


**Ladies,
Have
You
Heard?**



By Doris Thomas,
Extension Home Economist

Doris Thomas

Beans Bountiful
Shopping for food and deciding on menus for the family can often be a challenge. Most of us look for certain things in the food we buy, like, how is it nutritionally? Is it something we can buy and serve as often as we want to? Does it easily adapt to various dishes?

During vacation days, with the family much on the go, other factors may enter in as we decide on summertime menus. Can it be prepared a few hours ahead of serving time? Can it go where we go, say to a cookout in the park? Will it be just as good for the play-at-home, stay-at-home set?

Dry beans that go well in a number of appetizing dishes may be the answer. The U. S. Department of Agriculture's list of foods most plentiful in July includes dry beans — especially navy and pinto beans. You should find them now at attractive prices.

For the nutrition-minded, it's good to remember that dry beans are one of the best sources of protein of all the vegetables, approaching meat in protein quality. And, unlike meats, dry beans can be bought ahead of your immediate needs and kept without refrigeration. Even so, you'll probably be using them up quite fast, since they come in mighty handy.

Baked beans are an all-time American favorite, and many of us use our own time-honored family recipe. But for a good basic recipe to serve six, here's one for:

Boston Baked Beans:

Take 2 cups of dry navy beans, 1½ quarts water, ¼ pound salt pork cut in chunks or slices, 1½ teaspoons salt, ¼ cup brown sugar (packed), 1 teaspoon dry mustard, 2 teaspoons chopped onion, and ½ cup dark molasses.

Boil the beans in water for two minutes. Then soak one hour, or overnight, if preferred.

Add salt pork and salt to beans and simmer until the beans are tender, about 1½ hours. Drain, but save ½ cup of the liquid. Place beans in a 3-quart casserole.

Combine the bean cooking liquid, brown sugar, mustard, onions, and molasses. Pour it over the beans. Bake uncovered at 350 degrees F (moderate oven) one hour, or until are lightly browned on top and of the desired consistency. And they're ready to serve!

Tips For Sewing With Sheers

Sheer fabrics and warm weather just go together. And at this time of year, happiness is knowing how to sew on sheer fabrics and achieve the great new look.

June 15 Set As Red Rose Day

It's just around the corner — the Third Annual Lancaster County Red Rose Day — sponsored by the Lancaster Auxiliary to the United Auxiliaries of Lancaster General Hospital.

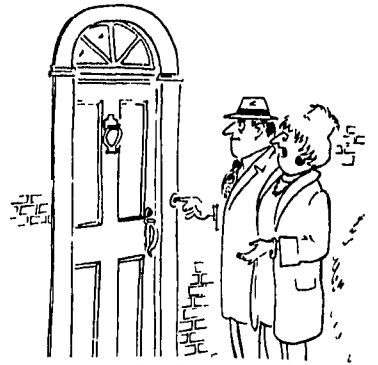
According to Mrs. Irvin Uhler, Red Rose Day chairwoman, the day — June 15, 1973 — is being set aside as a fund raising event to help fight in the battle against cancer. "We'll be selling freshly cut red roses at the General, at Park City, the Lancaster Shopping Center and in downtown Lancaster," said Mrs. Uhler, "with the funds being contributed to the General Hospital's James Hale Steinman Radiation Therapy Center to help in the county's fight against cancer."

Housed in Lancaster General Hospital's James Hale Steinman Radiation Therapy Center is a linear accelerator, or Linac, a radiation device used in cancer treatment. Funds raised from

Red Rose Day will be utilized to help operate the Linac which complements the General's cobalt therapy services, also used to treat cancer.

In addition to the sale of red roses, Mrs. Uhler points out that a raffle will be held with the prize being a handmade, original dated quilt which, she says, "is sure to become a collector's item." The Red Rose Quilt was designed by Auxiliary member Mrs. Roy Eshleman of Lancaster. Raffle tickets are available at all points where red roses will be sold.

My Neighbors



"Now don't give her a dime's worth of medical advice unless her beef stroganoff is as good as she brags...."



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