

Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



Bored with your diet?

If you are thinking thin and trimming inches, take the agony out of dieting. Standing by to give you a healthy assist in lowering your calorie intake while still providing great taste is the freshest fruit around - grapefruit. It's in its prime now.

According to the U.S. Department of Agriculture, there's enough grapefruit available to keep you eating this fruit fresh right into summer.

Because of grapefruit's unusual combination of tart and sweet taste, it's a fruit that can be used in any part of a menu. It performs well in sparking appetites for any meal to follow. It combines well with shrimp for a colorful and tasty cocktail with a small calorie tag.

Served with slices of avocado, it becomes a salad temptation. It goes well in gelatin salads because it combines so well with other foods. It can add zest and interest to broiled fish or poultry dishes.

A touch of honey can add a touch of class to your broiled grapefruit dessert. Another way to broil it is with a topping of bubbling brown sugar and spice - nutmeg, cinnamon, or your choice.

Some calorie-cutting ideas might include this salad for a healthy lunch:

Grapefruit and Tuna Salad

- Salad greens
- 2 cans (6-1/2-7 oz. each) tuna, drained
- 1 cucumber sliced
- 2 cups grapefruit sections

- 4 radishes, sliced
- Arrange salad greens on service plate. Place chunks of tuna in middle. Surround with cucumber slices, top with grapefruit sections and garnish with radish slices. Serve with low-calorie dressing. (Serves 4.)

Chicken and Grapefruit Mold

- 2 cups grapefruit sections
- 2 envelopes unflavored gelatin
- 1-3/4 cup cold water
- 2 chicken bouillon cubes
- 1/2 teaspoon salt
- 1 cup diced cooked or canned chicken
- 1/2 cup diced celery
- 2 teaspoons minced onion
- pimento strips
- salad greens

Sprinkle gelatin over cold water in saucepan. Add bouillon cubes and stir over moderate heat until gelatin and bouillon cubes are dissolved. Chill until consistency of unbeaten egg whites. Fold in grapefruit sections, chicken, celery and onion. Turn into 1-1/2 quart mold and chill until firm. Unmold on salad greens and garnish with pimento strips.

Tips on Sewing Quilted Fabrics

This season's fashion fabrics often come quilted. They work well in vests, jackets, jumpers, hats and handbags. When working with quilted fabrics, remember to choose a pattern design that is simple, without many details or gatherings.

When cutting pattern pieces, do not place them on a fold. Their bulkiness can cause distortion. Transfer

pattern markings to the fabric with tailor's tacks then connect track marks with chalk - instead of using a tracing wheel and carbon paper

Quilted garments tend to be bulky. But in some areas, bulk can be reduced. Clip darts and press open. Remove excess batting by pulling it away from the fabric cover. Treat seams by cutting batting and hugging close to the seam line, then pulling them away from outer fabric. Zigzag seams to prevent raveling. Or, if the garment is unlined, bind seams with bias tape. Press open all seams.

Make facings from unquilted fabrics. If companion fabrics aren't

available, pull batting and lining away from excess quilted fabric and use it as facing material. Use decorative trims, such as fold-over braid in place of facings.

Mark hems carefully. Machine stitch one-quarter of an inch from the fold within seam hem allowance. Then remove quilt batting from hem allowance.

Machine buttonholes are best for quilted fabrics. When inserting a zipper, remove batting from seam allowances.

Society 24

Society of Farm Women 24 met recently at the home of Mrs. Ross Noffsinger, Leola. A total of 23 members answered to roll call, which was "family ancestors"

After the business meeting, conducted by Mrs. Jack Golston, president, we enjoyed a very informative program presented by Dr. J. Calvin Wenger, of Lancaster, Penna. The title of his presentation was "The Plain People of Lancaster County." Delicious refreshments were served by our hostess.

Society 5

Farm Women Society 5 met recently at the home of Mrs. Luke Bruckhart. John Yocum served as the speaker

The next meeting will be held on March 27 at the Salem United Methodist Church in Manheim at 1:30 p.m. The group will be en-

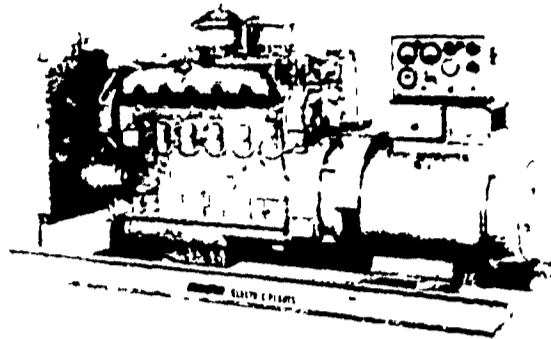
tertaining Society 23 and Mrs. Lola Will will be the speaker

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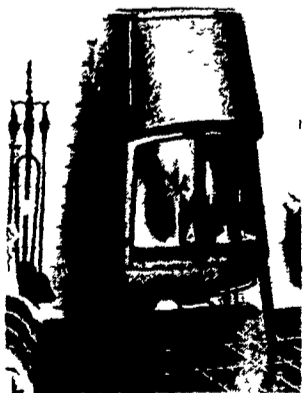
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