you can't see through it, you know the filter needs cleaning or replacing. Replacement units are available at hardware and department stores. The permanent or washable filters should be vacuumed and then washed in detergent and water, depending on the manufacturer's instructions.

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