



Ladies,  
Have  
You  
Heard?



Doris Thomas

By Doris Thomas,  
Extension Home Economist

**Tips On Using Shallots**

Shallots are an old seasoning but they may be new to you. The shallot supposedly came from the lands along the eastern Mediterranean. The French

brought them to Europe many centuries ago. Charlemagne had them grown in his famous garden twelve hundred years ago. All this while French cooks have thought of more and more delicious uses for them. The French who settled Louisiana almost three centuries ago had shallot bulbs with them. And shallots have always been used in New Orleans and Cajun cookery. The freeze-dried shallots on your spice shelf were no doubt grown in California and prepared and freeze-dried by the most efficient modern methods.

You can identify shallots by their distinctive bulbs which are made up of garlic-like "cloves." Unlike garlic, however, the individual cloves are not encircled by membrane.

Shallots have not been an everyday ingredient in American kitchens until recently because they were not available most months of the year. Now freeze-dried shallots can be stored on the spice shelf ready for instant use. Sprinkle shallots on food or measure out in desired amount

for any recipe while mixing or cooking — in salad dressing, soups, stews, fish, poultry, meats, sauces, stuffings and eggs. The delicate distinctive aroma of shallots is ideal for chicken, veal and seafood dishes, too.

If you are modernizing a traditional recipe which calls for shallots, use just as many teaspoons of freeze-dried shallots as fresh. Whenever a recipe calls for "one shallot" that means one clove, never a whole bulb.

**Make A Desk From A Door**

Do you need a desk with plenty of room on the top and lots of storage space too? Then improvise one ... from a door and two filing cabinets.

You can buy an unfinished, standard eighty-inch door in a range of widths ... from eighteen inches to thirty six inches. Just choose the best size for your floor space.

One idea is to buy a flush interior door twenty-inches wide, and a pair of inexpensive two-drawer filing cabinets. Sand away any rough edges on the door and paint it to blend with other colors in the room. Or finish it in a natural tone with clear varnish.

Now, paint the body of the filing cabinets to match or contrast with the painted door. Then, paint the file drawers a contrasting color, or cover them with a harmonizing fabric.

You can even put this arrangement of filing cabinets and table-top door between two twin beds, giving you beside tables as well as desk space. The ideas for decorating and using this desk are unlimited. Just use your imagination.

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**In the Kitchen**

**CORNED BEEF SPREAD BREAD**

- 1 pkg. hot roll mix (13 3/4-oz.)
- 3/4 cup warm water
- 2 cans corned beef spread (4 1/2-oz. size)
- 1/4 tsp dry mustard
- 1 tbsp. instant minced onion
- 1 tbsp. poppy seed

Sprinkle yeast from roll mix onto water. Put remainder of roll mix into a bowl and mix in corned beef spread, mustard and onion. Stir in yeast mixture and knead until smooth. Cover bowl with plastic bag and leave to rise for one hour. Cut dough in half. Roll each piece into three sausage-like strips. Make two braids. Sprinkle with poppy seeds. Let rise 15 minutes. Bake 50 minutes at 400 degrees.

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**Herbert C. (Bud) Mearig**  
CONTROLLER

Graduate of F&M • President, Bud Mearig Company • WWII Naval Officer, appointed Captain in Naval Reserves in 1965 • Listed in 1972-73 Who's Who in Commerce & Industry in America • Director-Commonwealth National Bank, Lancaster City Authority, Lancaster Auto Club, American Cancer Society, Child Development Center • Chairman past 6 years BPOE • Vestryman, Trinity Lutheran Church • Chairman, Nixon re-election Committee



**Samuel O. Swartz, Jr.**  
RECORDER OF DEEDS

Life-long resident of Reinholds • Justice of the Peace 17 years • Appointed 1971 to Board of View of Lancaster County • 30-year member Swamp United Church of Christ, Served as Deacon, Elder and President of the Consistory • Member of Reinholds VFW, Lions Club, Watershed Association and Fire Company • U S Army veteran, WWII • Successful long-term business career in insurance • Presently in 2nd term as East Cocalico Township Committeeman



**S. Kenneth Cliff**  
PRISON KEEPER

Candidate for fifth term • Distinguished record with Lancaster Police Force, former Captain of Detectives • Pioneered prison reform and innovative programs at County Prison • Helped plan current renovation program at County Prison • U.S. Army veteran, World War II • Member American Legion Elks and Fraternal Order of Police



**Isabelle R. Rudisill**  
JURY COMMISSIONER

Manager of local business office • Volunteer in numerous local charity organizations • Past chairman of County Young Republicans, won Young Republican of Year Award, 1965 • Delegate to Republican National Conventions • Served on GOP National Credential Committee • Member, Trinity Lutheran Church



**PRISON INSPECTORS**



**Jacob W. Heisey**  
Prison Inspector 1970 to present term • Past president of Elizabethtown Chamber of Commerce and Rotary Club • Notable civic record • 36 years former West Donegal Township Committeeman



**Barry E. Haverstick**  
Corporate Patent Attorney • Graduate of Penn State with BS Electrical Engineering Dickinson School of Law • Member of local state, and national American Bar Associations • Member Republican National Finance Committee



**Evelyn Neff**  
President of Lancaster County Prison Board • Former Red Cross worker for 27 years • Canteen Chairman • Member Grace Lutheran Church, Women's Republican Club Landis Valley Association and Farm Women No 10



**Edgar W. LeFever**  
Graduate of Penn Manor High School • Retired Farmer • Long service as Treasurer and Trustee of Evangelical Congregational Church • Member of Conestoga Ambulance Association

**VOTE ON MAY 15!**

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