

Society 12

Farm Women Society 12 met at the home of Mrs. Josephine Railing, Holtwood. Mrs. Grace Foutz led in devotions and roll call was given by a Dutch saying.

There were eighteen members present and one new member taken in. We had 85 pieces of the Needlework Guild. Elections of officers was held with the following results: president - Ethel Kindig; vice-president - Gloria Hocking; treasurer - Marian Glick and secretary Dorothy Sangrey.

The next meeting will be at the home of Mrs. Blanche Wissler with co-hostess Mrs. Bertha Awton in Millersville.

Farm Women Calendar

Saturday, October 26
Farm Women Society 5 meeting at the home of Dorothy Thomas 1:30 p.m.

Farm Women Society 4 meeting at the home of Fianna Wile, Mountville. Jerry Lestz will speak on "Our Amish Heritage."

Articles for the Needlework Guild will be collected.

Thursday, October 31

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Turkey and Rice... Twice as Nice

With turkey and rice both plentiful this month, you may want to challenge yourself with new recipe and menu ideas to combine the two foods, extend your food dollar, and come up with something new and temp-

ting. Turkeys are plentiful this month, according to marketing specialists of the U. S. Department of Agriculture, mainly because of cold storage stocks. Rice, with harvesting almost completed, is estimated to be about 22 percent above the 1973 crops. And, they're good food companions for a lot of other reasons.

With the availability and versatility of turkey, it's no longer necessary to consider the bird for holiday menus exclusively. Turkey is one of the highest protein foods, so it just naturally makes good sense and good eating to serve it often. Dress it up, sauce or season it, and serve it hot or cold or anytime. It's one food where leftovers are as good as, if not better than, first serving.

Before your grill is set aside for the winter, you may want to try cooking turkey on the spit, out-of-doors. Add some hickory smoked chips to your coals and have a party food on the patio.

If you're cooking for one, two, or a small family, you can now pick your pieces. Indulge yourself in your favorites. You can buy only drumsticks, or just wings, or a breast of a turkey. If you prefer a combination of white and dark meat try a turkey roll.

Consider the many uses of rice with turkey - as an accompaniment, in a

casserole, or as a stuffing. For example, take a combination of rice and almonds mixed with your favorite bread stuffing recipe and use it for an October feast.

Turkey and rice - they're good foods, separately or together, for any occasion. A good meal is always an occasion.

A Bean That Serves Many Purposes

Remember when people who ate soybeans were a rarity?

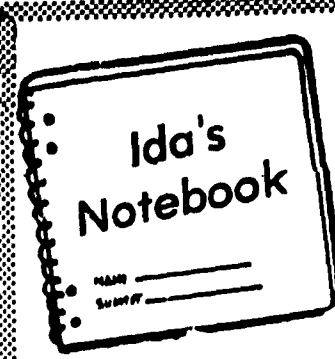
Now it seems lots of people have discovered that the soybean is an economical source of several essential nutrients.

For example, green soybeans are a dependable source of calcium, phosphorous, iron, vitamin A, thiamin and riboflavin. Dry soybeans contain one and a half times as much protein as other dry beans, and eleven times as much as fat.

The protein in soybeans contains all the essential amino acids in varying amounts and of food quality, making soybeans a valuable meat substitute. The fat or oil of soybeans is high in polyunsaturated fatty acids.

The food technologists of the U. S. Department of Agriculture have prepared a soybean recipe book. It tells how to use all forms of soybeans. The recipes include main dishes, vegetables, salads, breads, soups, desserts, sauces and snacks. For a free copy, drop a card to SOYBEANS IN FAMILY MEALS, Agriculture Radio, Washington, D. C. 20250.

Read Lancaster Farming For Full Market Reports



Ida Risser

October includes all kinds of weather—long days of sunshine, mists in the morning, rains and whitening frosts. It must have been the same almost 300 years ago when the first Swiss mennonites came to Lancaster County in 1706 or 1707.

Prior to this time the Indian squaws planted small gardens of corn and beans in cleared patches. It is said that they burned the area in the fall to clear off the weeds and any small trees.

The early settlers found heavy timber on most of the limestone soil with occasional meadows and swamps. Some families traveled five or ten miles to make hay on the natural meadows and then eventually moved into these areas. Many things have changed over the years but the weather and growing of crops remains constant.

At our house it seems to be a continuous struggle to keep insects and animals in their proper places. A nest of yellow jackets had built in the wall next to our bedroom window. Last night one buzzed around our ceiling light. Somehow they found a

crack and got into the room and finally fell into my clothes. That was a scramble to keep from being stung.

Then there are the sparrows that defy us to keep them out of the attic. So, I've given up and simply cover everything with newspaper. And as a finale I must tell you the ground hog story.

A few weeks ago I was surprised to see a ground hog climb our back steps and nose around our screen door. He really wanted to come inside to the kitchen. As one of my big boys was home, I called him and he promptly disposed of the animal. The next day I discovered that he had previously gotten through a cellar window and started to dig a hole under the foundation. It seems he wanted to finish the job.

Toast Treat

Stir a small amount of anchovy paste into some butter and spread onto slices of extra thin, hot toast.

Fish Smoking

The dehydration that occurs during the smoking process is mainly responsible for the excellent preservative effects realized when preserving fish by the smoking method.

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