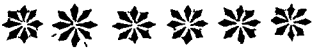


'Inspired cooking' livens up turkey leftovers.



Alletta Schadler



that there are families which hate the whole idea, she says there are innumerable ways to make interesting dishes from things you probably already have in your cupboards.

While casserole recipes can be found in abundance in women's magazines and newspaper articles, Letie pointed out two major drawbacks: You usually don't have one of the ingredients, or the recipe calls for just part of a can of something. This leaves you with two-thirds of a can to dispose of or discard.

Letie suggests that you can avoid these two traps by learning to improvise and create your own recipes.

Basically, there are two kinds of cooking. There is the kind in which you need a recipe and must follow it to the letter to get good results, as in cake baking. But there is also what Letie calls "Inspirational cooking, that is, it doesn't matter what you use, it will turn out okay."

Obviously, casserole cooking is in the latter category, and Letie says there are just a few basics to be learned in constructing this type of dish. She helped the homemakers get started in their inspirational thinking by making lists of the five major groupings which should be included in a good casserole.

Protein heads the list, and can be gotten from ground beef, raw or cooked; beef, pork, ham, veal, or poultry either the first time around or in leftovers or planned-overs; canned or frozen items such as tuna; eggs, cheese, or beans.

Next, Letie claims a casserole needs some "stick-to-your-ribs" ingredients. These are starches, and can come in the shape of noodles; macaroni; potatoes, raw, dehydrated or canned; pre-combined mixes; stuffing mixes; or rice.

It is possible to use uncooked noodles as part of your

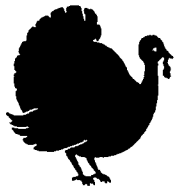
[Continued on Page 64]

By SALLY BAIR
Feature Writer

With Christmas in just seven days, you have many things on your mind, and one of them is probably not how to serve all the turkey leftovers like you had after Thanksgiving. However, when December 26 rolls around, you'll probably be glad for a few suggestions on the topic.

In her recent casserole cookery workshop, Lebanon County Extension Home Economist Alletta Schadler offered some tips on making turkey leftovers more appealing, but she also advised homemakers on ways of creating their own casseroles for sparking mealtime interest.

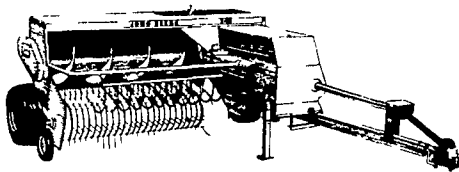
For families who like casseroles, and Letie admits



REWARD

\$195 to \$2,600 bonus savings on hay and forage equipment during John Deere's Roundup of Bargains

Reward yourself two ways First—you'll get the full-season dependability of new John Deere machinery ahead of the busy use season. Second—you'll keep cash in your pocket with the special discount prices listed below. Act now while these pre-season discounts are available. See us about the hay or forage equipment you need.



MACHINES	DISCOUNT UNTIL 28 FEB 1977	DISCOUNT 1 MAR 1977-30 APR 1977
336 and 346 Balers	\$195	\$90
15A and 16A Choppers		
100 Stack Mover		
25 and 34 Forage Harvesters		
1207 1209 and 1214 Mower/Conditioners	\$390	\$195
800 and 830 Windrowers		
466 Baler Round Balers		
35 and 3800 Forage Harvesters		
100 Stack Wagon	\$520	\$260
200 and 300 Stack Movers	\$650	\$325
Hydrostatic Windrowers	\$1 040	\$520
200 and 300 Stack Wagons		
Self-Propelled Forage Harvesters	\$1 950	\$975
230 Stack Shredder/Feeder	\$2 600	\$2 600

No finance charges imposed until the next use season. Ask us for details. If dealer inventory of any product listed above is exhausted it can be ordered.



A. B. C. GROFF, INC.
New Holland, PA
717 354 4191

KERMIT K. KISTLER
Lynnport, PA
215 298 3270

STANLEY A. KLOPP, INC.
Bernville, PA
215-488 1510

ROBERT E. LITTLE INC.
Zieglerville, PA
215 287 9643

M. S. YEARSLEY & SONS
West Chester, PA
215 696 2990

H. R. GUTSHALL SONS INC.
Carlisle & Loysville, PA
717 249 2313

INTRODUCING SHUR GRO

100% NATURAL ORGANIC FERTILIZER

FOR FARMS, LAWNS, GARDENS

Dealerships Available

FOR MORE INFORMATION WRITE OR CALL

CANTON MILLS, INC.

Minnesota City, Minn. 55959 Phone 507-689-2131

CLIP AND MAIL

Send information on Shur Gro Fertilizer.

I am interested in becoming a dealer.

NAME _____

ADDRESS _____

PHONE _____

LF

JOIN EUROPEAN FARM TOUR

THE NETHERLANDS - GERMANY - SWITZERLAND

MAY 23-JUNE 6, 1977

TOUR FEATURES:

- ESCORTED FROM LANCASTER
- TRANSATLANTIC FLIGHTS BY **KLM ROYAL DUTCH AIRLINE**
- FARM VISITS & PERSONAL CONTACTS
- TOURS & CRUISES

FOR MORE DETAILED INFORMATION CONTACT:

MENNO TRAVEL SERVICE

102 East Main Street
Ephrata, PA 17522

Telephone: 733-4131
626-1600

Clip and mail to Menno Travel Service

Please send me a detailed brochure describing the EUROPEAN FARM TOUR operating May 23-June 6, 1977

NAME _____

ADDRESS _____

05EPH711