

LETTERS TO JANE...

By A. PAULINE SANDERS, Ph.D. Irwona, Pennsylvania

Dear Jane,

It's a happy coincidence that there's a fine fall crop of foods to create tantalizing odors in the kitchen. Really there is nothing as wonderful as such a reception whenever one comes in from work or school.

This fall there is a fine crop of grass-fed beef at market; the lean beef that has such a good flavor when cooked in leisurely fashion. And the crops of fresh onions, carrots and potatoes are here in "Harvest Festival" proportions. Potatoes are in particular abundance at market.

The cooler weather of early autumn calls for heartier meals. The plentiful supplies and reasonable prices of beef invite planning those meals around the family's meat favorite, a savory beef stew simmering on the stove.

SAVORY BEEF STEW 1 1/2 pounds beef stew meat, cut in 1 1/2-inch pieces; 3 cups water;

2 sprigs parsley, 1 bay leaf, 2 celery stalks with leaves, finely cut; 1 1/2 teaspoons salt; 3 medium potatoes, peeled and halved; 6 small onions, peeled; 6 carrots, scraped and cut in slices; 1 1/2 cups cooked whole kernel corn; 2 tablespoons flour; 3 tablespoons water.

Put beef in saucepan with water, parsley, bay leaf, finely-cut celery and salt. Cover. Simmer 2 to 2 1/2 hours or until meat is almost tender. Add vegetables except corn. Cover and cook until vegetables are tender (about 30 minutes). Add corn for last 10 minutes of cooking time. Make a smooth paste from flour and water. Gradually add it to the stew, stirring constantly, until thickened.

French and Italian people serve their stew with crusty French bread. Your family may enjoy this innovation. It's permitted to dunk the bread in the savory beef stew gravy. To serve, place a bowl of stew on a plate and surround the bowl with chunks of French bread.

Would you like to make your own French bread? Try this:

Soften 1 cake of compressed or 1 package of dry granular yeast in 1 1/4 cups lukewarm water. Be sure to take no chances of wild yeast, instead boil water and cool it to desired lukewarm instead of trusting tap water of the desired temperature. Add 1 teaspoon of salt, 2 teaspoons sugar, 1 tablespoon fat, and 1 1/2 cups sifted all-purpose flour. Beat until

smooth. Stir in 1 1/2 to 1 3/4 cups flour or enough flour so that the mixture will leave the sides of the bowl. Turn it out onto a lightly floured board. Knead until dough is smooth and elastic. Place in a lightly greased bowl, cover with waxed paper and allow to rise in warm place until doubled in size. It will require about 50 to 60 minutes.

Roll out to an oblong about 15 by 18 inches. Roll up to make a long slender loaf. Taper the ends by rolling between the hands. Place on a greased baking sheet with the seam side down. Brush with cold water. Allow to rise until light, about 25 to 30 minutes. Brush with cold water again and slash diagonally across the top of the loaf at intervals of 2 inches. If desired, sprinkle with sesame seed. Bake in a 375 oven for 35 to 40 minutes. Have a pan of water at the bottom of the oven.

Grass-fed beef, the kind that is grazed on the prairie plains, has the same complete high quality protein, B vitamins and essential minerals for which all meat is famed.

The beef season is underway with plenty of all cuts and grades coming to market. The beef portion is expected to reach a new high this year—13.25 billion pounds. Top-quality meat from grain-fed cattle and lower, economy grades from grass-fed animals offer a choice for every taste and pocketbook. The lower grades are truly budget savers. Long, slow cooking and a pair with seasonings will make the finest stew, meat loaf, or pot roast.

We have again become a nation of beef eaters, even surpassing the average consumption during the early 1900's. The decade ending in 1909 was an era of plentiful meat with beef consumption averaging 70 pounds per person per year. In 1928 per capita consumption of beef dropped to 48.1 pounds. Since 1933, the trend in beef output has been higher in relation to population. Last year beef consumption was over 79 pounds per person and will probably equal that amount this year.

We get more meat per animal than we did years ago. Improved breeding and better feeding and management enable us to realize twice as much beef and veal from only 50% more animals than the 1909-09 average.

A fore or hind quarter of baby beef weighs 50 to 75 pounds, which is an ideal amount to cut into family-size pieces for placing in a home freezer. Too many packages of meat placed in the freezer at one time will not freeze quickly. The maximum amount to freeze at any one time is 6 pounds of meat per cubic foot of freezer space. But the cuts your family likes best.

Here is a tasty dish that you will love for luncheon for any guests as well as for the family for supper.

The savoriness of the meat is balanced by the fruitfulness of apple sauce and a delicate moistness that's a contrast to the crispness of biscuit, rich and short. For parties prepare them ahead of time and slip them into the oven a half hour before you want to serve.

PIPING HOT MEAT PINWHEELS 2 cups sifted all-purpose flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 6 tablespoons shortening, 1/4 to 1 cup milk, 2 cups apple sauce, spot of nutmeg, 1/4 cup butter or margarine, 2 cups chopped meat, 1/2 teaspoon oregano, and 1 cup sliced onion.

Make a soft biscuit dough from the first five ingredients. Knead lightly on floured board. Roll out into an oblong 1/2-inch thick. Spread with apple sauce. Sprinkle with nutmeg. Sauté onion in fat until a golden brown. Spread over the apple sauce. Cover with ground meat. Sprinkle with oregano. Roll-up jelly roll fashion. Cut into 1-inch slices and place cut side down and close together on greased baking sheet. Bake in a 375 oven for 30 to 35 minutes.

I am certain that once you have sampled this dish that you will think of dozens of occasions when you can use them.

Jane, have you seen the new cinnamon crisps? I love them with tea or glasses of cold milk. Try them in a pie.

I used 1 1/2 cups of crumbs, 1/4 cup sugar, 1/2 cup melted fat for a 9-inch pie pan. Mix well and press into pan and chill well, or slip into the oven for a few minutes. The filling can be ice cream, peaches, apples or try this Cream Chiffon Custard.

Mix a package of lime gelatin according to directions. Chill until syrupy and whip until frothy. Chill a small can of evaporated milk and whip. Mix the two whipped mixtures. Sprinkle 1 cup of sugar slowly into the mixture. Add two cups sliced seedless or seeded grapes. Pour into pie shell and chill in refrigerator for several hours or until firm.

Just made an old-fashioned beet relish that is popular and timely now when we are cleaning up our gardens before the "big freeze."

Mix 1 quart cooked ground beets; 2 small onions, chopped; 3 red peppers, ground; 2 teaspoons salt; 1/2 cup prepared horseradish; 2 cups vinegar; 1/2 cup sugar. Cook until clear. Taste and sweeten if desired. Seal in sterile jars. It has just the right tartness and is so pretty to look at on a cold wintry day.

Do you have Richard Williams' "Sing a Song of Safety"? It is just right for the kiddies now.

"We sing a song of safety, As we go home from school; We sing a song of safety, Be careful in our rule; We sing a song of safety: As we walk home each day We're careful when we cross streets, And careful when we play; We sing a song of safety: The stop light is the "boss." We wait for the green signal, Then look before we cross." Yours for better homemaking, PAULINE

—There's no better investment than a Press-Courier ad.

Patricia Walters To Be Penelec Home Economist



PATRICIA E. WALTERS

Patricia E. Walters has been appointed home economist for Pennsylvania Electric Company's Eastern Division, it was announced today by W. H. Wade, vice president and division manager.

Miss Walters will conduct cooking classes, appliance demonstrations and similar activities in the company's newly-completed Electric Demonstration Center in the Altoona office. She will also give talks and demonstrations before school and other groups in all sections of the division, which includes Altoona, Ebensburg, Bedford, Lewistown, Huntingdon and Shippensburg districts.

The new Penelec employes come to Altoona from Reading where she had been a junior home economist for Metropolitan Edison Company since July, 1954.

A native of Morgantown, W. Va., Miss Walters was graduated from West Virginia University in that city with a degree in home economics. She is a member of Phi Epsilon Omicron Home Economics Honorary.

—There's no better investment than a Press-Courier ad.

Mrs. Mary Bard, Loretto, Observes 91st Anniversary

Mrs. Mary Bard of Loretto, a former resident of Cresson, observed her 91st birthday anniversary last Sunday.

Mrs. Bard, one of 10 children, was born Sept. 18, 1864, a daughter of the late Mr. and Mrs. William Lilly.

A sister and brother are still living. They are Sister Mary Mathias of Rosalia Foundling Home, Pittsburgh, and Charles of San Bernardino, Calif.

The Loretto lady was married to the late Felix F. Bard on Jan. 9, 1894, in St. Aloysius' Catholic Church, Summit. Mr. Bard, a painter-contractor, died July 2, 1944.

Despite her advanced years, the nonagenarian is in good health and is fairly active. Among her favorite pastimes she lists reading, listening to the radio and entertaining friends.

She has been a member of the Altar and Rosary Society of either the St. Aloysius Church or St. Francis Xavier Catholic Church in Cresson for more than 70 years.

Mrs. Bard is a member of St. Michael's Catholic Church, Loretto.

Five of Mrs. Bard's seven children still survive. They are Mrs. Marie Scanlon, Ebensburg; Norman of Cresson; Mrs. Cecelia Byrne, Highland Park, N. J.; Mrs. Grace Wharton, Barnesboro and Leo of Washington, D. C.

There are 16 grandchildren and 14 great-grandchildren.

15c-Per-Hour Pay Hike Given C. & I. Railroad Employees

An across-the-board 15c-per-hour wage boost was negotiated last Thursday by the Cambria & Indiana Railroad and the United Steelworkers of America (CIO). The hike, which becomes effective Oct. 1, was agreed upon in short order at a meeting of union

Whited Honored for Activity In Establishing Defense Unit

Group to Begin New Training Phase Soon

J. Dean Whited, Barnesboro Borough Chief of Police, was honored last Thursday evening by North Cambria Civil Defense and Emergency Police for his role in molding the unit into an effective police agency.

Some 50 unit members turned out for the session in the Barnesboro Fire Hall to witness presentation of a wrist watch to the veteran law enforcement officer.

George T. Atkins, Barnesboro Borough Council president, made the presentation after commending Chief Whited for his work in organizing and in training the auxiliary police group.

In addition, he organized the unit on its service to the area. Chief Whited's role as organizer also was cited by Lloyd West-

wood, unit president.

The group was formed several months ago to maintain order and security in times of emergency and to assist district police whenever called upon.

Among recent activities reported was assistance given state police last month in a routine road block check throughout the Northern Cambria area.

Members will begin the second phase of their training about Nov. 1, it was announced. Emphasis will be placed on first aid work. Training already has been completed in police methods.

and company committees in the Ebensburg Inn, Ebensburg.

Discussion this year was limited to pay issues only under the existing contract, which runs until Sept. 30, 1956.

Non-operating employees of the line are organized as C & I Local 4550, U.S.W.

The settlement closely follows the pattern set in the basic steel industry early in July. Since then District 13, U.S.W. has concluded a number of wage agreements with local companies.

Spokesmen for the C & I at the abbreviated session were Attorney Richard Kent, counsel, and James Smith, superintendent.

Representing the union were Ransom Reeder, subregional director of District 13; Anthony Lorditch, staff representative, and Thomas Wensel, Irvin Bartolotti and Jack Downey, local union committeemen.

Approximately 120 employees of the short-haul line are in line for the wage increase.

Approximately 36 miles of track comprise the railroad's main line and three branches in Cambria and Indiana Counties.

Three new members were accepted at last Thursday's meeting. Now represented by the unit's membership are Barnsboro, Spangler, Hastings, Chestnut Tree, Patton, Carrolltown and Barr and Susquehanna Townships. Car emblems were distributed and tentative plans discussed for a turkey shoot.

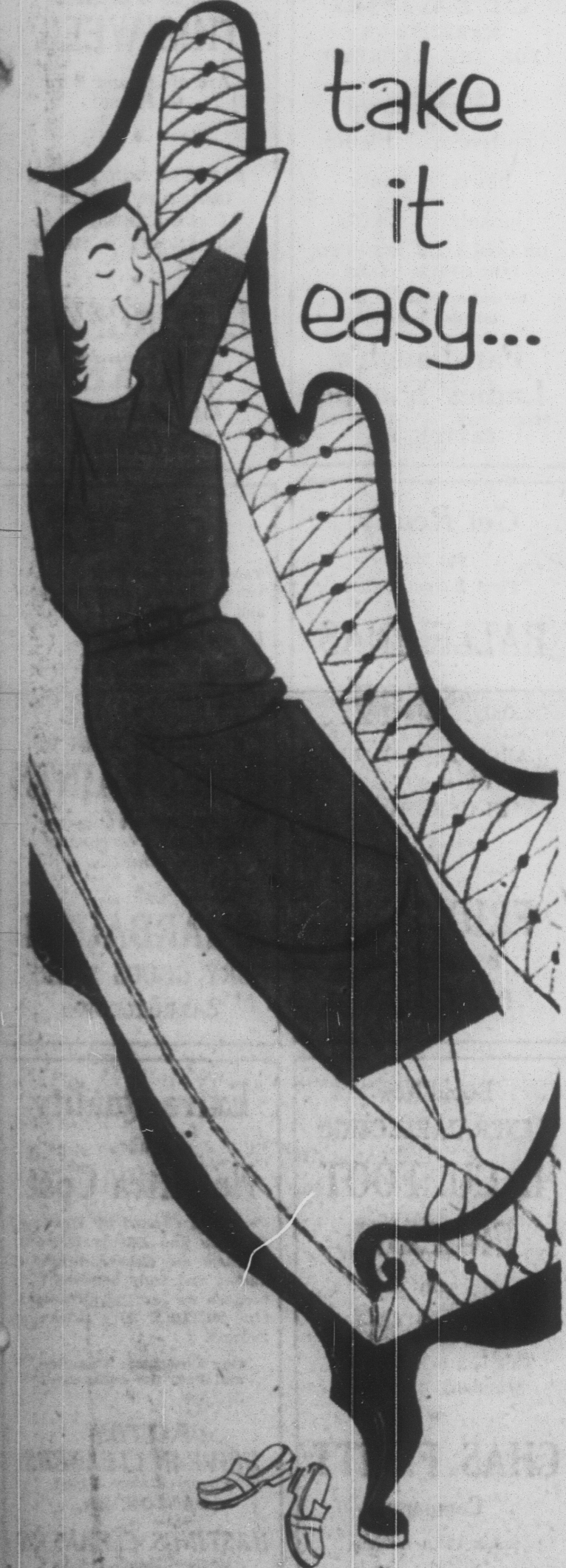
Nanty Glo to Continue Daylight Time for Month

Nanty Glo Borough Council has voted against extending daylight time another month. A resolution was adopted to have Eastern Standard Time restored on September 25th.

A delegation of borough employees attended a recent meeting of the council requesting a raise in wages. No action was taken on the plea at this time.

YOUR CAR PAYMENTS Will Be Less-Financed By 1st Natl., Carrolltown

ATTENTION FARM OWNERS! If You Need Workers for the Harvest Season, We Can Help You Please apply in person or call the Pennsylvania State Employment Office, First National Bank Bldg., 203 Tenth Street, Barnesboro, Pa. Phone Barnesboro 1472.



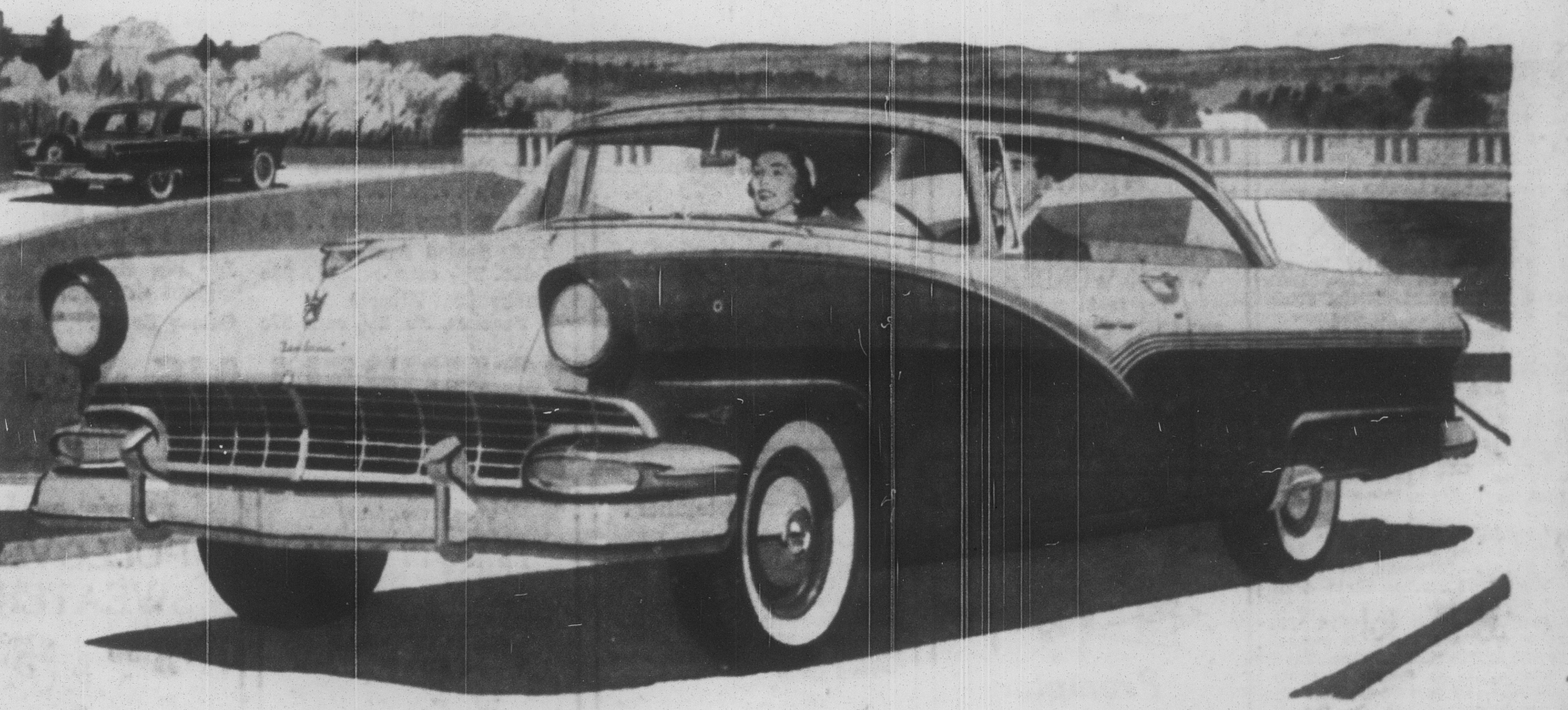
take it easy...

cook on an automatic electric range

see your dealer now!

PENNSYLVANIA ELECTRIC COMPANY

Here Friday! NEW '56 FORD! The fine car at half the fine car price!

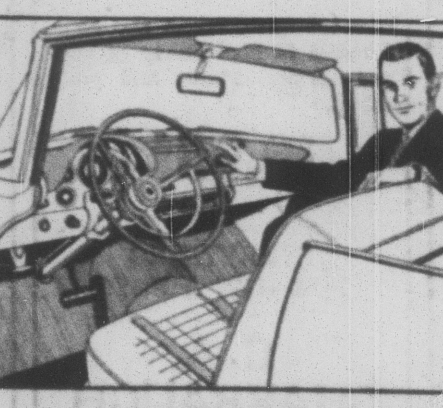
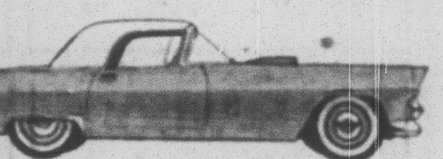
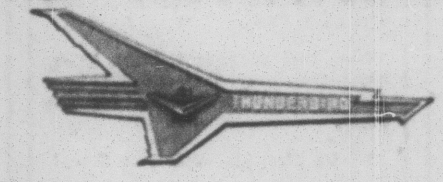


With new 202 h.p. Thunderbird Y-8

...with new Thunderbird styling

...with new Lifeguard Design

For '56, Ford brings you the greatest safety news in a generation... Lifeguard Design. In cooperation with universities, medical associations and safety experts, Ford learned the cause of most serious injuries in accidents. To provide extra protection against these hazards Ford developed the new Lifeguard features described at right. But there is still more wonderful news! Ford brings you Thunderbird power in a modern deep-block Y-8... Thunderbird beauty, too... rich new interiors... quality throughout. See it... try it... you'll agree the '56 Ford is the fine car at half the fine car price.



New 202-h.p. Thunderbird Y-8 engine is available in Fordomatic Fairlines and Station Wagons. In Fordomatic Customlines and Mainlines you can have the 176-h.p. Y-8. And Ford's new 137-h.p. Six is available in all 18 models.

The new '56 Ford looks like the Thunderbird! You'll find the same graceful lines... the same long, low silhouette... the same dashing appearance... styling which helped the fabulous Ford Thunderbird to win America's heart.

Ford's new Lifeguard features are: a new deep-center design steering wheel, to act as a cushion in event of accident... double-grip door locks to reduce chance of doors opening under shock... optional padding for control panel and sun visors to help lessen injuries... optional seat belts to help keep occupants in seats.

Come in... See the new '56 FORD Friday

STOLTZ MOTOR COMPANY Ford Sales and Service Fifth & Lang, PATTON, PA. Orange 5-2161