

# Stauffers Are Conservationists

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and Home Administration of Lancaster County.

He is also a member of the Cloister Chapter of Young Farmers at Ephrata.

Mrs. Stauffer has been a demonstrator of Stanley Products for 15 years and is also a unit sales leader with nine working under her. She says "I really enjoy it, you get out to meet a lot of people." She puts on from three to five parties a week. She goes as far as Pottstown or Bethel, in Lebanon County, but would rather stay within a 15 mile radius. There are 115 dealers in Lancaster County.

Mrs. Stauffer takes foster children from the Children's Bureau. She had a four month old baby four different times and kept it three months one time. She says she does it mostly for her 13 year old daughter who enjoys having them.

Mrs. Stauffer is chairman of the Ephrata Fresh Air Committee. They get about 40 children for two to six weeks every summer. She has entertained one or two every year for 24 years. She says "I really enjoy it and I think it's for a good cause."

Elva says, "I enjoy going to help in Homes." Her church group visits children's and home for aged at Hamburg where there are 1,300 retarded children and adults. They also visit the Mennonite Home at Millersville. She places 8 to 15 of the children in homes for Christmas so the workers can have Christmas Day off.

Mrs. Stauffer was active in the PTA and served as vice president when their boys were in Lincoln School.

Mrs. Stauffer loves to attend household sales. She buys mostly china and glassware, but buys some furniture. She has several pieces of antique furniture and a lot of antique dishes.

Elva helps with feeding the chicks and steers, also helps out in the fields when necessary. She doesn't need to help out so much now that the children are big enough to help. She raises one-fourth acre of sweet corn to sell and takes care of the garden. The children mow the lawn but she does the clipping and takes care of her flower beds. She has two 18-foot freezers which she fills and does a lot of canning.

Elva is a daughter of the late Mr. and Mrs. William Z. Martin. Her father conducted horse sales

one-fourth mile north of New Holland, toward Hinkletown. She was raised on a farm there and used to run the restaurant for her dad at the horse sales. She used to bake 20 to 30 pies at a time. It is easy to understand then why she says she likes to cook for company.

Here is a recipe that will keep in the refrigerator for a week or two:

### BUTTERSCOTCH PUDDING

- 2 cups brown sugar
- 2½ cups water
- 2 tablespoons flour
- 1 egg
- Pinch of salt
- Peanuts
- Marshmallows
- Bananas
- Vanilla

Mix water and sugar; bring to boil. Mix flour and egg with a little water. Add to water and sugar. Boil. Chill.

Before serving add peanuts, marshmallows, and bananas.

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### MOLASSES PIE

- 2 tablespoons flour
- 2 eggs
- 1 cup thick milk
- ½ cup sweet milk
- ½ teaspoon soda
- 1 cup sugar
- 1 cup molasses
- Coconut, if desired
- 1 teaspoon butter

Put mixture into unbaked pie shell. Bake at 400 degrees until firm.

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### SHIPWRECKED

- 1 lb. hamburger
  - 1 teaspoon salt
  - 1 onion, cut fine
  - 1 cup celery, cut fine
  - 1 can kidney beans
  - 1 can tomato soup
  - 4 potatoes, cut like french fries
- Brown hamburger; add salt, onion and celery. Place a layer of hamburger in casserole, then potatoes and beans. Pour soup over top and dot with butter.



## Ladies, Have You Heard?



By Doris Thomas, Extension Home Economist

**Let Microwaves Do The Cooking**  
Out of the future and into the present have come microwave ovens.

Already in home kitchen use, the microwave oven is a "cool cooker": only the food gets hot.

Not only that, but it is fast. Imagine a four-minute baked potato or a turkey roasting at seven minutes per pound instead of the conventional most-of-the-day technique.

Frozen foods can be quickly defrosted and precooked meals are a snap to reheat.

In many families dinner time often is a battle among meetings, sports practices and so forth. It is difficult for the entire family to always sit down together for a leisurely meal. The homemaker with a microwave oven as a supplement to the conventional

Bake at 350 degrees for 1 hour, until potatoes are soft.

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### PUNCH

- 1 12-oz. can frozen orange juice
- 1 6-oz. can frozen lemon juice
- 1 6-oz. can frozen pineapple juice

Brew:

- 6 tea bags in
- 1 pt. boiling water
- 6 cups sugar
- 6 qts water
- 2 qt 7-up or gingerale
- Maraschino cherry juice from 1 jar cherries

Freeze cherries in ice cubes and serve the cubes in the punch

range need not choose between extra cooking or serving unappealing warmed-over dishes.

On hectic evenings, individual portions can be dished out; as each member of the family puts in an appearance, it is easy to pop a pre-served plate into the microwave oven. The radiant energy will rapidly produce a piping hot meal without the look or taste of leftovers and no extra kitchen clean-up duty.

How does the microwave or electronic oven work?

Microwaves are invisible, high energy, high frequency sound waves. They are absorbed by food, are reflected by metal and pass through most other materials including glass and plastics.

When the waves penetrate food they are converted into heat. Cooking then takes place from the center of the food to the edges which speeds cooking time.

Some microwave ovens have a browning element for additional browning, but even without the feature, meats cooked in a microwave oven for more extended times will have an attractive, browned appearance.

Foods may be cooked in microwave ovens in dishes and pans of china, earthenware, glass and most plastics, but never metal or metallic decorated china or glass. Paper plates, cups, dishes and towels may also be used. China and glass utensils which cannot be used in a standard oven are perfectly safe in a microwave oven.

Imagine the mix, freeze, bake and serve in one dish possibilities.

When the microwave oven is not in use, place a small bowl filled with water on the bottom shelf. If the microwave oven is accidentally turned on, the water will absorb the microwaves. This is done for the protection of the appliance, there is absolutely no danger to yourself.

As with all appliances, caution children that the microwave oven is not a toy and should never be touched or played with.

For the career woman or busy housewife, forgetting to take a roast from the freezer in the morning to thaw can be a major

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