

# Home on the Range Dairy dessert value varies

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into an eight-inch square. With floured knife, cut dough in half lengthwise, then crosswise to make 18 sticks. Dip each stick in butter on both sides and lay close together in two rows in pan. Bake 15-20 minutes, until golden brown. Serve hot. Makes 18 sticks.

### Veal

#### SAVORY MEAT PIE

1/4 cup chopped onion  
2 tablespoons chopped green pepper  
2 cups diced cooked meat (beef, lamb, or veal)  
2 cups diced cooked vegetables carrots, celery, peas, corn, turnips, green beans)  
1-1/2 to 2 cups well-seasoned gravy, thinned with milk  
Biscuit dough  
Heat oven to 425 degrees F.  
Sauté onion and pepper in

UNIVERSITY PARK, Pa.—Nutrient content of ice cream and other frozen dairy desserts varies widely but all must meet minimum standards of composition. Penn State University specialists point out that premium products contain more fat and solids but frozen dairy desserts provide many of the nutrients needed for optimum health.

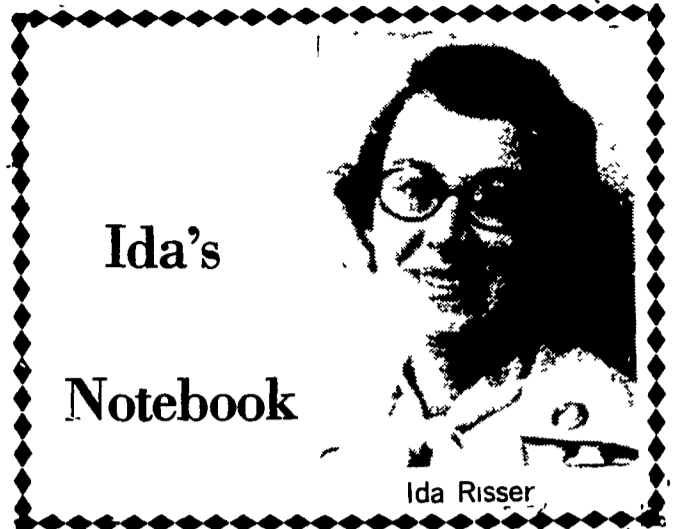
Ice cream provides the most fat per serving but the least carbohydrates in the form of sugar or corn syrup.

ice cream and ice milk are good sources of protein, calcium phosphorous and vitamin A. Sherbet contains very little milk ingredients and provides less than 25 per cent as much of these nutrients.

An average serving of ice cream (100 gms or about 5 1/2 5/2 fluid ounces) provides 212 calories and 12 grams of fat. A similar serving of ice milk and four grams of fat. Sherbet provides almost the same number of calories (152) but only 1.5 gms of fat.

The drop in calories from fat is made up by the increased carbohydrate levels, explains Barnard.

These values assume minimum composition and overruns of 80 per cent for ice cream and ice milk and 35 per cent for sherbet. Calories per serving in ice milk and sherbet are only 27 and 28 per cent less than for ice cream. However, fat levels are 67 and 88 per cent less than ice cream.



Ida's Notebook

Ida Risser

## Craftsmen to display wares at festival

GATCHELLVILLE, Pa.—Nineteen York County Craftsmen will show and sell their wares at the Maple Lawn Farms Peach Blossom Festival Craft Fair on April 16 and 17.

The fair consists of 40 booths in the Blossom Barn three miles north of Fawn Grove at Gatchellville. Included in the array will be corn husk crafts, dolls, bird houses, feeders, ceramics, crocheting, leather crafts, silver, turquoise Indian jewelry, pottery, black and white photography, and leaded glass decorations.

Peach bin wagon trains will make their routes through the orchards continuously while a petting zoo by the Kennard-Dale Future

Farmers of America displays by the York County Farmers' Association as well as an outdoor modern farm machinery display draws the attention of visitors.

The afternoon entertainment on Saturday will feature Chicho and the Troubadors from 1-5 p.m. The country western group includes Chico plus Bruce McPherson, Butch Gray, and Dick Bricker.

Blue Grass will dominate Sunday's program from 2-4 p.m. with the Fawn Grove Sizemore family: Jordan and Etta with children Wanda, Tim Tom and Terry. The festival runs 10 a.m.-6 p.m. Saturday and 1-5 p.m. Sunday.

Now is that lovely time of year when the wild flowers are in bloom. It is a "tension reliever" to take a walk on a brisk Sunday afternoon into the woodland and along the streams. If you can take along a child or someone else to help you enjoy the beautiful sights, so much the better.

Besides the joy of sitting quietly on a log in the sunshine and watching squirrels and rabbits scampering for the safety of their holes, there is the pleasure of sharing one's knowledge of plants. The bloodroot is an early fragile plant which the Indians used as a dye for their robes and blankets. Today its roots are used in making cough medicines. Dutchman's breeches and Spring beauty are also quite fragile and die down to the ground before the summer is begun. The May apple doesn't bloom until May but now appears as an umbrella-shaped plant which covers large areas of woodland. The roots are poisonous but the ripe fruit is edible.

After my father pastured sheep in our upper meadow, I found it difficult to find

Hepatica and yellow violets as they never were as prolific as other flowers. The very fact that they are scarce makes them more precious.

When we come home to a crackling fire which Philip has built in our corner fireplace, and when Cindy makes her speciality — big bowls of popcorn, then it is that we can reflect and appreciate this season of the year. As we gaze through the hand-blown windowpanes of our old house, which distort the landscape, we can see the greening effect of the Spring rains and the warm breezes as the earth awakens again.

## Women's Calendar

Saturday, April 16  
Lancaster County Society 3 meeting at 2 p.m. Hostess is Mrs. Roy Weinhold.  
Lancaster County Society 18 meeting at 1:30 p.m. at the home of Mrs. John Habecker.

Program is Mrs. Charles Newcomer on "Dolls."  
Lancaster County Society 8 meeting at 2 p.m.

Monday, April 18  
Lancaster County Society 29 meeting at 12:30 p.m. at the Akron restaurant. The program is on caring and sharing.

Lancaster County Society 31 meeting to entertain Society 19 at 7:30 p.m.  
Lancaster County Society 30 meeting at 7:30 p.m. The hostess is Priscella Hostetter and the program is a service night for LARC.

Tuesday, April 19  
Berks Co. Society 6 meeting. Hostess is Delores Mensch on plants.

Wednesday, April 20  
Lancaster County Society 12 meeting at 1:00 p.m. Hostess is Olive Sigman on "doll craft."

Thursday, April 21  
Lancaster County Society 15 meeting at 1 p.m. Program is a show and tell by members as well as plant and bulb sale.  
Lebanon County Society 8 meeting.

Saturday, April 23  
Lancaster County Society 4 meeting at Goodwill Industries, Lancaster, for a tour of the facilities at 2 p.m.

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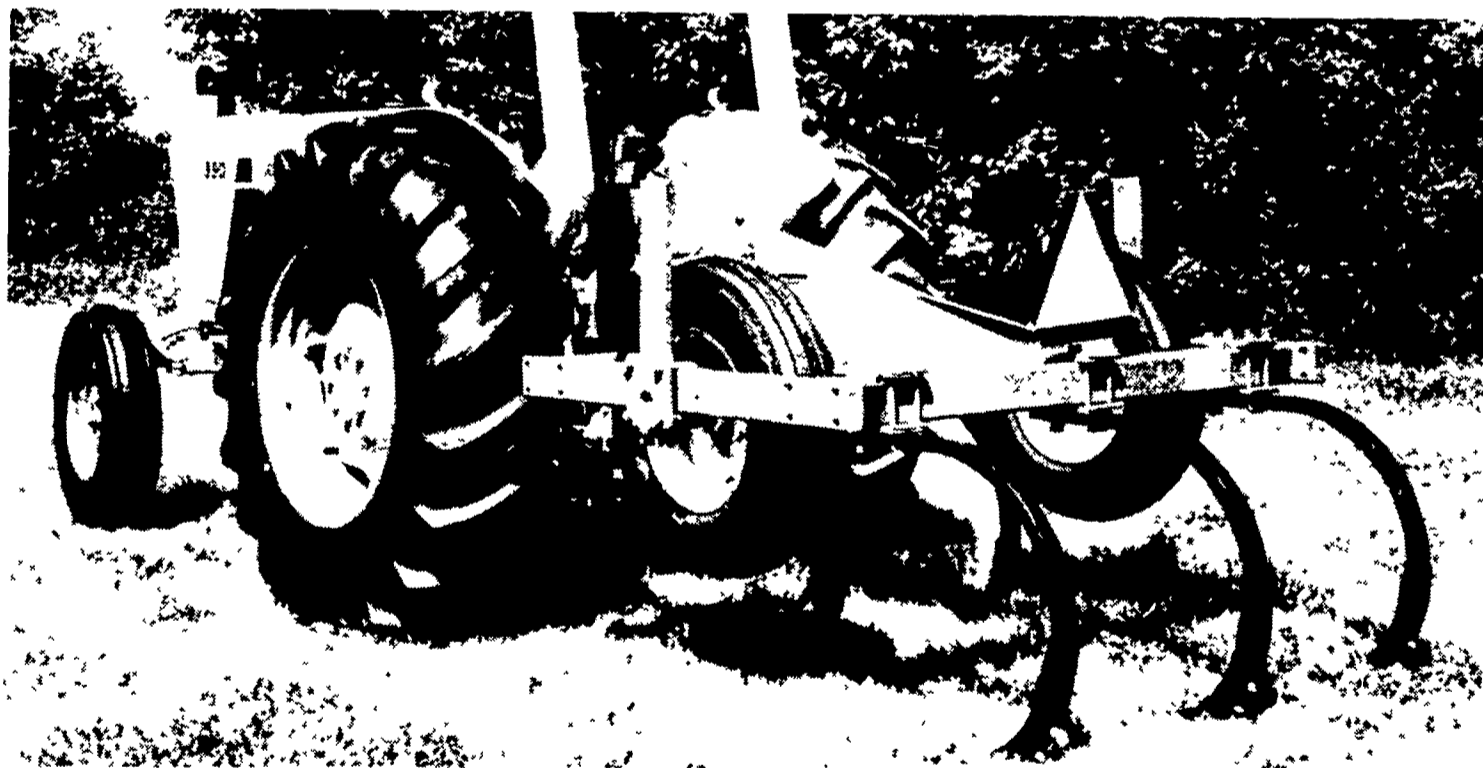
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