

Recipe Swap

Just in time for all you last minute bunnies, we have a recipe for coloring Easter eggs with natural dyes. So round up your eggs, cabbages, and oranges and get dipping.

When we think of Easter eggs, we think of hard-boiled eggs. Actually, eggs should not be boiled. Boiling causes the eggs to form a greenish color around the outside of the yolks. To hard-cook eggs, place eggs in a pan and cover with cold water. Bring the water to a boil over medium heat and remove the pan from the heat. Cover and let stand for 15 minutes. Rinse with cold water and drain.

HOW TO DYE EASTER EGGS — NATURALLY

Place uncooked eggs in a single layer in a saucepan. Cover eggs with water. Add a teaspoon of vinegar. Add one of the following for coloring.

bright blue	red cabbage
light yellow	orange peels
yellow-green	carrot tops
light yellow-green	celery tops
red	red beets
yellow	onions

For other colors, mix the above to get varied shades of purple and other secondary colors.

The more eggs you use, the more tops and peelings you will need. Bring to a boil and reduce heat, simmering for 20 minutes. Remove tops and peelings from the pan and let the eggs stand in the liquid overnight to get a darker color. Be prepared for a nice surprise the following morning.

Mrs. Ray Seidel, Lenhartsville

QUESTION: I would like some recipes for quick blender breakfasts. My family needs something quick and easy to get going in the morning.

50th National 4-H Conference to be held

WASHINGTON, D.C. — Three hundred delegates will represent 5 million young people at the 50th National 4-H Conference in Washington's National 4-H Center April 12-18.

All 50 states, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam will send representatives.

This year's theme is "4-H Expanding Horizons," and several special events will mark the golden anniversary celebration.

Agriculture Secretary Bob Bergland will take part in one of the special events. Bergland will speak on "Youth and the Structure of American Agriculture and Rural Life" at 9 a.m. April 15 in the Jefferson Auditorium of the USDA's South Building at 14th and Independence Avenue, S.W.

Kenneth Gunn, Jr., a 4-H member and National Presidential Tray winner from Alabama, will give the

keystone address at the 4-H center at 7:30 p.m. April 12.

Daughterty said the delegates, who are 4-H members, volunteer leaders and staff, will divide into groups to discuss 12 contemporary topics of interest to 4-H'ers throughout the country.

Some 500 delegates to national 4-H conferences of past years will swell the total attendance to about 800 people. Many of the former delegates now are successful farmers, business leaders, educators and public officials.

"These 4-H alumni will join this year's 300 delegates for festivities on April 13 of the conference week," said Daughterty. "Events that day will include a special program at the USDA's Auditorium on the Mall, visits by delegates and alumni on Capitol Hill, with historical exhibits and receptions."

Ida's Notebook

Ida Risser



Having recently acquired a coverlet which was made for my great, great grandmother Elizabeth Wolf of Earl Twp, I was enticed into rereading some background material on coverlets. They are quite different than the bedcovering known as a quilt.

Both are brightly patterned but the quilt is often pieced with scraps to form a design and then the interlining and backing are fastened together with small stitches in an orderly pattern.

The coverlet was first woven on a loom in the home but it soon was taken over by craftsmen who came from Europe and set up small workshops. The hand looms were modified in the early 19th century to take a jacquard mechanism perfected by Joseph-Marie Jacquard, a French craftsman who used cardboard pattern cards. When it was done in the home, it was a routine of everyday life and when they found time or they

had a need they made these coverings which were attractive and protective in daytime and warm at night.

The warp threads are usually undyed cotton or linen and the weft threads are colored wool and form the pattern.

It is interesting to learn how they dyed the wool. Indigo from the East Indies or the Carolinas was an extraordinary important dye used for a blue color. The red was produced by using madder from the plant root or by using more costly cochineal. This latter product is made by crushing the bodies of a small South American insect.

Black oak bark, yellow dock and hickory bark were used for a yellow dye. Green was a two-dye process—blue over yellow or vice versa. By using wool from a black sheep they eliminated the need for such a dye.

The weight of my 1836 coverlet made by Benji A. Kiehl is simply amazing for a piece of fabric of its size. Kiehl was born in 1807 in Berks County and moved to Lancaster County in 1822 where he worked as a weaver four miles east of Lancaster along the New Holland Pike.

There are only about half a dozen "known" coverlets that he made in the 24 years he worked at this location. I'm very pleased to be the owner of one of them.



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