

# Recipe Swap

On July 2 we printed a request from Mary Kosko of Middletown, Conn., who asked for a good yogurt recipe. In answer, we received three replies which utilize plain yogurt. We are printing those this week for all of our readers to enjoy.

However, before we get to the answers for that request, we have several other pleas asking for help from the accomplished cooks in our reading audience.

Mrs. Lantz from Gordonville, Pa., asks, "Could you request a dill pickle recipe for me in your 'Recipe Swap' section? I used one from your paper last year that we liked very much. It called for grape leaves, dill, and possibly mustard seed. Since then I have mislaid it."

And, from Rebeck, Pa., Mrs. Edward Snyder asks for a pizza sauce recipe.

A good ice cream recipe is what Harriet Greenawalt from Lancaster is searching for right now. She wrote us saying that she received an ice cream freezer for Christmas and used the recipe that was published in the booklet which came with the machine. Unfortunately, the ice cream "was grainy, rough, and tasted horrible." Therefore, she would like a tried and tested recipe so her new freezer doesn't sit idle.

If you think you can help these homemakers, send your replies to "Recipe Swap", Lancaster Farming Newspaper, Box 266, Lititz, Pa. 17543.

Now, for the yogurt recipes:

### YOGURT

- 2 tablespoons plain yogurt
- 1 cup whole milk
- 1-one-third cups instant powdered milk (undiluted)
- 2 cups warm water

Mix and shake in a jar the plain yogurt, whole milk, and instant powdered milk. Add warm water. Pour into bowls, cover, and set in warm place for three to eight hours or until thickened. Chill, add honey, orange, and nuts, etc. as desired.

Mrs. Ernest Shenk  
Lititz, Pa.

### ORANGE YOGURT DRESSING

- ½ cup plain yogurt
- 2 tablespoons orange juice
- 1 teaspoon grated orange peel
- 2 teaspoons honey
- ¼ teaspoon salt

Mix all ingredients just until blended. Cover and chill. Makes 10 tablespoons at 10 calories per tablespoon.

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# Monday wasn't wash day for Region 1 PFA ladies

By JOANNE SPAHR

LANCASTER, Pa. - "Things have certainly changed in the last few years," quipped M. Max Smith, Lancaster County agricultural agent, to a group of 171 farm women last Monday. "It used to be that Monday was washing and ironing day on the farm, and now it's a lady's day out."

Smith was addressing himself to a gathering of Pennsylvania Farmers Association members from the 10 counties of Berks, Bucks, Chester, Delaware, Dauphin, Lancaster, Lebanon, Lehigh, Montgomery, and York counties at the Region I Ladies' Day Out held at the Treadway Inn, Lancaster.

Smith was just one of three featured speakers at the day's social event designed to acquaint the ladies with the Farmers Association and its many facets.

Smith, who was instrumental in putting together a television program entitled, "Out on the Farm", described the consumer-oriented program to his audience, pointing out that while it was aired in

April and May of this year, it may again be resumed this Winter. He also told the women present that in the Fall of the year he hopes to develop a show featuring women in agriculture.

Then, quoting the statistics of the number of farms and acreage lost each year in Lancaster County, Smith stressed the importance of land use.

"Although I don't feel Lancaster County should stand still," he said, "I don't feel it is necessary for us to find a home for every business wanting to come into the area. Fifty per cent of our land is Class I and Class II, and what is that land for - to produce, not to be covered with concrete."

In his speech, Smith also urged continued support of farm organizations, saying that each family can have its own board meeting several times a day, if necessary.

After Smith, Mrs. Joanne Zink, proprietor of Donegal Mills Plantation, Mt. Joy spoke on her project of restoring Donegal Mills to its original state as a thriving farm community.

"It is important to preserve the past if we are to

appreciate the present," she said.

Featured speaker for the day was Mrs. Henry Hager, whose husband represents the 23rd Senatorial district and is Senate Minority Leader. Trying to promote understanding between the farm wives present and herself, Mrs. Hager pointed out that a politician's wife has many of the same problems as a farm wife.

"You and I share the real problem of having to do things ourselves," she pointed out, explaining that her husband is absent from the home for a majority of the time.

Also on Monday's agenda was the choosing of the regional talent competition winner. Linda Kay Hershey, Lancaster, a 15-year-old



Mrs. Henry Hager

sophomore at Lancaster Mennonite High School, earned the right to go onto state competition with her vocal performance of "Where is Love?" from the musical "Oliver."

Betty Groff, Mount Joy, noted Pennsylvania Dutch food expert and author, also demonstrated making egg cheese.

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