8th Generation of Goods

(Continued from Page 24)

makes up recipes of her own like the ones she named "Camper Scampers" because she says "I 1/2 cup molasses find them the perfect snack to 11/2 cups sugar take on camping trips where 1 cup water meals are often irregular and yet 1 energy foods are needed more than ever. These cookies are degrees Add ½ teaspoon cocovery high in protein, B vitamins, nut flavor. Pour syrup overiron and vitamin E .. My children 1 love them." 100

CAMPER SCAMPERS cup brown sugar

teaspoon salt cup shortening -

eggsteaspoons baking powder rup whole wheat four 🏂 Keaspoon nutmeg 🛴 teaspoon cinnamon ...

% cup milk 11/2 cups wheat germ eup nuts

with milk Stir in wheat term and mits last. Bake at 550 degrees for 12 minutes or till

Mrs. Good says "I first learned to enjoy yougart in Europe staple food I've since found itto be a very nourishing summer Sin into lukewarm oatmeal refresher when appetites are WAD,"

YOUGART Mix in blender: 1 et. pasteurized milk 11/2 cups evaporated milk

1/2 cup powdered skim milk (preferred) 3 cup commerical yougart

simmering and cool to 110 de grees. Time: Bake 1 hour. grees before stirring in other ingredients. Pour into jars or Women's Group Meets custard cups and set in pan of hot water 110 degrees Cover Incubate about 5. hours perature between 90 to 110 degrees. This can be done by setting pan in warm oven Never allow temperature to go above 115 degrees as this will destroy day. 'the friendly bacteria and yougart will not thicken Cover jars and chill. Serve cold with various fruit sauce toppings.

cheesecloth bag overnight. It ients for your favorite cheese dip 'her at 548-2226. and you have a nutritious but low calorie cheese dip

packed with nutrition might I add, very unusual

SESAME CANDY BARS

tablespoon butter

Boil in heavy saucepan to 265 million pounds crop lb. (4 cups) hulled sesame

- 11/2 cips coconut (grated) Scup sunflower seed or nuts.

If won cannot purchase hulled

and cut in the Wrap.

CATHEAE WOLASSES BREAD

1/2 reup/light corn syrup

tablespeon salt Goof to litkewarm.

Combine shirring to dissolve: packages active dry yeast oun warm water (not hot-

faituxe. Mix well.

~---Add: .

51/2 cups sifted western flour

Mix thoroughly. Cover. Let Turn onto stand 15 minutes. well floured board. Shape into 2 loaves Let rise till double, (about 11/2 hours). Bake until If raw milk is used, heat to brown. Temperature: 350 de-

The Women's Committee of the Lancaster County Farmers or till firm, keeping water tem: Association will serve refreshments at the spring membership meeting March 12 at the Farm and Home Center, it was announced at a meeting Tues-

No accidents of the types studied by the women's committée was reported in January. Mrs. Jesse Wood, chairman, A cheese dip can be made by urged anyone who hears of acdraining a cup of yougart in cidents involving homestead becomes the consistency of falls, horse injuries or hay baler cream cheese Just add ingred- or chopper accidents to contact

Committees also were ap-Here are delicious candy bars proved for the coming year.

Honey Crop Off

U S honey production was down sharply during 1970, according to a USDA report issued recently At 2348 million pounds, output was off 17 per cent from 1969's record 2827

continued decline in colony numbers, lower yield per colforma's output.

Colony numbers, which have are available at a health food off two per cent from 1969 the lowest since 1941. Yield per

And, finally, California's out-dogs were chasing them. Add four and spices alternately the milk Stir in wheat term.

Ida's Notebook

Groundhog Day has come and gone Whether we will have a lot of snow this winter or just a little only time will tell.

This year February 2nd is important to Reasons for the cutback A me because it is the day I give a speech on "History of the Donegal Presbytery."

After spending hours the last few ony, and a sharp decline in Cali- weeks reading and writing and rewriting notes I shall have to present the facts I've

We don't realize how easy it is for us second and sunflower seed downtrended since 1958, drop- to worship today until we read of the diffi-ation of the difficulty energy store they ped to 4,639,000 last year That's culties which the early settlers encounter-

One group trudged over the Welsh Mountains and met outdoors on benches two there is buttered wax parecord 59.7 pounds in 1969 to One Sunday morning the whole congregation was cattered when ar angry bull and whole congregation was scattered when ar angry bull and whole congregation was scattered when ar angry bull and the congregation was scattered when ar angry bull and the congregation was scattered when ar angry bull and the congregation was scattered when are angreed to the congregation was scattered when a congregation was scattered when are angreed to the congregation was scattered when a tion was scattered when ar angry bull and

herd of cows ran through as the telephone has become? I've

Did you ever consider how



By Ida Risser

heard people say it is given too niuch importance.

For example, no matter how important a part of your life important a guest you might be entertaining in your home, should it ring, you would answer it immediately Maybe only to find out someone wanted to sell you light bulbs

On a farm the phone can be a life saving link as you prepare the doctor or hospital for the type of accident patient you are bringing them

Other Times it brings you messages of joy over a new baby or one of sadness when a death is reported

The nearest phone was oneand-one-half miles away when we had our first babies And when our barn burned the first year we farmed, we had to drive into the village of Oregon to report it

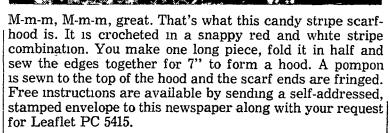
Now that we've paid the price to have the line brought in, cf course we wouldn't want to be without it

Help Us Serve You

Is your farm organization's meetings making our farm calendar? If they're not and you think they should, let us know.

As a public service to farmers and the farm community, we try to get as many meetings as we can on the calendar. But we miss

Remind us by calling 394-3047 or 626-2191 or by writing to Lancaster Farming, 22 E. Main St., Lititz, Pa. 17543. You can help us serve you better.

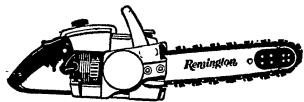




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