

Home on the Range

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BISQUIT PINWHEEL CASSEROLE

- Casserole Base
- 1/4 c (1/2 stick) butter
- 1 c thinly sliced celery
- 1/2 c chopped onion
- 1/4 c all-purpose flour
- 3/4 t celery salt
- 1/2 t salt
- 1/4 t pepper
- 3 c milk
- 2 t instant chicken bouillon
- 3 c chopped cooked chicken or turkey
- Pinwheel Biscuits
- 2 c flour
- 1 t baking powder
- 3/4 t salt
- 1/4 c butter
- 3/4 c milk
- 1 c shredded Cheddar cheese

For casserole base, melt butter in saucepan, add celery and onion and saute until tender. Stir in flour, celery salt, salt and pepper until

blended. Remove from heat. Gradually stir in milk and instant chicken bouillon. Bring to a boil over medium heat, stirring constantly. Boil and stir 1 minute. Add chicken. Keep warm while preparing biscuits.

For pinwheel biscuits, combine flour, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Add milk, stir just until dry ingredients are moistened and mixture forms a ball. Knead gently a few seconds. Roll out dough on a lightly floured surface to form a 12 x 9 inch rectangle. Sprinkle evenly with cheese. Roll up as for a jelly roll, starting with 9 inch side. Cut into 12 slices.

Heat casserole base just to boiling, pour into a shallow 2 1/2 quart baking dish. Arrange biscuits over hot base, cut side up. Bake in preheated 400 degree oven 25 to 30 minutes.

Mary Myers named Perry home ec agent

NEW BLOOMFIELD — Mary M. Myers has been appointed to Penn State's Cooperative Extension Service staff as assistant Extension agent - home economics in Perry County.

Thomas B. King, associate dean for extension at Penn State, who announced the appointment, said that Mrs. Myers began her duties in February. She is responsible for developing an informal educational program for county adults and youth in all areas of family living. She will also be involved in the county 4-H program.

Mrs. Myers is a graduate of Hood College in Frederick, Maryland, with a bachelor of science degree in home economics. While at Hood she served on the Public Affairs Committee of the

Maryland Home Economics Association and initiated and wrote the "Buyer's Watchword" column for the Hood newspaper.

She has worked as a correspondent for Lancaster Farming and was assistant program manager for the Appliance Labeling Program with the U.S. Department of Energy.

Mrs. Myers is a member of the American and Pennsylvania Home Economics Association, the Society of Consumer Affairs Professionals, the American Council of Consumer Interests, and the National Affiliation for Literacy Advancement.

She is married to James F. Myers. They are the parents of two daughters. Mrs. Myers and her family are residents of New Oxford, Adams County.

Ladies Have You Heard?

By Doris Thomas

Lancaster Extension
Home Economist



FABRIC SOFTENERS ENHANCE WASHABLES

The use of fabric softeners continues to rise as consumers recognize the product's ability to minimize wrinkling, reduce need for ironing and make fabrics feel soft, fluffy and free of static cling. Fabric softeners are available as two basic types: washer added and dryer added. Following manufacturer's instructions for use is important to achieve desired laundering results.

Washer added softeners are liquids, with the majority used in the rinse cycle. One type is designed for addition to the wash cycle along with the detergent or soap. It can also be used in the rinse cycle. Wash added fabric softeners should be added to the wash water before the detergent or soap and clothes. Rinse added types need to be diluted with water before pouring into the machine. If the washer is equipped with a fabric softener dispenser, follow directions in the machine's instruction manual for correct use. Most manufacturers suggest diluting the softener before pouring it into the dispenser. This prevents clogging. Avoid pouring fabric softener directly onto clothes as this can cause a grease-like stain.

Dryer added fabric softeners are available in sheets or packet form. In one type, the fabric softener ingredients are disbursed on a nonwoven sheet of rayon or polyester. Another uses polyurethane foam sheets for carrying the ingredients. The packet form provides fabric softener in a pouch that is attached to a fin of the dryer drum. The heat of the dryer helps to transfer the softener to the clothes as they tumble.

Dryer added softeners can cause translucent, often streaky, oily-looking stains, especially noticeable on solid-color permanent press fabrics and synthetics such as polyester or nylon. Consumers may be puzzled by the sudden appearance of these stains, which may be the result of fabric softener being concentrated on an area of fabric.

Fabric softener stains are not permanent and can be easily removed. Dampening the stained area and rubbing it with bar soap, then rewashing the article.

IS IT HUNGER OR IT IS APPETITE?

Over 40 million Americans are 10 percent or more overweight. About 20 million are at least 20 percent overweight. Dr. Richard St. Pierre, associate professor of

Health Education at The Pennsylvania State University, feels that one cause may be that people do not know the difference between their hunger and their appetites.

Hunger is the physical craving for food. You have probably experienced the sensation of emptiness and perhaps even cramp-like pains in the stomach which can be satisfied by eating.

Your appetite, on the other hand, is the emotional craving for food which is affected by such things as smell, sight of food, or remembering a pleasant taste.

Think of the difference. Appetite is enjoyable while hunger often produces unpleasant sensations. When your hunger is appeased, your appetite can remain. One common example is when you still have an appetite for a sweet dessert after your hunger has thoroughly been satisfied with a large meal.

Of course, being aware of the difference between hunger and appetite is not going to magically make you lose weight. But, being aware that it's your appetite telling you to have that huge piece of chocolate cake and that you are not really hungry may make you think twice before you bite.



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