

Breads, part of a Holiday tradition

HARRISBURG — Whether in fresh-baked cookies and pies or in homemade stuffing, December's Pennsylvania commodity - breads and cereals - are an important part of the family Holiday tradition.

In fact, the use of breads and cereals go back much further in family tradition to the beginning of our civilization. For thousands of years bread has been recognized as a basic food, important to good health.

Pennsylvania farmers made the state the breadbasket of the revolution, and today, the state ranks first in the nation in the number of wheat flour mills and licensed bakeries, according to the Pennsylvania Department of Agriculture.

Breads and cereals are important to the diet, contributing carbohydrates for energy, B vitamins and iron, as well as generous amounts of protein in quantity.

The Department's Division of Food and Nutrition is suggesting that foods selected from the bread and cereal group should be either whole grain or enriched products. Whole-grain cereals contain thiamin, riboflavin and niacin which are important for healthy skin, normal digestion and important to the nervous system. They also contain iron and other

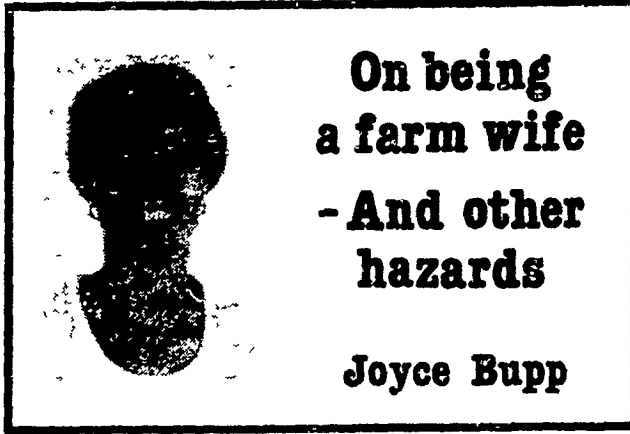
minerals. READ THE LABEL on your cereal and bread product and make sure the product is enriched or fortified.

The division also reminds consumers that with Holiday baking soon to begin, it is wise to stock up on sugar supplies now. Prices have risen as much as ten cents in the last month, and may continue to rise.

December's Pennsylvania commodity recipe follows
RECIPE: SWEET POTATO BREAD & ROLLS

$\frac{3}{4}$ cup scalded milk
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup light brown sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup mashed cooked sweet potatoes
1 package active dry yeast
 $\frac{1}{4}$ cup luke warm water
3 to $3\frac{1}{2}$ cups sifted all-purpose flour

Combine first five ingredients in a large bowl. Let stand until lukewarm. Sprinkle or crumble yeast into luke warm water. Stir until dissolved. Add to sweet potato mixture. Mix in enough flour to make a soft dough. Knead for five minutes, add flour as necessary to keep dough from sticking - but not dry. Form into ball and put in a greased warm bowl, turn over. Cover with a light cloth and let rise in a warm place until doubled in bulk. Punch down and let rise again for 15 minutes.



On being a farm wife - And other hazards

Joyce Bupp

America's motor vehicle industry blew it when they stuck names like Mustang, Pinto and Charger on those little cars.

Horse names would have been far more appropriate for tough old pickup trucks. For what the horse was to the cowboy of the West, the pickup has become to the farmer of the East (and most of the West, too, I betcha).

Just like the romanticized cowboy of the Golden West, today's farmer looks to his pickup as transportation, problem solver and friend. Behind its trusty steering wheel he tools across the cattle range - or the back pasture - searching for stray calves, corralling mauling heifers and hammering sagging fences back into place.

With its four-wheel drive, Divide dough into portions for desired buns or into loaves. Let stand until doubled in bulk. Bake in preheated oven at 400 degrees F. for about 15-20 minutes or until golden brown. If loaves are made, preheat oven at 350 degrees F. for 25-30 minutes.

tractors and equipment are rescued from the depths of a mudhole or the throes of a dead battery, a neighbor's car is retrieved from a snowbank and the family arrives at church on an icy

morning

A pickup doesn't need to be shod, rubbed down after a hard ride, packed full of expensive oats or chased 'round a corral to saddle up. It won't toss its driver out of the seat when spooked by a groundhog or bite the hand that feeds it in a moment of pique.

But on the other hand, a horse doesn't demand expensive tires, an inspection sticker or bellyfull of \$1.20-gallon gasoline, which ain't hay either. Nor will a pickup whinny a friendly greeting as you walk in the barn or nuzzle your neck with a velvety soft nose.

In spite of outcries to abandon our motor fixations and return to hoofed tran-

sport in the name of OPEC and the environment, I doubt that any farmer really wants to go fetch four bales of twine or a roll of cable on the back of an Appaloosa.

Besides, where on a horse would you stash seven pencils, three pens, two maps, a dozen washers, one grubby sweatshirt, four crinkled bills, a broken wrench, a tangled mess of baler twine and the abandoned wrappings of a Big Mac attack cure?

And I personally know at least one farm wife who will balk at being sent to town to bring home a calf starter on the back of a saddle.

The farm pickup has become an institution. It's here to stay.

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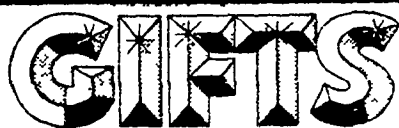
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