

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 find them the perfect snack to take on camping trips where meals are often irregular and yet energy foods are needed more than ever. These cookies are very high in protein, B vitamins, iron and vitamin E. My children love them."

CAMPER SCAMPERS.
 1 cup brown sugar
 1/2 cup shortening
 1/2 teaspoon salt
 2 eggs
 2 teaspoons baking powder
 1 cup whole wheat flour
 1/2 teaspoon nutmeg
 1 teaspoon cinnamon
 1 cup milk
 1 1/2 cups wheat germ
 1 cup nuts
 Cream sugar and shortening. Add eggs and beat till creamy. Add flour and spices alternately with milk. Stir in wheat germ and nuts last. Bake at 350 degrees for 12 minutes or till brown.

Mrs. Good says "I first learned to enjoy yogurt in Europe where it is considered a very staple food. I've since found it to be a very nourishing summer refresher when appetites are wan."

YOUGART
 Mix in blender:
 1 qt. pasteurized milk
 1 1/2 cups evaporated milk
 or
 1/2 cup powdered skim milk (preferred)
 1/2 cup commercial yogurt
 If raw milk is used, heat to simmering and cool to 110 degrees before stirring in other ingredients. Pour into jars or custard cups and set in pan of hot water 110 degrees. Cover pan. Incubate about 5 hours or till firm, keeping water temperature 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 the friendly bacteria and yogurt will not thicken. Cover jars and chill. Serve cold with various fruit sauce toppings.

A cheese dip can be made by draining a cup of yogurt in cheesecloth bag overnight. It becomes the consistency of cream cheese. Just add ingredients for your favorite cheese dip and you have a nutritious but low calorie cheese dip.

Here are delicious candy bars

packed with nutrition. And might I add, very unusual

SESAME CANDY BARS
 1/2 cup molasses
 1 1/2 cups sugar
 1 cup water
 1 tablespoon butter
 Boil in heavy saucepan to 265 degrees. Add 1/2 teaspoon coconut flavor. Pour syrup over 1 lb. (4 cups) hulled sesame seed
 1 1/2 cups coconut (grated)
 1/2 cup sunflower seed or nuts.
 If you cannot purchase hulled sesame seed and sunflower seed at a regular grocery store they are available at a health food store.
 Mix thoroughly, place between two sheets of buttered wax paper. Roll to desired thickness and cut in bars. Wrap.

BARLEY MOLASSES BREAD
 5 1/2 cups boiling water
 1 cup rolled oats
 1/2 cup shortening
 1/2 cup light corn syrup
 1 tablespoon salt
 Cool to lukewarm.
 Combine, stirring to dissolve:
 2 packages active dry yeast
 1/2 cup warm water (not hot—110 to 115 degrees)
 Stir into lukewarm oatmeal mixture. Mix well.

Add:
 2 eggs
 5 1/2 cups sifted western flour
 Mix thoroughly. Cover. Let stand 15 minutes. Turn onto well floured board. Shape into 2 loaves. Let rise till double, (about 1 1/2 hours). Bake until brown. Temperature: 350 degrees. Time: Bake 1 hour.

Women's Group Meets

The Women's Committee of the Lancaster County Farmers Association will serve refreshments at the spring membership meeting March 12 at the Farm and Home Center, it was announced at a meeting Tuesday.

No accidents of the types studied by the women's committee was reported in January. Mrs. Jesse Wood, chairman, urged anyone who hears of accidents involving homestead falls, horse injuries or hay baler or chopper accidents to contact her at 548-2226.

Committees also were approved for the coming year.

Honey Crop Off

U S honey production was down sharply during 1970, according to a USDA report issued recently. At 234.8 million pounds, output was off 17 per cent from 1969's record 282.7 million pounds crop.

Reasons for the cutback. A continued decline in colony numbers, lower yield per colony, and a sharp decline in California's output.

Colony numbers, which have downtrended since 1958, dropped to 4,639,000 last year. That's off two per cent from 1969 — the lowest since 1941. Yield per colony also dropped — from a record 59.7 pounds in 1969 to 50.6 pounds last year.

And, finally, California's output, at 15.6 million pounds, was off 66 per cent, the sharpest decline of any State.

Ida's Notebook



By Ida Risser

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 me because it is the day I give a speech on the "History of the Donegal Presbytery."

After spending hours the last few weeks reading and writing and rewriting notes I shall have to present the facts I've gathered.

We don't realize how easy it is for us to worship today until we read of the difficulties which the early settlers encountered.

One group trudged over the Welsh Mountains and met outdoors on benches. One Sunday morning the whole congregation was scattered when an angry bull and herd of cows ran through as the telephone has become? I've heard people say it is given too much importance.

Did you ever consider how important a part of your life

For example, no matter how 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 one-and-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, of 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 some.

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.



M-m-m, M-m-m, great. That's what this candy stripe scarf-hood is. It is crocheted in a snappy red and white stripe combination. You make one long piece, fold it in half and sew the edges together for 7" to form a hood. A pompon is sewn to the top of the hood and the scarf ends are fringed. Free instructions are available by sending a self-addressed, stamped envelope to this newspaper along with your request for Leaflet PC 5415.

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