

**● For The Farm Wife**  
(Continued from Page 22)

- 1 tablespoon melted butter or margarine
- 2 cups sifted flour
- $\frac{1}{2}$  cup sugar
- 2 teaspoons baking powder
- 1 teaspoon soda
- $\frac{1}{2}$  teaspoon salt
- 2 egg whites

Trim and discard thin slice from both ends of orange, cut in half lengthwise. With a shallow "V" shaped cut, remove white center core. Cut into chunks. Whirl in covered electric blender to yield  $\frac{3}{4}$  cup puree. (Or put through food grinder.) Slice banana into puree mixture, whirl in blender until banana is thoroughly mashed. In large mixing bowl, stir together milk and melted butter. Sift together dry ingredients; add to milk all at once along with orange and banana puree. Stir until batter is thoroughly blended. In small mixer bowl, beat egg whites until stiff, but not dry. Stir and partially fold beaten whites thoroughly into batter, do not underblend. Pour into greased 9x5x3 inch loaf pan; bake at 325 degrees for 55 to 60 minutes, or until done. Let stand in pan 5 minutes before turning out onto wire rack for complete cooling. Loaf will cut into 22

# New Rail Rate Hikes Not Justified, Says Council

Declaring that railroads have failed to prove their need for another round of freight rate increases, the National Council of

Farmer Cooperatives asked the Interstate Commerce Commission to deny the request for a 6 per cent rate boost.

railroad financing, rather than rely on figures submitted by the lines themselves. It further requested ICC to probe the "actual ownership of the American railroads" to determine whether interlocking ownerships and directorates exist which would work to the disadvantage of shippers.

slices about  $\frac{1}{4}$  inch thick (75 calories per slice)

**DATE-GRAHAM GEMS**

- $\frac{1}{4}$  cup shortening
  - $\frac{1}{4}$  cup light brown sugar, firmly packed
  - 1 egg
  - 1 cup sifted all-purpose flour
  - 4 teaspoons baking powder
  - $\frac{1}{2}$  teaspoon salt
  - $\frac{1}{4}$  teaspoon ground mace
  - 1 cup graham cracker crumbs
  - $\frac{3}{4}$  cup milk
  - $\frac{3}{4}$  cup pitted dates, snipped
- Beat shortening and sugar until creamy, add egg and beat until light and fluffy. Sift together next four ingredients, stir in graham cracker crumbs. Add alternately with milk to shortening mixture. Stir in dates. Divide into 12 greased muffin pan cups. Bake in preheated moderate oven (375 degrees) 25 to 30 minutes or until done. Sieve warm

"The new increase asked by the railroads would add up to a total hike of 23 per cent since 1967," said the Council's Don Graham. "That's not a response to inflation, but rather a cause of inflation."

Graham pointed out that farmers are the greatest victims of rising rail rates, since their freight bill runs into billions of dollars annually. Further, such increases result in higher prices for the goods farmers must buy.

The Council statement was filed with ICC as a formal statement in advance of hearings scheduled this month. Earlier, the Council urged member cooperatives to file statements outlining specific examples of how the proposed increases would affect farmer-owned businesses.

The Council asked ICC to conduct its own investigation of

Lancaster Farming,  
Saturday, May 23, 1970—27

**Dairy Contest Winner**

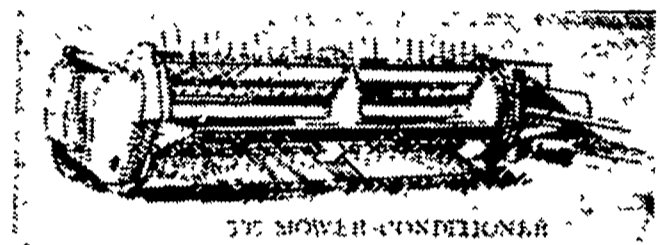
Cordella Shindler of Lancaster was a member of the first place calf dressing team at the 45th Dairy Exposition recently at Pennsylvania State University.

Also on the team was Cuol Rossow of Pittsburgh. The calf-dressing contest was part of the fitting and showing contest

accounts' the Commission has no assurance that railroad revenue will not be siphoned off to other enterprises which the real owners feel might be more lucrative than railroading," the Council declared.

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