

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



KIDSHUNGRY? TRY MILK

School time means after-school snack time, and it's sometimes a challenge to find the right foods that will not only nourish youngsters, but which they will enjoy as well.

Fortunately, there are milk and dairy products to turn to. They are nourishing and can be prepared in ways that are appealing to children. Right now, the U.S. Department of Agriculture advises that they are also in plentiful supply.

Milk and dairy products are one of the "Basic Four" food groups essential to good health. They provide calcium to help grow sound bones and teeth, and protein to help build and repair body tissues and fight infection. They are also a good source

of riboflavin, a B vitamin that helps keep skin healthy and vision clear.

Milk and dairy products can add new dimensions to menu planning. These recipes have been tested in USDA kitchens:

Maple Float (six-servings, about one cup each)

Mix 1/2 cup maple syrup, one tablespoon molasses and five cups milk. Stir well. Cut one pint vanilla ice cream into six pieces and place one piece in each glass. Pour maple mixture over ice cream and serve immediately. Calories per serving: about 275. For fewer calories, use skim milk in place of whole milk. About 215 calories per serving.

Strawberry Milkshake (6 servings, 1-1/2 cups each)

Thaw one 10-ounce package frozen strawberries until soft but still very cold; crush. Add one quart milk and one cup instant nonfat dry milk to strawberries and blend thoroughly. Add one quart slightly softened strawberry ice cream and beat or shake just enough to blend ingredients. Pour into

tall glasses and serve immediately. Calories per serving: about 370.

Cheese Bread Sticks (makes 24 bread sticks)

Stir together 1-3/4 cups unsifted flour, two teaspoons baking powder and 3/4 teaspoon salt. Mix in 1/2 cup shortening until the mixture resembles coarse cornmeal. With a fork, stir in one cup or four ounces shredded sharp cheddar cheese. Stir in 3/4 cup milk gradually, using just enough to make a dough that is soft, but not sticky. Preheat oven to 450 degrees F. Put dough on a lightly floured surface and knead a few times. Roll dough in poppy seeds if desired. Bake on an ungreased baking sheet about 10 minutes. Calories per bread stick: about 80.

QUILTS VALUABLE PART OF HISTORY

As with many other crafts, quilting developed from necessity - the need for warm bed coverings. But even after the advent of machine-made goods, the art form remained because of the outlet it provided for creativity.

Pioneer women had to use only what was available in cloth scraps for quilts. But they managed to think of imaginative designs for sewing them together.

Cherished garments found their way into quilts tops after years of service and it became fun for the family to trace their personal history through quilts.

Quilting also provided an opportunity for a social occasion - the quilting bee - since several women at once could get them done faster.

Quilting is part of American heritage even though its beginnings go back to the ancient Chinese. If you're lucky enough to have quilts passed on to you from generations back, cherish them as an heirloom. You'll appreciate them even more in the future.

Young lady knows cows

YORK - Nine-year-old Deborah Lehman of York knows cows about as well as anyone as far as type is concerned. At a judging contest held for 4-Hers at the York Fair last week, the young lady scored 100 points.

It was a perfect performance. Second in the contest were her brother, Brian, and fellow 4-H clubber, Joey Welsh of East Berlin. Each had 97 points.

Paul Knight and Barbara Kilgore were next in line with 94 points each. Both are from the Airville area of York County.

Coming in at 93 points was Jonathan Miller, followed by Patty Greek with 91.

James Knight, Mike Welsh, and Cindy Rutter shared the next spot with 89 points each, edging Timy Rutter, who came in at 87. The contest was held last Thursday evening during activities which included a calf dressing contest. Two classes of dairy cattle were judged, one each of Jerseys and Holsteins.

Poultry conference set

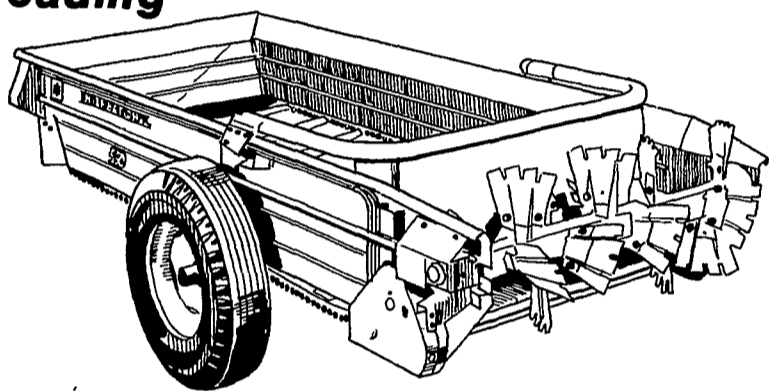
DOVER, Del. - The twelfth National Meeting on Poultry Health and Condemnations will be held in Delmar, Md., on October 18 and 19. The event is hosted by the Delmarva Poultry Industry, Inc. (DPI) in cooperation with the Universities of Delaware and Maryland.

The two-day conference will include a general session on Tuesday and Wednesday mornings and separate nutrition and processing sessions on Tuesday afternoon. The program will conclude near noon on Wednesday.

Following the conclusion of the National Meeting on Poultry Health and Condemnations, there will be a symposium on infectious bursal disease, beginning at 1:30 p.m. at the same location.

Registration forms and additional information on the meetings may be obtained by writing or calling Delmarva Poultry Industry, Inc., RD2, Box 47, Georgetown, Del., 19947, (302-856-2971).

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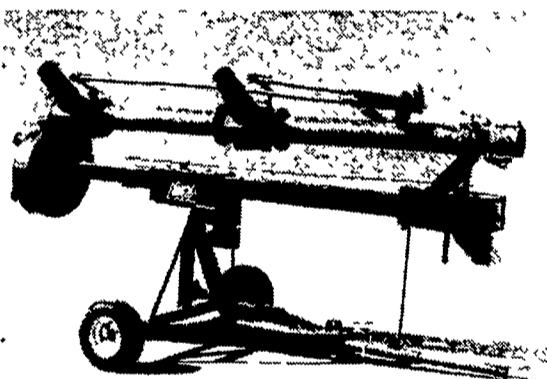
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