



Rodney Jenkins, known throughout the country as a premier professional rider, won the Open Jumpers Class held October 18. He competed in several classes on different horses throughout the week.

Horse Show

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thrd. A Pa. state trooper won the individual division.

As a final part of that class, three police vehicles were driven into the arena, sirens blaring and lights flashing to show how well the horses were trained to stand. Although the vehicles were driven at close quarters to the horses, with the noise echoing through the arena, not a horse in any of the groups moved.

The Pa. National Horse show has its final session today (October 22) at the Farm Show Arena with tickets on sale at the show. For the final day's sessions, the ticket prices are \$2.50 for the daytime performance and \$3.00 for an evening session.

Vegetables add vitamins

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you add, the more you can vary each different salad."

For those homemakers who prefer a salad dressing to oil and vinegar, Letie gave the following recipe which can also be used as a dip:

SALAD DRESSING

½ cup mayonnaise
½ cup sour cream
1-½ tablespoons vinegar
1-½ tablespoons lemon juice
½ clove garlic, minced
2 tablespoons green onions

Combine all ingredients and use as a salad dressing or as a dip for raw vegetables.

Other recipes for varied vegetables include:

CHOW MEIN BEEF

BAKE

1 pound ground beef
1 cup bias-sliced celery
½ cup chopped onion
1 medium tomato, peeled & diced
1 (3 oz.) can sliced mushrooms, drained (½ cup)
1 (10½-oz.) can condensed cream of mushroom soup
1 (3 oz.) can chow mein noodles

In large skillet combine beef, celery, and onion. Cook till meat is lightly browned; drain off excess fat. Add tomato, mushrooms, soup, ½ cup water, and half of the chow mein noodles; stir till blended. Turn into 1½ quart casserole; top with remaining noodles. Bake at 350 degrees F. for 30 minutes. Pass soy sauce, if desired. Makes four or five servings.

EGGPLANT AND BEEF

BAKE

1 large or 2 small eggplants

1 beaten egg
½ cup milk
2 cups soft bread cubes (2 slices)
1 tablespoon snipped parsley
¼ teaspoon dried basil leaves, crushed
1 pound ground beef
1 beaten egg
2 tablespoons shortening
1 8-oz. can tomato sauce
¼ cup water

Cut each eggplant into 10 to 12 slices, ¼ inch thick. (Peel if desired.) Sprinkle with salt. Combine one beaten egg, milk, bread cubes, parsley, ½ teaspoon salt, and basil. Add meat; mix well. Spread mixture on half of the eggplant slices; top with remaining slices.

Combine one beaten egg and two tablespoons water; dip eggplant "sandwiches" in egg mixture. Brown on both sides in hot shortening. Transfer to 12x7½x2 inch baking dish overlapping pieces to fit. Combine tomato sauce and water; pour over eggplant. Bake at 350 degrees F. for 35 to 40 minutes. Serves five or six.

SPANISH NOODLES

1 lb. ground beef
1 tablespoon salt
1/8 teaspoon pepper
¼ cup chopped onion
¼ cup chopped green pepper
Brown above ingredients together on second heat, then add:

½ pound uncooked noodles
½ cup mushrooms
1½ teaspoon sugar
4 to 5 cups tomato juice

Mix together. Cover. Cook on high until steaming, then reduce heat to simmer for 25 minutes.

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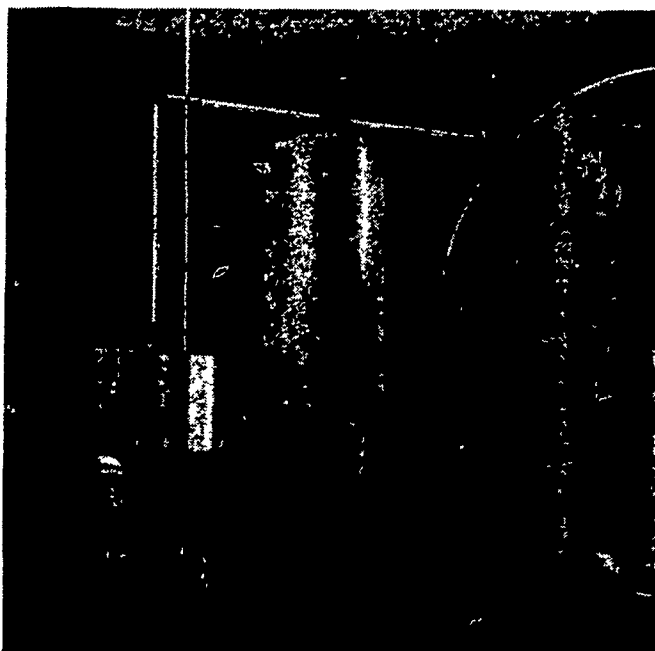
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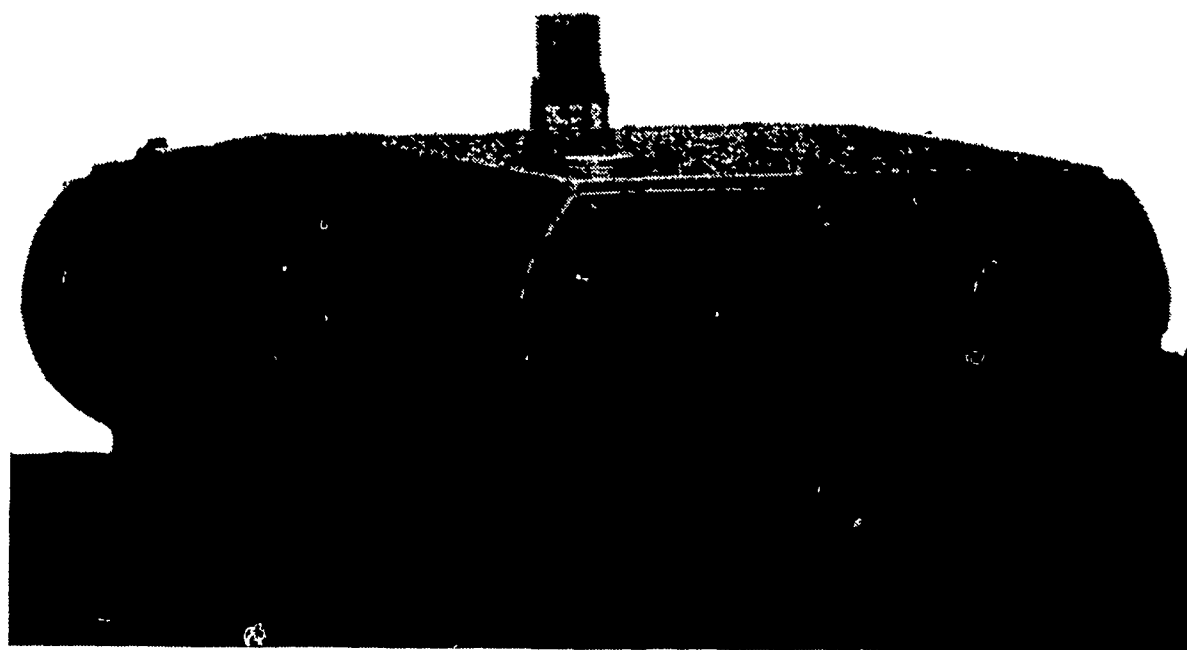
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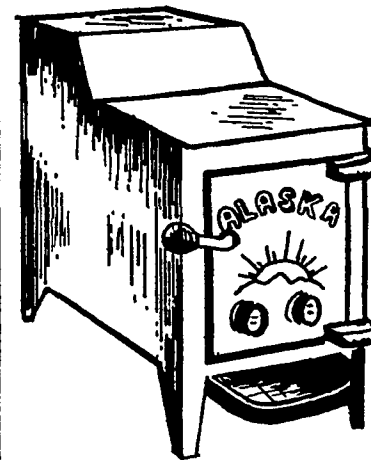
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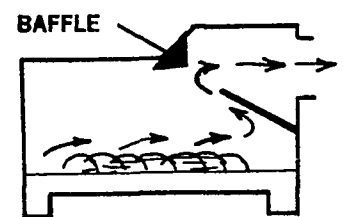


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