

# Stand-by dairy princess is busy too

By LAUREL SCHAEFFER  
Berks County Reporter

DOUGLASSVILLE, Pa. - Being the Berks County Dairy Princess Alternate may not seem like it involves much work but Tammy Hafer knows better. At first, Tammy thought it wouldn't include much activity either, but time has certainly shown her differently. This pretty young lady has been in the limelight more than she had imagined.

Between working as a secretary for a fertilizer company, her position as dairy princess alternate, and helping on the family farm, Tammy doesn't get much time for herself.

When she does find the time, Tammy likes to bake and sew. Presently she is working on a quilt. When she is finished embroidering the detailed pattern for the cover, she hopes her grandmother will teach her how to sew it together on an old loom. "I have been working on this quilt a long time" Tammy told Lancaster Farming, "I can't always find as much time to work on it as I'd like."

Among other large projects Tammy has sown her own prom gown, and when time permits, prefers to make her own clothing. While in school Tammy made all of her own outfits.

Tammy has spoken at banquets and farm women conventions promoting dairy products. She has also attended fairs in place of the dairy princess Nedra Yoder. The alternate feels that promoting milk is a good cause. "Not only does it help the farmer," she says, "but it is a very healthy, nutritious food." At times Tammy has given out her own recipes which use dairy products. Some of her favorites are:

#### PIMIENTO-CHEESE SPREAD

1 2-oz jar pimientos  
2 hard-boiled eggs  
1 sm. onion

1/2 lb. med-sharp or mild Cheese  
Grind all together.  
For the dressing:  
Men: 1 tbs. water  
Stir in: 1 tbs. sugar  
1 tbs. flour  
2 tbs. vinegar  
1/2 cup milk  
Cook until thick. Beat in 1 egg. Mix ground mixture and sauce together.

#### SHRIMP DIP

1 Pkg. Good Seasons Italian Dressing mix  
1 sm. can shrimp, drained and chopped  
1 cup sour cream  
1 3-oz pkg cream cheese  
1 tbs lemon juice  
Chopped green pepper optional.

Combine. Make several hours ahead of serving time.

#### BAKED MACARONI & CHEESE

2 tbs butter  
2 tbs flour  
1 tsp salt  
1 tsp dry mustard  
1/2 cup buttered bread crumbs

Paprika  
2 1/2 cups milk  
2 cups shredded cheese (8 oz. mild or sharp)  
2 cups macaroni

In sauce pan, melt butter. Remove from heat, blend in flour, salt and mustard, add milk: heat stirring constantly, until sauce thickens a little and is smooth. Add 1 1/2 cups cheese; heat until melted, stirring occasionally. Meanwhile cook macaroni as directed, drain. Combine with sauce in a 2 qt. casserole; top with the remaining cheese, bread-crumbs, and paprika. Bake at 350 F about 20-25 min. Makes 4 to 6 servings.

#### CHEESECAKE CUPCAKES

12 cupcake papers  
12 vanilla wafers  
4 3-oz. pkg. cream cheese  
2 eggs  
1/2 cup sugar  
1/2 tsp vanilla extract  
canned pie filling, cherry or blueberry

Place one vanilla wafer into each cupcake paper, set into muffin pans. Beat together the cheese, eggs sugar, and vanilla. Fill each paper two-thirds full. Bake at 350 F 15-20 min. Remove and let stand 15 min. before topping with pie filling. Refrigerate 1 hr. before serving.

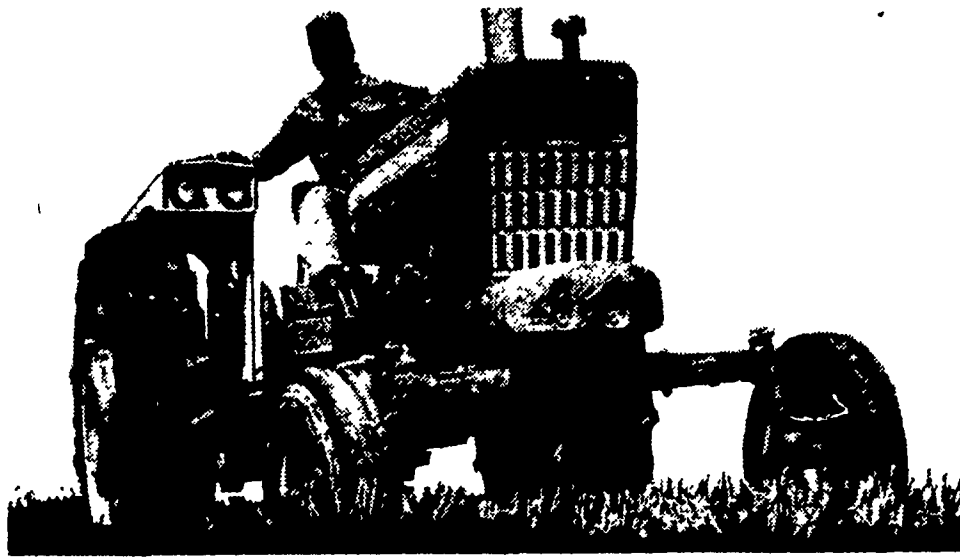
Among her other interests Tammy enjoys growing plants. "My room is full of plants" she said, "I also enjoy helping with the family garden but unfortunately I didn't find much time to do it this year."

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Tammy Hafer, left, and her sister, Tina, know that milk is a refreshing and nutritious beverage.

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