

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



CATSUP - A LONG-TIME FAVORITE
Spicy tomato catsup has been a favorite with people all over the globe for centuries. Americans have been making and eating it since the 1700's, when the tomato seed first immigrated from

Spain and Cuba. Catsup has always been used extensively in cooking, whether as a condiment or a recipe ingredient.

Most catsup lovers today realize the versatility of catsup, recognizing it as an important ingredient for main dishes as well as a delicious condiment.

The following recipe for Tomato-Beef Bake is an easy-to-fix casserole adding the lively tanginess of Tomato Catsup to the creamy richness of cheeses and sour cream to make a mouth-watering one-dish intree. Whether for family or guests, it will please all.

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TOMATO-BEEF BAKE

- 1½ lbs. ground beef
- 1 cup chopped onion
- 1 tablespoon salad oil
- 1 teaspoon salt
- ¼ teaspoon pepper

- 1 can (16-oz.) stewed tomatoes
 - 1 bottle (14-oz.) catsup
 - 2 tablespoons cornstarch
 - 1 package (10 oz.) egg noodles, cooked and drained
 - 1 cup dairy sour cream
 - 1 cup cottage cheese
 - 1 package (8-oz.) cream cheese, softened
 - 1 tablespoon dry parsley
 - 1 teaspoon Worcestershire sauce
 - Parmesan cheese
- Brown meat and onion in hot oil; drain off excess fat. Add salt and pepper. Reserve one-third cup liquid from tomatoes. Add tomatoes and catsup to meat mixture. Blend cornstarch and reserved liquid from tomatoes; stir into meat mixture. Cook, stirring constantly, until thickened. Combine sour cream, cottage cheese, cream cheese, parsley and Worcestershire sauce; mix until well blended.

In buttered 3-quart casserole, layer half of noodles, cheese mixture and remaining noodles, cheese mixture and remaining noodles. Top with meat mixture. Sprinkle with parmesan cheese. Bake at 350 F. 30 minutes. Makes 10 servings.

LAUNDERING THOSE

WATER-REPELLENT GARMENTS

If Santa Claus left some garments which are water repellent under your Christmas tree, you will be interested in these tips for laundering to increase the life of the garments:

Ag chairman challenges to speak up for rights

CAMP HILL, Pa. - "It is not merely your right to speak up - it is your duty - if you would have our democratic way continue to exist," says State Senator Patrick Stapleton, chairman of the State Senate Agriculture Committee.

Senator Stapleton, from Indiana, Pa., addressed the final session of the Pennsylvania Farmers Association's Sweetheart Legislative Conference, February 16 at the Penn Harris Motor Inn. His speech focused on, "Why You Need To Be Organized."

The Ag Committee Chairman emphasized to the 150 women at the seminar that they must organize across the state to coordinate activities influencing farm legislation. Stapleton urged the women to set up a constant flow of ideas with the elected representatives from their areas.

"The Ag Committee faces

between 50 to 100 bills concerning agriculture during its two-year duration each term," explained Stapleton. The input by farm people into legislators understanding of the impending bills is crucial in helping decide which direction to vote.

He reminded the farm women that Pennsylvania, with 3.5 million farmers, is the largest farm state in the nation. But because of the high industrial concentration in the state's economy, farmers have become very much a minority in the overall - voting numbers.

Because of population shifts across the state, the Senator warned of possible upcoming reapportionment, which will cut down even more on the number of rural area legislators and add greater representation from densely - settled urban areas.

Textile info workshop topic

The Cooperative Extension Service is sponsoring a workshop to provide help in the area of textiles. This workshop will include information on textiles and the textile industry, current legislation affecting textiles and textile products, and textile research methods and problems. This course is primarily designed for home economics teachers, but is open to anyone with a substantial base of knowledge of this commodity. Practical methods of translating the knowledge into educational programs will also be included. Contact Maryetta Duffner, Delaware County Extension home Economist, at the Toal Building, 2nd and Orange Sts. Media, Pa. 19063 or phone for more details about this workshop, LO6 0142.

Put the raincoat through a regular automatic wash cycle with warm to hot water, using a detergent and a water softener if your water isn't soft.

Do not use a fabric softener.

Set the washer for regular rinse and spin cycles.

To get all the soap out, put the coat through the whole wash procedure a second time, using no detergent.

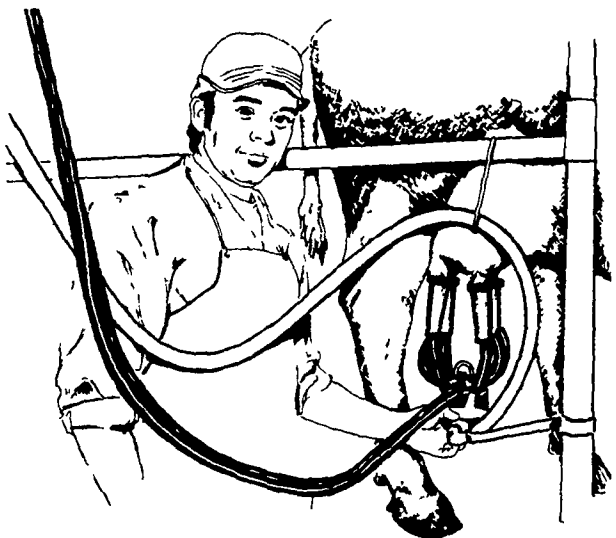
Tumble at medium to hot temperature until almost dry.

After the first few minutes of drying, throw in a couple of dry, fluffy towels to help prevent abrasion.

Pull coat from the dryer before the tumbling stops and place garment on a hanger smoothing seams with your fingers.

If you do not have access to a dryer, hang the coat on a hanger and when it is almost dry, press with an iron on the wrong side.

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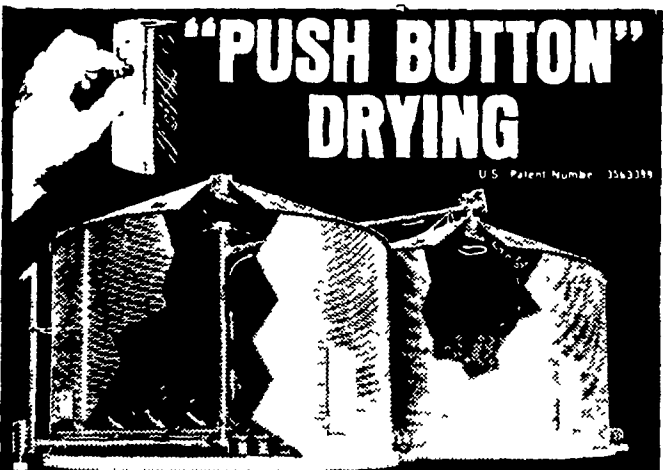
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