

Recipe Swap

In response to our request for diabetic recipes, we have one for Oatmeal Cookies. The entire batch of approximately 4 dozen cookies contains only 381 grams carbohydrate, 63 grams protein and 170 grams of fat, according Charlotte Hill, the sender.

In addition, we have more cool and nutritious blender breakfasts to offer today. So whether you're watching your carbohydrates, or watching the clock, we've got what you need.

DIABETIC OATMEAL COOKIES

- 1½ cups fork-stirred, all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup margarine
- 1½ cups quick cooking oats
- ½ cup sugar
- 1 teaspoon vanilla
- 4 egg whites
- ½ cup skim milk
- ½ cup raisins
- ½ cup chopped (medium fine) nuts

On waxed paper, stir together the flour, baking powder and salt. In a medium saucepan over low heat, melt the

margarine. Turn off the heat and stir in the oats, sugar and vanilla.

In a small bowl beat the egg whites, only until frothy, stir into the oats mixture. Stir in the flour mixture in 3 additions, alternating with the milk, just until blended.

Drop by level tablespoonfuls a few inches apart, onto lightly greased cookie sheets. Bake at 375° F. until lightly browned on bottoms or 10-12 minutes. Yields approximately 4 dozen cookies. Entire recipe has 381 grams of carbohydrate, 63 grams of protein and 170 grams of fat.

Charlotte Hill, Blairsville

NATURAL BREAKFAST NOG

- 1 egg
- 1 cup milk
- 1 tablespoon honey, molasses or sugar
- 1 teaspoon vanilla, nutmeg or cinnamon

APPLE SIDE UP

- 1 egg
- ¾ cup apple juice
- ¾ cup milk
- 1 teaspoon honey
- ¼ teaspoon cinnamon

SPIZZERINKTUM

- 1 egg
- ¾ cup cranberry juice
- 2 tablespoons honey
- 1 tablespoon lemon juice

In each of the 3 above recipes, combine all ingredients in a blender container and turn on frappe for a few seconds. Blend until smooth and frothy.

QUESTION: I'd like a recipe for a good butter baste for barbecued chicken (one which does not use tomatoes).

Kay Gible, Lititz

Homestead Notes

(Continued from Page C2)

because the wilderness action prohibits all motorized vehicles.

Another concern expressed to the group came from the Indian bus driver who attends a university in Washington during the school year and drives tour buses during the Summer. She explained that the Indian custom holds that the children belong to the mother, that uncles teach their nephews to hunt and fish and that women pass on the history and stories from generation to generation by word of mouth. In addition to the historical perspective of material responsibility being heavy, the institution of welfare for the Indians and Eskimos has worsened the father's and husband's status. The trend as the bus driver experienced it in her community was toward less and less responsibility falling upon the male.

With 94 per cent of the land being owned by the United States Government, private individuals have very little area available to own or build upon Dorothy said. The cost of a house worth \$65,000 in the contiguous United States may be as high as \$400,000 in Alaska, Dorothy explained. Alaska is a beautiful state Dorothy agreed. Just what government controls will do to its people remains to be seen.



USED FURNITURE

- 13 Used Bedroom Suits
- 5 Cedar Wardrobes
- 18 Double Beds
- 3 China Closets
- 4 Kneehole Desks
- Lots of Chests of Drawers and End Tables

NEW FURNITURE

- New Gooseneck Platform Rockers in Vinyl and Nylon
- New Sofa Beds and Living Room Suits
- Serta Box Springs and Mattresses
- Solid Cedar Chests
- Pictures with Wooden Frames
- Pole and Table Lamps

FARMERSVILLE NEW & USED FURNITURE
100 S. Railroad Ave., New Holland
Phone 717-354-0283



COMING! MAY 1-10
QUARRYVILLE DRUG CO.

DOLLAR DAYS

VALUES GALORE

FREE! MURRAY SPECTRA 10 SPEED BIKE

COME TO
QUARRYVILLE DRUG CO.
FOR DETAILS AND YOUR
FREE VALUE PACKED CIRCULAR

COME TO THE FRIENDLY DRUGSTORE
SENIOR CITIZEN DISCOUNT (Age 60) — AFTER HOURS
EMERGENCY SERVICE — PATIENT RECORD SYSTEM —
LOCAL FREE DELIVERY OF ALL PRESCRIPTIONS
(Quarryville Area)

COME TO
QUARRYVILLE DRUG COMPANY, INC.
15 E. State St., Downtown Quarryville, Pa
717-786-3100
Next to Dollar General


SPECIALISTS IN CABLEVEY
FEED CONVEYING AND AUTOMATION



FEED SYSTEMS

HUSKEE-BILT BUILDINGS

SPECIALIZING IN COMPLETE SYSTEMS FOR HOG AND DAIRY

NEED A FARM - URBAN - COMMERCIAL BUILDING?

Call Your
HUSKEE-BILT MAN!
717-626-5204

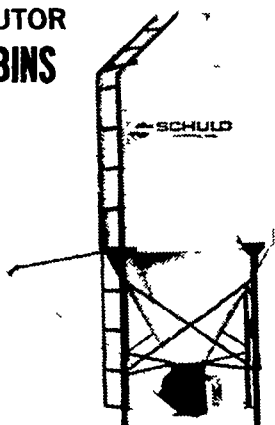


AUTHORIZED DISTRIBUTOR
SCHULD BULK FEED BINS
And Mechanical Feeding Systems

From 3 Ton to 125 Ton Capacity

HIGH PITCH TOP
60° CENTERDRAW

- FACTORY BUILT
- FACTORY DELIVERED
- FACTORY ERECTED



Dealer for GINGWAY FREE STALLS

MERVIN MILLER

★ SALES & SERVICE ★ BUILDERS OF FINE SYSTEMS
7 KEENER ROAD, LITITZ, PA 17543 717-626-5204