

Lucille Evans wins student cooking contest

HARRISBURG — Lucille Evans of Carlisle, Cumberland County, won first place in the Student Cooking Contest held among thirteen area high schools recently at the Harrisburg East Mall.

Evans, an 18-year-old senior, represented Carlisle Senior High School with her Chicken Country Captain recipe. The daughter of Parker and Marilyn Evans was awarded a \$100 gift certificate from John Wanamakers, a Silvertone frying pan, an electric frying pan, and cooking utensils.

Shelly Robinson, home economics teacher at Carlisle Senior High School, was awarded a hostess serving dish as the winner's teacher. The winning school received a plaque.

The second place winner was Dale Mosley, a senior at Harrisburg High School, John Harris Campus. Mosley, 17, is the son of Gloria Mosley of Harrisburg. His second place entry was Stir-Fried Shrimp With Vegetables. Mosley received a John Wanamakers gift certificate, a Silverstone frying pan, and an electric frying pan for his second place entry.

Maria Zimmerman, the 17-year-old daughter of Mr. and Mrs. John L. Zimmerman, Steelton, placed third in the contest with her Quick Chicken Chasseur recipe. Zimmerman, a senior at Central Dauphin East Senior High School, was awarded a gift certificate from John Wanamakers and an electric frying pan.

All contestants and their teachers received one dozen eggs provided by Dutchland Farms of Rheems, Lancaster County. Milk for the contest was provided by Harrisburg Dairies.

Participating high schools included Camp Hill, East Pennsboro, Susquehanna, Central Dauphin East, Lower Dauphin, Red Land, Cumberland Valley, Cedar Cliff, Hershey, Harrisburg, Carlisle, Mechanicsburg and Bishop McDevitt.

The Student Cooking Contest was sponsored by John Wanamakers in cooperation with the Pennsylvania Department of Agriculture.

Following are the three winning recipes:

CHICKEN COUNTRY CAPTAIN

4 tablespoons butter
1 tablespoon salt
½ teaspoon red pepper
½ cup flour
6 chicken thighs
Sauce and Topping:
1 large onion, diced
2 small red and green peppers
1 clove garlic, crushed
1 bunch fresh parsley
¼ teaspoon thyme
1 teaspoon curry powder
½ teaspoon black powder
½ cup water
2-½ cups tomato juice
18-ounce can of chopped tomatoes
1 cup currants
1 cup almonds (roasted at 400°F. for ten minutes)
1 cup cooked rice

In a large frying pan, heat the butter. Dip chicken with a mixture of flour, red pepper, paprika, and salt. Fry to a delicate brown on both sides. Remove from pan and set aside.

With remaining butter, saute the onion, peppers, garlic and 2 tablespoons of parsley. Add the water, thyme, curry powder and black pepper and stir. Add tomato juice and tomatoes. Bring to a boil and simmer for ten minutes. Stir in 3 tablespoons of currants and place the chicken in the

sauce and let simmer for 25 minutes. Remove the chicken from pan and arrange on cooked rice and spoon sauce over chicken. Sprinkle remainder of currants over chicken and top with toasted almonds. Garnish with remaining parsley.

Lucille Evans, Carlisle

STIR-FRIED SHRIMP WITH VEGETABLES

2 medium carrots
1 cup fresh mushrooms
1 pound fresh or frozen shrimp in shells
½ cup chicken broth
1 tablespoon cornstarch
¼ cup soy sauce
2 tablespoons cooking oil
1 teaspoon grated gingerroot
1 cup thinly sliced cauliflower
1 cup fresh pea pods or a 6-ounce package of frozen pea pods, thawed
1 cup fresh bean sprouts or half of a 16-ounce can of bean sprouts
1 clove garlic, minced

Thinly slice carrots and mushrooms. Thaw shrimp and vegetables, if necessary. Shell and devein shrimp and halve lengthwise. Blend chicken broth into cornstarch, stir in soy sauce and set aside.

Preheat wok or skillet over high heat, add oil. Stir-fry garlic and gingerroot in hot oil for 30 seconds. Add cauliflower and carrots, stir-fry for 3 minutes. Add pea pods, mushrooms and bean sprouts; stir-fry 2 minutes or until vegetables are crisp and tender. (Be sure to keep heat high throughout, and add more oil to wok or skillet if necessary.) Remove vegetables to a bowl.

Add shrimp to wok or skillet; stir-fry 7 or 8 minutes or until shrimp are done. Push shrimp away from the center of the wok or skillet. Stir chicken broth mixture and add to center. Cook and stir until thick and bubbly. Stir in vegetables; cover and cook one minute. Serve at once. Serves 4.

Dave Mosley, Harrisburg

QUICK CHICKEN CHASSEUR

1 pound boned and skinned chicken breasts, cut in strips
½ cup cornstarch
1 cup sliced scallions
¾ cup cooking wine
3 tomatoes, cut in eights
¼ teaspoon pepper
¼ cup vegetable oil
2 cups chicken broth
1 cup sliced mushrooms
½ teaspoon tarragon
½ teaspoon thyme

Dredge chicken in cornstarch. In a large skillet, brown the coated chicken in oil. Stir in seasonings and scallions. Cook two minutes longer. Add the broth and sherry cooking wine. Cover and simmer for ten minutes. Gently stir in mushrooms and tomatoes; cover and simmer for 5 minutes longer. Sauce may be served separately or over cooked rice.

Maria Zimmerman, Central Dauphin

Maryland Extension advisory council members named

COLLEGE PARK, MD — The advisory council for the University of Maryland's Extension Service has announced its roster of committee chairpersons and members for three-year terms.

A newly formed marine advisory group now brings the number of committees to six, according to Raymond F. Armacost, Jr., Upperco, Baltimore County, the new advisory council president.

Chairing the marine advisory committee is Alfred Jordan, Drayden, St. Mary's County, a southern Maryland small farmer and commercial oysterman.

Other members of the marine advisory committee are Milton Malkus, Jr., Cambridge, Dorchester County, a large-scale farmer on Maryland's Eastern Shore, and William H. Hall, Jr., of Appeal, Calvert County, a professional waterman and charterboat captain.

President Armacost is chairing the council's outlook and planning committee for another year, and Mary Ann Ford, Buckeystown, Frederick County, is repeating as

chairperson of the energy committee.

Julia Gouge of Hampstead, Carroll County, is the new chairperson for the legislation and budget committee. She is also the council's new vice-president, having served last year as secretary-treasurer.

Taking over Gouge's former position is William S. Sutton, Chestertown, Kent County, an Eastern Shore dairy farmer and soil conservation leader.

Other new committee chairpersons are Therese Carette, Bowie Prince Georges County, needs of the handicapped committee, and Elaine Crow, Glen Burnie, Anne Arundel County, publications and publicity committee.

New members of the advisory council, and their committee assignments, are as follows:

Garette county — Ferne Beachy, Bittinger; Allegany county — Helen Hunt; Washington county — W. Carlton Parsley; Howard county — Jane Geraghty; St. Mary's county — Alfred Jordan; Wico county — W. Blan Harcum, Sr.; and Worcester county — Virginia Gordy.

LEROY B. ESH HARDWARE

3453 Old Phila. Pike, Ronks, Pa.
LOCATED IN INTERCOURSE, PA
OPPOSITE C.B. HOOBER & SON
CALL ANYTIME 768-3681 IF NO ANSWER CALL 768-8677
Hours DAILY 6 a.m. to 6 p.m. — Saturday 6 a.m. to 4 p.m.

★ REPAIRING OF SMALL ENGINES

Briggs & Stratton, Tecumseh, Wisconsin
FREE - Pickup for 2 & 4 Cylinder Engines Thru May.

LIGHTNING IS STRIKING!

Are Your Buildings Safe?

LIGHTNING RODS

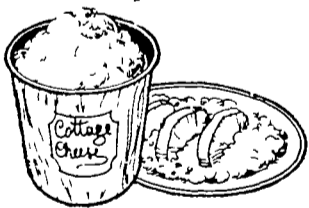
Now Available

Let Us Estimate The Cost Of Protecting Your Buildings. No Obligation . . .



C.M. DAVID & ASSOCIATES, INC.
400 N Race St
Richland, PA 17087
717-866-7588 (Call)
717-272-8580 Collect

HAROLD C. FOSTER
Box 96A
Star Route
Huntingdon, PA 16652
814-643-0248
(Call Collect)



★ IN STOCK ★
"IMPROVED"
GOLDEN MALRIN
FLY BAIT



Also Other Fly Control Products!
ZIMMERMAN'S ANIMAL HEALTH SUPPLY
3 mi W of Ephrata
Along Wood Corner Rd
RD #4 Box 140
Lititz, PA 17543
717-733-4466

TORQUE AMPLIFIER, CLUTCH & WATER PUMP PARTS & SERVICE

Rebuilt TA assemblies for IH tractors from SMTA through 1586 Water pumps, clutches and pressure plates from A, B, C through 1586 and for many of the combines, 101 - 303 through the 915. The time to be comparing prices and parts availability is before you need them so that when you do need parts and service you are aware of the options.

If you are operating a shop or are a farmer who does his own mechanical work, then you will do well to compare the parts which I have to offer. Complete rebuilt TA assemblies for 706 - 1586 are priced from \$525.00 and come with a Dana Co. Heavy Duty Spray clutch instead of the usual IH spray. The Dana Spray was originally designed for high performance aircraft and Helicopter applications and is designed not to roll over, one of the main causes of torque failure.

Also have available assorted parts for TA's which are not available through new parts at IH. I am prepared to do complete installation of these parts at competitive prices and will match any guarantee that is offered on TA units or rebuilt clutches, pressure plates & water pumps. Prices on rebuilt clutches, pressure plates and water pumps are approximately 30 - 50% below new.

If you think you may have problems with your TA and would like it checked out or some questions answered call or write me. Trucking is available up to most any distance at fair rates if we have enough advance notice. Two or more tractors on same load will receive discount on the trucking.

Dealer Inquiries Invited With Parts Shipped UPS, Bus or Air
For More Information Write or Call:

J. EDWARD LEAMAN

RD # 1, Box 474 Willow St., PA 17584
Ph. new number: 717-464-2874