

Junior Cooking Edition

From candy to main dishes, our Junior Cooks are still sending in their favorite recipes. This week we are featuring a variety of different favorites and hope you'll give them a try.

For some delicious dairy food recipes, see our Home on the Range column!

Oh Henry Bars

2 cups granulated sugar
1 cup water
½ cup corn syrup
Boil till it forms a soft ball in cold water. Let stand till cold and add ¼ cup peanut butter.

For other part combine 1 cup corn syrup and two-thirds cup brown sugar. Boil till it forms a hard ball in cold water. Add 2 cups of chopped peanuts and stir both mixtures together quickly. Pour into buttered pans and push down. Cut in pieces and dip in chocolate.

Arlene Sauder
Age 11
East Earl, PA

Sour Cherry Dessert

1 quart sour cherries

2 quarts water
2 cups sugar
1 cup tapioca
Cook - then add one 3-ounce package of cherry jello. Follow directions on the package. Then add to above mixture when hot. Makes three dishes.

Alice Wenger
Lititz, PA

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Sand Tarts

½ cup granulated sugar
½ cup brown sugar
½ cup butter and lard (half and half)
1 egg, well beaten
2 cups flour
1½ teaspoon baking powder
Refrigerate and roll out and cut with cutters. Decorate with well beaten egg yolk.

Vera Zimmerman
Denver, PA

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Fruit Punch

1 pint orange juice
½ pint lemon juice
2 teaspoons cherry juice
2 bottles gingerale
Combine ingredients and add sugar if sweeter punch is desired.

Daniel Burkholder
Mifflinburg, PA

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Sugar Cookies

2 beaten eggs
3 cups brown sugar
1 cup lard
1½ cups buttermilk
2 teaspoons soda
½ teaspoon nutmeg
2 teaspoons vanilla
6 cups flour
Combine ingredients and bake.

Emma Glick
Age 9
Quarryville, PA

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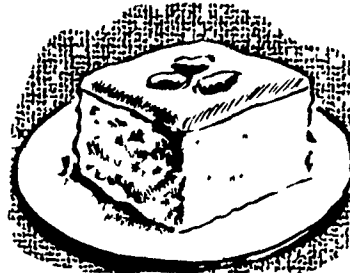
Spice Cake

½ cup shortening
2 cups brown sugar
2 eggs
2¼ cup cake flour
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon each of cloves and nutmeg
¾ cup sweet milk
1 teaspoon soda

Cream shortening. Add sugar gradually and beat until fluffy. Add eggs and beat until light. Sift flour; measure and add salt, spices and baking powder or soda.

Sift again. Beat thoroughly after each addition. Pour into greased layer pans. Bake at 350 degrees for 25-30 minutes. Makes 2-9 inch layer.

Darla Jean Martin
Age 10
Cochranville, PA



Zippy Beef Casserole

1 pound ground beef
2 cups macaroni
1 can (10½ ounces cream of mushroom soup
¾ cup milk
3 cups ketchup
½ pound cheese
¼ cup chopped green pepper
1-2 tablespoons instant minced onions
1 teaspoon salt

Cook and stir meat until brown. Drain off fat. Cook macaroni as directed and drain. In ungreased 2 quart casserole dish, mix all ingredients. Cover and bake 40 minutes at 350 degrees.

Gloria Halteman
Age 11
Clear Spring, MD

for many more weeks to come. We'll talk common-sense nutrition for you and your family."

Farm Women Calendar

Saturday, July 12
Farm Women Society 25 meeting for a fun day at Strasburg 1:00 p.m.
Farm Women Society 10 meeting at Long's Park 1:30 p.m.
Farm Women Society 1 of Lebanon County meeting at 12:00 noon for a picnic at the Schafferstown Fireman's Park.
Farm Women Society 19 meeting for a picnic at the Neffsville Community Park at 1:00 p.m. Bring a covered dish.

Sunday, July 13
Farm Women Society 14 meeting at Muddy Run at 1:00 p.m. for a covered dish luncheon.

Monday, July 14
Farm Women Society 7 meeting at 2:00 p.m. at the home of Mrs. Aaron Denlinger for a safety meeting.

PFA Region 2 Ladies Day Out Program at the Penn Ram Inn on the Carlisle Pike.

Wednesday, July 16
Farm Women Society 12 meeting at 6:30 p.m. for a covered dish supper at Safe Harbor Park.

Thursday, July 17
Farm Women Society 15 meeting at 1:30 p.m.

Saturday, July 19
Farm Women Society 3 meeting and annual picnic at the Ephrata Park 6:00 p.m.

Pequea Valley 4-H club

Members of the Pequea Valley 4-H Sewing and Cooking Club met on Monday, July 7 for a project meeting. The meeting was opened by Pres. of the club, Sally Martin Jr. and Sr. Queens will be chosen next week to represent the club at Queen Preliminaries, August 14. Also being held on August 14 will be Talent Preliminaries.

The date for the club picnic is still undecided, but a Food Committee was appointed. County Dress Revue is coming up on July 29. All third year and older members can participate. It will be held at the Farm and Home Center. The meeting was adjourned and the group broke into their classes. The next meeting is Monday, July 14.

Marilyn Eberly

Dauphin Co. Society 1

The monthly meeting of the Dauphin County Society 1 of Farm Women was held on July 8 at the home of Dorothy Rutt. This was the Society's annual family picnic and recreation evening.

The Society presented Mrs. Rutt with gifts and a cake for her birthday.

A short business meeting was held following the evening program. Jo Ann Pickel was taken in as a new member of the group.

The next meeting will be held on August 12 for a night out for the group.

MANHATTAN ISLAND

In 1626, Peter Minuit bought all of Manhattan Island's 2,200 acres for 60 Dutch guilders' worth of trade goods. That equalled 2,400 English cents. Today Manhattan land sells for around \$24 a square inch.



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

This the 500th Doctor in the Kitchen column - a milestone, to be sure. Not all have carried my byline. The column was launched by Dr. W.W. Bauer in November 1965. When he passed away, I took over, beginning with the columns in March 1968.

Early in his career, W.W. Bauer, M.D. served as a public health officer. Then he joined the staff of the American Medical Association and, as Director of Health Education and Editor of the AMA magazine Today's Health, extended his influence to national and international levels.

It was during his AMA years that he became one of the most skilled medical writers and broadcasters.

After he retired from AMA he began this column.

Thinking back to Dr. Bauer's days and my early years with this column reminds me that nutrition has come a long way since then. The studies that revealed there really is some hunger in America (a fact so many people sought to deny or disregard), the 1969 White House Conference, The U.S. Senate Select Committee on Nutrition and Human Needs, and now a group of nutrition organizations known as the National Nutrition Consortium - all these have helped to make nutrition a more politically and more public - health - oriented subject.

This is as it should be and

this column is proud of the part it has played since 1965 in arousing and sustaining public interest. Good nutrition can be a potent force for protecting your health. It should not be taken for granted.

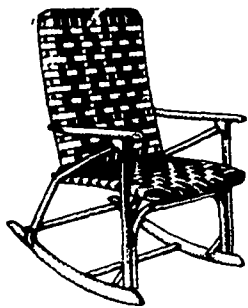
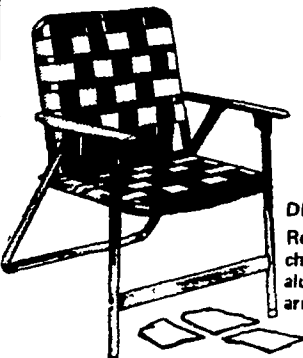
Apropos of this, Dr. Bauer, in his first column for the week of November 8, 1965, titled his copy, "The Kitchen Is a Health Center." Some excerpts:

"New knowledge is being developed all the time by thousands of nutritional and clinical research workers, and reported in more journals than the homemaker could possibly read. . . .

"Many questions arise in the course of a week's meal planning and preparation. And over the bridge table, or at the laundromat, many opinions about food are expressed, some correct, some not. . . .

"Most people don't know the facts. For this reason, I hope you'll join the doctor in the kitchen next week, and

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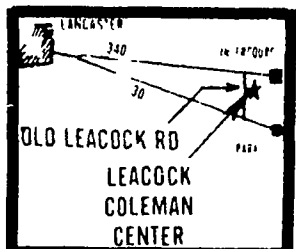
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