Denver

# At Home On The Range

(Continued From Page 25) teaspoon. Don't make too big or they will not cook through. Roll in

10X sugar. Mrs. Aaron N. Sensenig R.D.1

XXX Here are some suggestions for quick in-between-Christmas-shopping meals:

#### Quick and Easy

Pizza Pie 2 cups biscuit mix

2-3 cup water

Mix and spread on an ungreased cookie sheet or cake pan. Spread dough with:

1 can tomato soup Sprinkle with:

Onion salt

Oregano Top with: Sliced hot dogs, browned hamburger or tuna. Sprinkle with your favorite cheese.

Bake at 400 degrees for 20 minutes, or until done. (Baking time varies according to thickness you spread the dough.) Mrs. Lester Hursh

Mount Joy

#### XXX Sheperd's Pie

11/2 pounds ground beef

3/4 cup oatmeal

2 eggs, beaten

1/4 cup chopped onion 2 teaspoons salt

1/4 teaspoon pepper

1 cup tomato juice

Combine all ingredients thoroughly and line bottom of baking dish for first layer.

Second layer - take equal amounts of peas, corn, carrots and lima beans seasoned with salt and put on top of meat. Then top with mashed potatoes and dot with butter.

Bake at 350 degrees for one hour.

Catherine Shirk Ephrata, RD3

#### XXX Meal-in-One Casserole

(a delicious quickie) 4 pork chops

1/4 cup flour

½ teaspoon salt

1/4 teaspoon pepper 4 medium potatoes

4 carrots

2 medium onions

½ cup hot water

½ teaspoon salt dash of pepper

Mix flour, salt and pepper. Coat chops lightly with flour mixture. Brown chops in small amount of



grease. Place chops in casserole. Sprinkle remaining flour mixture over chops. Slice onions over chops and flour. Scrub potatoes and carrots (or peel); cut each in three or four pieces and place over chops. Add salt, pepper and hot water; cover and bake about one and one-half hours or until done, in 350 degree oven. Serves

Mrs. Richard N. Myers Elizabethtown RD4

## xxx Pastry Recipe

5 cups sifted flour 4 teaspoons sugar ½ teaspoon salt

1/2 teaspoon baking powder 1½ cups lard

2 egg yolks Cold water

Combine dry ingredients; cut in lard. Place egg yolks in measuring cup and stir with fork until smooth. Blend in enough cold water to make a scant cupful.

Sprinkle gradually over dry ingredients. Toss with fork to make soft dough. Roll out as usual. Makes pastry for three 9inch two-crust pies.

When top crust is sealed and edges are crimped, brush with milk and sprinkle with a little sugar for a beautiful golden brown pie.

Mrs. Edwin Leinbach RD1

East Earl XXX

**Fudge Candy** 2 cups granulated sugar 1 tablespoon cornstarch or 2

tablespoons flour 2 tablespoons cocoa

Pinch of salt ½ cup hot milk

Mix dry ingredients with hot

milk. Stir in two tablespoons marshmallow creme. Add nuts, if preferred. Stir good. Put in cake pan to harden. When almost hard, cut in squares

Linda Stoltzfus Rebersburg

## **Book Explains AI Careers**

A new 16-page booklet on career opportunities in the artificial insemination (A.I.) business is now available from Curtiss Breeding Service Division of Searle Agriculture Inc. Utilizing case histories and quotations, photos and drawings, the book explains such things as income possibilities, capital needed to start, background needed, as well as other aspects of involvement -- full - or parttime - in A.I.

"The practice of artificial insemination is here to stay and growing," said one Curtiss man when interviewed in the field. "The general economics of milk and beef production continues to force more cattlemen into using A.I. to genetically improve their herds," was the view of another.

Those interested can get a free copy of the new booklet, by writing to Marketing Department, Curtiss Breeding Service, Division of Searle Agriculture Inc., Cary III. 60013. The booklet is entitled "What Kind of Creature is a Curtiss Man.'

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Hard Work Ahead

dumping our wastes into the scending the proud achievements water and the air, and wasting ir- of the past. replaceable resources. It is up to If we act wisely and with speed,

duous if we focus on those oppor- cost to growth for a purpose.

tunities for betterment which present themselves from day to day. The combined efforts of individuals, industries and governments at all levels - though they may seem small when viewed in isolatión - can make an enormous collective impact. A national commitment, involving each American, It will not be easy to change our will not only lift the veil of polhabits, some of which have gone lution from our skies and cleanse unquestioned for generations: our turbid waters, it could help throwing things away instead of propel this nation toward a new repairing or recycling them, era of social amenity far tran-

Americans of this decade to de- we can extract long-range social velop a new pattern of environ- dividends from our resources as mental management. We must be- well as short term private concome the first generation to work veniences. We can elevate the with nature instead of against her, quality of life as well as expand There is a generation of hard the quantity of goods. We can set work ahead of us. Each of us an example for the world by must make his own contribution. turning from exploitation to pre-But the task will seem less ar- servation, from growth at any





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