



## Junior Cooking Edition

This week's "Junior Cooking Edition" offers a wide range of foods for the beginning cook to choose from. There's everything from custard cake to chicken salad to buttons and bowknots. Hope you have fun trying them!

### CUSTARD CAKE

- 1/2 cup brown sugar
- 1 tablespoon butter
- 2 cups hot water
- 1 cup sugar
- 1 egg
- 1/2 cup milk

- 1 cup flour
- 1 teaspoon baking powder
- Mix butter, water, and brown sugar. Put in bottom of small pan. Mix sugar, eggs, milk, flour, and baking powder; put on top of syrup. Bake slowly for 35 minutes. Good served when warm.

Judy Hursh  
Ephrata, Pa.

### ROCKY ROAD BARS

- 1/2 cup margarine
- 1 cup 10X sugar
- 1 beaten egg
- Whole graham crackers

- 1 package chocolate bits
- 2 cups miniature marshmallows
- Put ingredients in the top of a double boiler or in a kettle on a medium burner. Stir until melted. Cool slightly. Add miniature marshmallows. Line bottom of cake pan or cookie tray with whole graham crackers. Pour mixture on top of crackers. Cut into squares when cool.

Loretta Wenger  
Manheim, Pa.

### CHICKEN SALAD

- 2 cups cubed cold chicken (large chunks)
- 1 cup diced celery
- 1 tablespoon lemon juice
- Salt and pepper
- 1/2 cup mayonnaise
- 2 or 3 hard-cooked eggs, cut up
- Toss together chicken, celery, lemon juice, and seasonings. Mix in mayonnaise. Carefully fold in eggs. Chill thoroughly. Arrange a mound of salad on greens. Garnish with olives, little sweet pickles, crumbled crisp bacon, or salted

almonds. Makes six servings.

xxx

### FAVORITE BISCUITS

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup shortening
- 3/4 cup milk
- Heat oven to 450 degrees F. Measure flour. Stir dry ingredients together in bowl. Cut in shortening until mixture looks like meal. Stir in milk. Round up on lightly floured cloth-covered board. Knead lightly 20-25 times. Roll dough or pat out to 1/2 inch thickness. Cut with floured biscuit cutter. For biscuits with soft sides, place close together on baking sheet; for crusty sides, place one inch apart. Bake for 10-12 minutes or until golden brown. Makes 20 biscuits.

xxx

### BUTTONS AND BOWKNOTS

- 2 cups biscuit mix
- 2 tablespoons sugar
- 1 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- One-third cup cream
- 1 egg
- 1/4 cup butter, melted
- 1/2 cup sugar
- Heat oven to 400 degrees F. Mix biscuit mix, sugar, and spices. Add cream and egg. Mix well. Dust hands and board lightly with flour. Knead two or three times. Keep dough soft. Roll out 1/2 inch thick. Cut with doughnut cutter dipped in biscuit mix. Doughnut "holes" will be buttons. Holding opposite sides of ring of dough with fingers,

twist to make a bowknot or figure eight. Pat scraps together, reroll, and cut. Bake in ungreased baking sheet for 10-12 minutes, until golden brown. Immediately after baking, dip each quickly in melted butter, then in 1/2 cup sugar, coating all sides. Serve warm. Makes about 10.



## Nutrition asst. named

LANCASTER, Pa.—Jan Marie Escott has been appointed to Penn State University's Cooperative Extension Service staff as a nutrition assistant for the Expanded Nutrition Education Program in Lancaster County.

Dr. Thomas B. King, associate dean for Extension, who announced the appointment, said she began her educational duties on April 1.

A graduate of Freedom High School, Bethlehem, she received a bachelor of science degree in foods and nutrition from Penn State in November 1975. Prior to her present appointment she was employed as a diet technician with the M.W. Wood Company.

The daughter of Mr. and Mrs. George Escott, Bethlehem, she is a member of the American Home Economics Association and Lehigh Valley Dietetics Association.

In Lancaster County she is responsible for the development and execution of the Expanded Nutrition Education Program for youth. She is associated with M.M. Smith, County Extension Director; Doris W. Thomas, home economist; Jay W. Irwin, Extension agent; N. Alan Bair and Arnold G. Lueck, associate Extension agents; Linda L. Franz, 4-H agent; and Agnes D. Arnold-Norman, assistant Extension agent. Their offices are located at 1383 Arcadia Road, Lancaster.

## Herbs

[Continued from Page 42]

Rosemary - means "dew of the sea". Moth repellent. Herbs and their symbolic meaning: Yarrow-war; sage-wisdom; borage-courage; wormwood-absence; basil-love or hate; coriander-hidden merit; marigold-grief (Virgin Mary); marjoram-happiness; thyme-bravery, courage; chamomile-humility; lavender-distrust; parsley-festivity; nasturtium-patriotism; caraway-faithfulness; hyssop-sacrifice; lemon balm-sympathy and gentleness; tansy - immortality; rosemary - remembrance.



## MATTRESS SALE

We have bought from the Spring Air Mattress Co. the overstock of another dealer.

Regular \$175.00 Value

NOW **\$143.00** per set

312 Coils — Extra Firm  
While they last - Full Size Bed only  
Various covers.

Also our regular supply of new and used furniture, Ashley wood and coal heaters, King-of-Heat wood heaters.

## FISHER'S FURNITURE

Route 896 - 6 mi south of Strasburg  
In Village of Georgetown

Box 57, Bart, Pa.

Hrs 8 a.m. to 9 p.m. - Mon., Wed., Fri.  
8 a.m. to 6 p.m. - Tues., Thurs., Sat.

## UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES

We don't have end of the year sales days or sales for inventory time or presidents birthdays or company's birthday or holiday sales - we have a sale 365 days a year.....

Stereo manufacturer closing local warehouse we purchased large amount of consoles & components - plus display models-dealers samples-store refusals-most brand new - few consoles slightly damaged- also 41 dry sinks with stereo-different colors all wholesale & under don't miss this one - all guaranteed.

25 - Pine drop leaf, trestle cocktail tables - Reg. \$159.95 Our price \$49.95

15 - Phone Butler's - Reg. \$209.95 Our price \$99.95

66 - Bench vises - all sizes - wholesale & under

Large selection of T.V.'s - Consoles & Portables - Wholesale & Under

Furniture dealer went out of business - We purchased inventory & floor display odd chairs, living room suites, sleepers, tables, chairs, desks, recliners, head boards, & etc. Everything under wholesale Example: \$600.00 Queen Hide-A-Bed Our Price \$200.00

2 1/2 Trailer loads-special order merchandise made up for dealer's-refused-we purchased from manufacturer.

30 - Sofa's All Styles - Reg. \$400-\$600 Our price \$179-\$209 - Nylon's & Herculon's

10 - Chairs-Early American & Modern - Reg. \$189-\$229 Our Price \$69.95

2 Trailer Loads of Washers, Dryers, Ref., Electric Stoves, Dish Washers-purchased at great savings - A lot out of carton & display samples-great savings-most wholesale & under

26 - Sm. Ladies Desk - solid Oak - Reg. \$129.95 Our Price \$35.00

20 - Chaise lounge chairs - Reg. \$269.95 Our Price \$59.95

140 - Deluxe Photo Books - Reg. \$7.95 Our Price \$2.50

27 - Deluxe Cassett Recorders - Reg. \$89.95 Our Price \$32.50

Bar Stools - Maple - Reg. \$89.95 Our Price \$38.00

61 - 40 PC. Flatware stainless steel-Reg. \$59.95 Our Price \$12.00

Lighters - Reg. \$5.95 Our Price \$2.50 Butane

Furniture from design & display studios for National Mag. on floor now - wholesale & under - All merchandise quality name brands - 2 trailer loads to choose from.....

450 Sets End Tables, refusals & factory discontinued models - under wholesale

Bar & Stool Sets, Vac's, Hope Chest, Grandfather & Grandmother clocks...

5 - 3 PC. Modern Sofa, Love Seat, Chair, - Reg. \$729.95 Our Price \$289.95

6 - King Size Headboards (red only) - Reg. \$109.95 Our Price \$20.00

40 - Pine, Maple Dining Room or Kitchen sets - Table, leaf, 4 chairs Reg. \$239.95 Our Price \$99.95

Drill Sets - Reg. \$29.95 Our Price \$11.50

11 - Love Seat-Reg. \$329-\$429 Our Price \$89.95

3 - 2 PC. Suites Early American, Herculon & Nylon - Reg. \$529 & up Our price \$269.00

All types sewing machines, cab., & Portables

173 - Recliners - Up to 50 percent off.....

22 - Bunk Bed Sets, incl. Bedding - Reg., \$309.95 Our Price \$149.95 & \$169.95

110 - Desks - All sizes - Wholesale & Under

55 - Complete bedroom sets

36 - Blood pressure test kits - Reg. \$32.95 Our Price \$16.00

81 - Tennis rackets, alum - Reg. \$39.95 Our Price \$15.00

36 - Adjustable Wrench sets, 6, 8, 10, 12, 15" - Reg. \$49.95 Our Price \$23.00

36 - Universal 3/8" drive ratchet - Reg. \$12.95 Our Price \$4.50

Pliers-all kinds, socket sets, many more to choose from.....

28 - 5 PC. Dining Room sets - wood-maple-pine - Reg. \$269.95 Our Price \$139.95

115 - Sets Singles, Doubles, Queens & Kings - Box Springs & Mattress - wholesale & under 200-250 coil set - reg., Firm & Extra Firm.....

205 - Frames - Bed Rails - Wholesale & Under

150 - Rockers-Pine-Maple-Oak.....Save 40 percent.....

MANY MORE ITEMS TO CHOOSE FROM-IF YOU DON'T SEE IT - ASK FOR IT.....FULL WARRANTY-FINANCING THRU BANK-ACCEPTANCE CORP. - LAY-A-WAY.....

3019 HEMPLAND RD. - LANCASTER, PA.

PHONE 397-6241

NEXT TO 84 LUMBER CO.

HOURS: MON-FRI 10 A.M. - 9 P.M.  
SAT 10 A.M. - 5 P.M.