

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

About Rice - A Dish In A Dash

U.S. Department of Agriculture marketing specialists say we'll have an abundance of rice in October. So, start thinking rice. It's a hearty, nutritious staple dating back at least to 3,000 B.C.

Today, there are endless ways to prepare and serve it. Color it saffron, curry it, combine it with vegetables, mix it in a salad, make it in a ring mold, serve it in a round mound, use it as a main dish casserole, combine it or use it plain for dressing, or try a rich, creamy dessert.

Try cooking it with chicken stock, beef broth, bouillon, consomme, tomato or vegetable juice. Cook it with a fruit juice, such as orange juice or apple juice, mixed with equal proportions of water. Even maraschino cherry juice with two parts water has been tried successfully.

When buying rice, get the right kernel size and look for uniform color. Short grain rice cooks moist and tender and has a tendency to cling together. This makes it suitable for pudding, stuffings, rice rings, and Oriental cooking. Medium grain kernels are good with meat and seafood. Long grain kernels are light and fluffy and are inclined to separate. They are good as a side dish, in salads, curries, and stews.

Rice stores well. It's a convenient easy-to-prepare food for today's busy homemakers.

Tips On Discount Clothing Shopping

Discount shopping seems to be taking the country by storm. There seems to be magic in the word "discount" that leads you to believe you are getting a bargain.

It's true you can save money buying clothes at discount or warehouse stores, but you need to be an especially sharp shopper with a knowledge of fabric and fiber. And you need to have a firm goal in mind.

Many discount houses don't have facilities for trying on garments so you or fiber content or care directions. If you cannot try on a garment or return it, you are taking a real gamble as far as fit is concerned. Even packages goods such as hosiery and undergarments may have the wrong size indicated on the package.

If you know your fabrics you can often determine if the care labeling is wrong - but not always. Again, it is a gamble and you usually have no recourse if the garment is ruined.

A knowledge of sewing is a great help in your bargain buys. Some minor damages can be easily altered or amended. Sometimes the reason for the markdown is poor matching or placement of fabric design. This may or may not be important to you. Construction errors can sometimes be corrected easily if you sew, whereas labor costs in factories would make the additional cost of correction prohibitive. It's cheaper for the manufacturer to sell the garment as a second than to correct a mistake.

If the garment has been improperly cut, there may be little you can do to correct the error. And, if you add your time to such a project, it probably is no bargain.

Discount selling at the factory saves the cost of the middleman and it is possible to save if you shop with a firm idea of your needs, and are easily swayed, and if you can find what you want. If you count the cost of your gasoline and automobile expenses to get to the discount store and your time, it's questionable if you really save a lot of money in the long run. But the adventure of the hunt is fun and the discovery of a great buy does give you a good feeling. Shop discount stores but keep in mind that it is an adventure rather than thinking that you are going to save a lot of money.

THE GOOD WORD from the Bible

Blessed is he that considereth the poor the Lord will deliver him in time of trouble

The LORD will preserve him, and keep him alive, and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies

York Co. Farm Wife To Speak At Convention

Ethel Gross, Manchester farm wife, will speak on how to put together a cookbook in a "Rural Women's Idea Exchange" at the National Farm Women's Forum, to be held in Milwaukee, November 12-14. More than 2,000 farm women from across the country are expected to attend.

Mrs. Gross is one of a committee of York County, Pennsylvania farm women who compiled the cookbook, as a project of the York County Society of Farm Women. She will talk about how to plan the book, choose and organize the recipes and market the book.

She and her husband Harold feed beef cattle and pigs with their sons on about 1,000 acres.

Mrs. Gross serves on the county agricultural extension committee, is a member of the York Hospital Auxiliary and is a nurse.

More than 30 farm women from the York County area plan to attend the Forum, Mrs. Gross reports.

The Farm Women's Forum is being held in conjunction with National Farm Wife Month. The month of November is being so designated for the second straight year, after a good deal of success with the event last year. Both the Forum and National Farm Wife Month are sponsored by Farm Wife News magazine,

a national publication for rural women.

The Forum program will include seminars focusing on all aspects of a farm woman's life--on her involvement in the farm operation, on her role as a community leader and as a spokeswoman for agriculture. There will also be seminars covering the basic aspects of homemaking--sewing, decorating, menu planning, record keeping and budgeting.

Other Forum speakers include farm women from coast to coast, representing various farm organizations and producer groups; as well as U. S. Congressman Jerry Litton and his wife Sherri; Ohio farm wife and author Pat Leimbach; and Virginia Knauer, the President's consumer advisor.

The WGN (Chicago) radio noon farm hour with Orion Samuelson will be broadcast live from the Forum on Wednesday, November 13.

Anita Bryant, popular singing star-entertainer, will speak and sing at the Forum banquet, on Wednesday night, November 13.

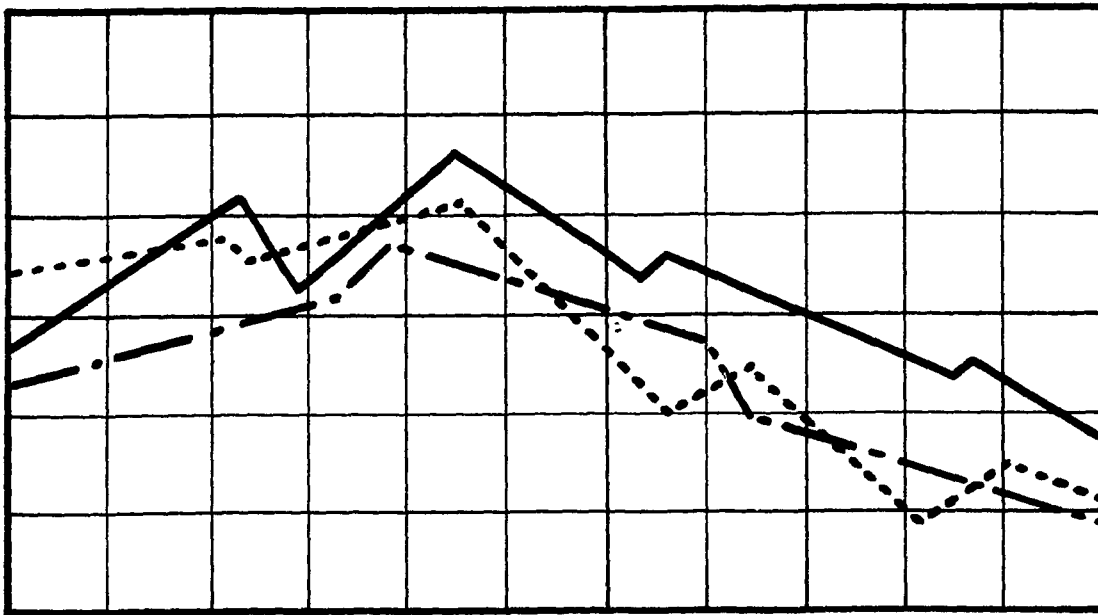
The National Farm Women's Forum is open to all interested persons. (A separate program has been planned for husbands who accompany their wives to Milwaukee.) Registration fee for the Forum is \$25,

which includes two luncheons, the semi-formal banquet, hospitality functions, access to all sessions and exhibits, eligibility for various prize drawings, and more. For further information, contact Ann Kaiser, Editorial Coordinator, Farm Wife News, 733 N. Van Buren, Milwaukee WI 53202.



Ethel Gross of Manchester, Pennsylvania, will speak at the National Farm Women's Forum on November 12, 1974, on how the York County Society of Farm Women put together their cookbook, "York County Farm Women Go to the Kitchen".

In times like these . . .



Bank Savings look better . . . and better . . . and better all the time.

"GROWING WITH OUR COMMUNITY"

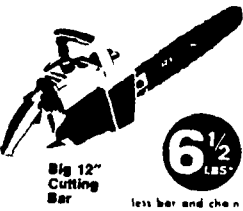
OBBNB

BLUE BALL NATIONAL BANK

BLUE BALL
354-5163

TERRE HILL
445-6741

REMINGTON MIGHTY MITE BANTON CHAIN SAW



EASY TO HANDLE FUN TO USE

This 6 1/2 pound Mighty Mite Remington Chain Saw is so versatile you'll use it for

- Felling trees up to 2 feet thick
- Cutting firewood
- Trimming, pruning, clearing
- Camping, summer homes
- Building outdoor furniture

Fully automatic chain oiling for smoother cutting, longer chain life. You'll like its low tone muffler, cushioned grips and easy starting. Fully assembled ready to use. See it now.

TWO YEAR WARRANTY \$99.00

ALLEN H.
MATZ, INC.

505 E. MAIN
NEW HOLLAND, PA
354-2244