

Home on The Range

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Scoops strawberry ice cream

Blend ice cream with strawberries and banana in a blender, or with electric mixer. Gradually add milk and orange juice. Pour into large glasses. Top with scoops of ice cream. Yields one quart.

Cindy Rutter
York, Pa.

SPICY ICE CREAM FLOAT
1-3 cup sugar

¼ teaspoon ground cinnamon

1 quart cold milk

1 teaspoon almond extract

½ teaspoon vanilla

1 pint vanilla ice cream

Combine sugar and cinnamon; add milk and

Minute Markets cited

ALLENTOWN - Farmland Industries, Inc., parent company of Turkey Hill Minute Markets, received an award last week for energy conservation.

The Lancaster-based firm earned Pennsylvania Power & Light Company's Energy Saver Award for using energy efficient systems in new markets, as well as for modifying lighting, heating and insulation in existing stores.

Brent S. Shunk, vice president of PP&L's Lancaster Division, praised Farmland for its conservation efforts and continual energy use inspection program. He pointed out that the Turkey Hill Minute Markets saved six million kilowatt-hours of electricity in 1976, compared with the previous year.

Shunk presented the award to David Cook, Farmland president, and Ronald J. Regar, vice president, real estate. Farmland Industries operates more than 80 markets in PP&L's Lancaster Division service area, which includes most of Lancaster County and parts of Berks, Chester, Lebanon and York counties.

flavorings and stir until sugar is dissolved. Pour into tall glasses and top each with a generous spoonful of ice cream. Serves six.

GRAPE COOLER

1 pint vanilla ice cream

1 pint milk

1 (six-ounce) can concentrated grape juice

Place all ingredients in a blender or mixer and mix well. Garnish top with extra ice cream if desired. Makes three generous servings.

Above two recipes by:
Mrs. Carl S. Bacon
Felton, Pa.
500 CALORIES

MEAL-IN-A-GLASS

1 cup cold milk

2 eggs

2 teaspoons sugar

½ cup vanilla ice-cream (soft)

½ teaspoon vanilla

Nutmeg to taste.

Beat together all ingredients, except nutmeg until frothy, using an electric mixer or blender. Pour into a chilled tall glass and dust with nutmeg. This high-protein formula can be used instead of solid foods and makes one serving.

Mrs. John Kiser,
Codorus, Pa.

FRESH STRAWBERRY MILK SHAKE

2-½ cups vanilla ice cream

1-½ cups milk

½ teaspoon vanilla

½ cup fresh strawberries

Place all ingredients in blender. Blend.

Women's Calendar

Saturday, June 25

Lancaster County Society 1 meeting at 6:00 p.m. at Stonebridge Farm.

Lancaster County Society 4 meeting at noon for a luncheon for members and friends. The group will tour "White Chimneys."

Sunday, June 26

Lancaster County Farm Women Society 31 meeting at 12:30 p.m. at Wenger Hill for a family picnic.

Monday June 27

Berks County Farm Women Society 5 meeting at 7:30 p.m. Hostess is Mary Troutman.

Program is on garden insects.

Lancaster County Farm Women Society 30 meeting at the Farm and Home Center to entertain Society 18. Doris Thomas will speak on "Creative ideas for Entertaining."

Tuesday, June 28

Lancaster County Farm Women Society 27 meeting at 7:30 p.m. to "Exercise with Eleanor."

Place is the masonic building in Mt. Joy.

Berks County Society 3 meeting for a field trip.

Berks County Society 2 meeting at 8 p.m. Hostess is Helen Schmehl and the program is "Looking Back at 1976."

Wednesday, June 29

Berks County Society 7 meeting at 7:30 p.m.

Hostess is Pat McKenney and the program is on "Microwave Cooking." Lancaster County Society 24 meeting to tour Sperry New Holland. Hostess is Nora Garber.

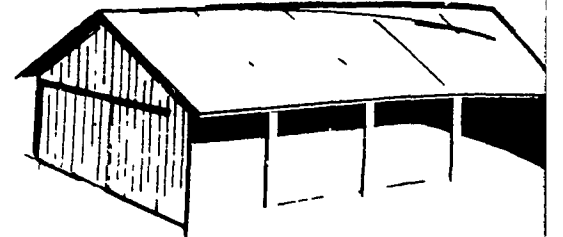
Thursday, June 30

Lancaster County Farm Women Society 11 meeting at 1:30 p.m. The program is a speech on Holland by Mrs. Gary Boomsma.



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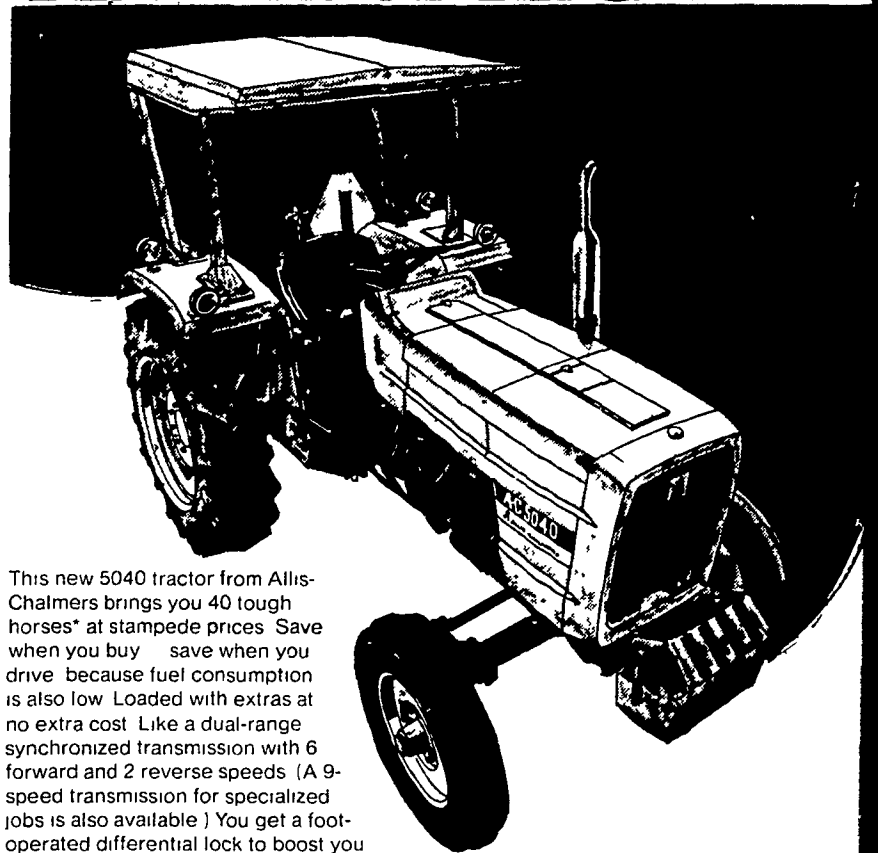
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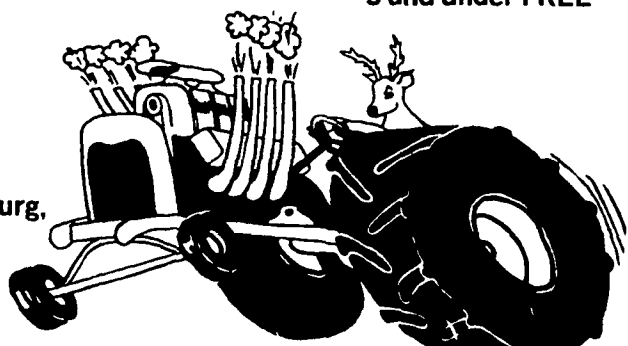
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