

Farm family

(Continued from Page 42)

enrolled in the FFA program at Penn Manor High School and Kay and Scott belong to the Baby Beef 4-H club

Kathryn Shertzer finds time and the desire "to try almost anything new in the homemaking and crafts area," she explained. Among her interests are bargello, decoupage, ceramics, crocheting, baking — especially yeast breads — gourmet cooking and quilt making. She says she gives away her handiwork as gifts, but several projects in progress are evident throughout the home. She shares several of her family's favorite recipes here:

6 LAYER DISH

Place in layers as follows:

- Thick layer of raw potatoes
- 1/2 cup rice over potatoes
- Cover rice with 1 pound Hamburger
- Thick layer sliced onions
- layer of carrots
- 1 quart canned tomatoes or less
- 1 tablespoon salt and 1 tablespoon brown sugar
- Sprinkle with pepper
- Bake in 350-degree oven 2 1/2 hours.

PORK CHOP SUPREME

- 2 green peppers
- 6 pork chops
- 6 slices Bermuda onion
- 6 Tablespoons rice
- 1 No. 2 can tomatoes
- Slice onion and make 6 pepper rings. Brown chops. (Use large skillet with cover.) Place onion ring on each chop, then pepper ring on each and 1 T. rice in each. Add 1 can tomatoes. Spoon some juice from tomatoes into each rice cup. Cover and simmer 45 minutes to 1 hour until pork is thoroughly cooked.

CHICKEN KIEV

- 6 whole chicken breasts, skinned, boned and pounded flat 1/4 pound butter, cut in strips
- 6 green onions, chopped fine
- 2 T. parsley flakes or 6 T. fresh parsley, chopped
- 2 whole eggs, beaten until frothy
- 2 Cups Corn Flake crumbs
- Flour
- Note: Pound breasts skin side down
- Salt breasts on inside; Combine parsley flakes or parsley, and onion. In center of each breast, place a strip of very cold butter and one-twelfth of parsley-onion mixture. Fold short sides of breast toward center, long ends over, envelope style, to make a tight package. Dip in flour. Breasts may be frozen at this point, if you wish to use at a later time. Dip breasts in beaten egg, then in corn flake crumbs. Roast, uncovered in 325-degree oven for 40-45 minutes. May be basted with melted butter. Yield: 12 half breasts.

Food marketing alert

As of mid-February, the supply situation in March is expected to look like this . . .

RED MEATS —

Beef . . . plentiful. Production 8-10 percent above a year earlier and 15 percent more than the 1973-75 Mar. average. Sharply increased fed beef output accounts for most of larger supplies.

Pork . . . adequate, due to seasonal increases above Feb. levels — but still 5 percent below year earlier level and 12 percent under the Mar. 1973-75 average.

POULTRY & EGGS —

Broiler-fryers . . . adequate. Production expected to be record, about 10 percent above both year earlier and 1973-75 averages.

Turkey . . . adequate. Expected record high off-season marketings will be more than offset by 25 to 30 percent lower cold storage holdings; supplies will be about 25 percent less than last year.

Eggs . . . adequate. Production about the same as a year ago, but under the most recent 3-year average.

MILK & DAIRY PRODUCTS —

Milk and dairy products . . . adequate. Output above both year earlier and the latest 3-year average. Butter production in Dec. was 7.3 percent below year earlier levels, but above the 1972-74 monthly average for the first time since April 1975. American cheese output up 8.5 percent from a year earlier and 5.5 percent larger than the most recent 3-year average. Nonfat dry milk production continues below previous levels, Dec. '75 being 19.5 percent less than a year earlier and 5.7 percent below the 1972-74 monthly average. Early Jan. commercial stocks remained below both a year earlier and latest 3-year monthly average: butter, 84 percent under a year earlier and 76 percent less than 1973-75 average; American cheese down 27 percent and 6 percent; nonfat dry milk, 66 and 44 percent.

FRUITS, VEGETABLES, NUTS

Fresh apples . . . plentiful. Dec. 31 cold storage stocks 16 percent greater than a year earlier and 28 percent larger than 3-year average.

Fresh pears . . . plentiful. Dec. 31 cold storage holdings (mainly D'Anjous) 5 percent less than a year earlier, but 24 percent greater than 1972-74 average.

Frozen red tart cherries . . . plentiful. Dec. 31 supplies about one-fourth larger than both a year ago and average.

Fresh citrus fruits and juices . . . plentiful. Early, mid-season, and Navel orange production about same as last season and 7 percent ahead of average. Grapefruit crop record large, up 14 percent from last season and 9 percent larger than average. Florida frozen concentrated orange juice stocks Jan. 31 were 21 percent above a year earlier and 39 percent more than average.

Canned non-citrus fruits . . . plentiful. Jan. 1 inventories of most canned fruits were considerably heavier than a year earlier.

Raisins . . . plentiful. 1975 production 18 percent greater than the heavy 1974 output. Dried prunes . . . plentiful. Production in 1975 about 6 percent larger than in 1974.

Processed vegetables . . . plentiful. The Jan. 1 canners' stocks of 12 principal canned vegetables were 27 percent

larger than a year earlier and 29 percent more than 1973-75 average.

Fresh potatoes . . . adequate. Feb. 1 stocks 6 percent below last year's record level.

Dry onions . . . light, until late Mar., when new crop marketings from Texas will augment shipments from storage.

Peanuts . . . plentiful, with Dec. 31 stocks slightly higher than 1974. The 1975 crop was record high by 5 percent. Almonds . . . plentiful, because of large carryover from record '74 crop. Walnuts . . . plentiful, as record 1975 crop exceeds '74 by about 25 percent. Pecans . . . plentiful, with 1975 output about 66 percent greater than the small harvest of 1974.

GRAINS & LEGUMES —

Rice . . . plentiful. Record high forecast for 1975 crop — 14 percent above the 1974 output and 32 percent more than average. Dry beans . . . plentiful, substantially heavier output of certain varieties despite overall crop 15 percent below 1974's. Dry peas, plentiful due to large carryover from 1974 crop.

Wheat . . . plentiful. Unchanged for past 2 months, forecast is for a record crop 19 percent greater than previous high in 1974 and 27 percent above the 1972-74 average.

Corn . . . plentiful for food use. Record 1975 production 25 percent more than a year earlier and 10 percent ahead of 3-year average.

Terminology used: PLENTIFUL — More than enough for requirements. ADEQUATE — Enough to meet needs. LIGHT — Less than adequate; not enough for normal needs.

Decorating series slated

If you're your own interior decorator you may get some tips from the "Do It Yourself Decorating" classes sponsored by the Cooperative Extension Service of Penn State University. Mrs. A. Joan Lamberson, Extension Home Economist, states that the series will cover; color schemes, floor coverings, furniture arranging, wallpapering and painting and small repairs for things around the home. The classes will be held at the York Mall Community Room, 9:30 - 11:30 a.m. on the following dates:

- MARCH 11 - Do It Yourself - Kristine Ganley, from a well known floor covering manufacturer will give tips on doing your own decorating and selecting hard surface floor coverings.
- MARCH 18 - Carpet Selection & Furniture

Arranging - Ms. Ganley will show how to select carpet around color schemes and give tips on arranging furniture.

MARCH 25 - Decorating With Paint and Wallpaper - Rhonda Hershner and Ted Lenker, from a local decorating center will show how to decorate with these materials and how to apply them yourself.

APRIL 1 - Make It Do - This program will cover small repairs to do yourself, such as burns in carpet, dents and scratches in furniture, repairing electrical plugs, sticking drawers and others.

These classes are open to anyone without regard to race, color, or national origin. You must register in advance by calling the York County Extension in the Court House. Phone 848-3301, ext. 222.

OSHA office opened

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) opened its new Harrisburg Area Office on March 1, at Progress Plaza, 49 N. Progress Ave., Harrisburg, Pa.

According to David H. Rhone, regional administrator of OSHA in Philadelphia, the Harrisburg Area Office, with field stations in Lancaster and State College, will serve a 33-county area in central Pennsylvania

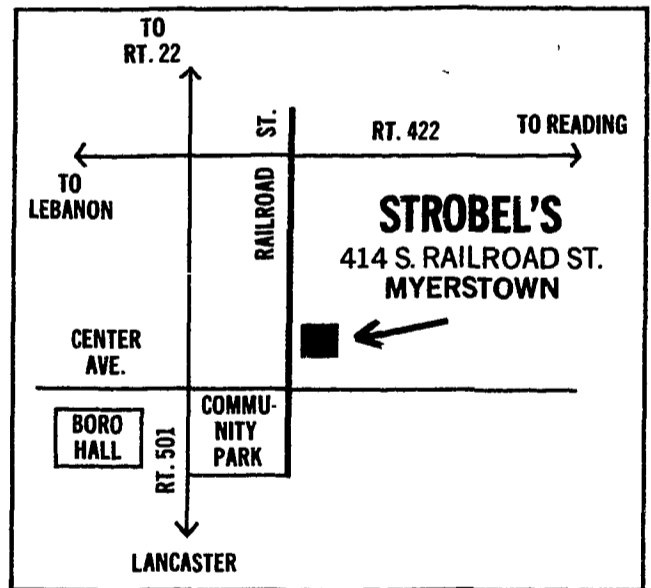
Rhone announced the appointment of James W. Stanley as area director of the Harrisburg office. A Florida native, Stanley was raised in Harrisburg and attended local schools. Prior to his latest appointment, he served as safety operations officer with the Pittsburgh Area Office of OSHA.

The Harrisburg Area Office will have a staff of 16 compliance safety and health officers, five industrial hygienists, and three secretaries.

Starting March 1, 1976, workers and employers who have questions about job safety and health matters may call the Harrisburg Area Office at (717) 657-0100.

Know Where the Activities Will Be? Read the Farm Women Calendar.

ALL ROADS LEAD TO STROBEL'S OF MYERSTOWN!



SEWING MACHINE HEADQUARTERS:

- ★ ELNA
- ★ WHITE
- ★ VIKING
- ★ RICCAR
- ★ BABY LOCK

Our Service is FREE with our machines!

USED MACHINES FROM \$35 AND UP

USED SPECIALS: SAVE \$100

Viking	reg. \$650	Now \$550
Riccar	reg. \$389	Now \$289
Singer	reg. \$519	Now \$419

JIM STROBEL'S OF MYERSTOWN

414 S. Railroad St. 717-866-6274

Open Daily 9 to 9 Sat. til 2

TOM B. MORRISSEY

Electronic Service

Mon thru Fri 12 PM to 9 PM

Rt. 501 - Between Myerstown & Schaefferstown on the Square in REISTVILLE

9 A.M. to 2 P.M. Sat.

FOLLOW THE ARROW TO REISTVILLE

SPECIALS

Admiral

COLOR OR BLACK & WHITE TV'S

RANGES & REFRIGERATORS

WASHERS & DRYERS

FREEZERS - CHEST & UPRIGHT

FINANCING AVAILABLE

