

Spring's favorites

(Continued from Page B6)

2 T. water
1 T. cornstarch
1 t. fresh lemon juice
sweetened whipped cream
Combine rhubarb, 1 c. sugar and 1/4 c. water in an electric frypan or large skillet with cover. Cook, covered, until tender, about 25 minutes.

Meanwhile, combine flour, 2 T. sugar, baking powder and salt in a large mixing bowl. Cut in 2 T. butter until mixture resembles coarse crumbs.

Add milk all at once; stir with a fork until dough clings together; set aside. Stir strawberries and 3 T. butter into cooked rhubarb. Combine 2 T. water, cornstarch and lemon juice until smooth; stir into rhubarb-strawberry mixture.

Bring mixture to simmering, stirring constantly. Drop biscuits by rounded tablespoonsful onto simmering fruit mixture; cover and cook until dough is thoroughly baked, about 15 minutes. Serve warm, topped with sweetened whipped cream.

CABBAGE PINEAPPLE SLAW

Combine:
3 c. shredded crisp cabbage
8 oz. can pineapple pieces, drained
1 c. diced apple
1/2 c. chopped celery
1/4 c. light raisins
Toss with 1/2 c. mayonnaise until well coated.

Serve in lettuce-lined bowl.
Garnish with apple wedge.
Mrs. Charles Biehl, Mertztown

RHUBARB BARS

Crust:
2 c. flour
3/4 c. powdered sugar
1 c. butter
Filling:
4 eggs
2 c. sugar
1/2 c. flour
1/2 t. salt
4 c. diced rhubarb

Crust: Combine flour and sugar. Cut in butter till crumbs. Press into jelly roll pan. Bake at 350 degrees for 15 minutes. While baking, prepare filling.

Filling: blend eggs, sugar, flour and salt till smooth. Fold in rhubarb. Spread over hot crust. Bake for 40 to 50 minutes at 350 degrees till lightly browned. Cool. Cut.

Beth Mearkle, Royersford

WALNUT-CARROT SALAD

6-oz. pkg. lemon flavor gelatin
3 1/2 c. hot water
3 T. lemon juice
1/4 t. salt
2 c. grated carrots
1/2 c. sliced pimiento-stuffed green olives
1 1/3 c. chopped toasted walnuts
2 three-oz. pkg. cream cheese, softened

Dissolve gelatin in hot water; stir in lemon juice and salt. Chill until mixture thickens slightly. Fold in carrots, olives and walnuts; halfway fill a 6 1/2-cup mold and set mold in a bowl of ice water. Beat cream cheese well and gradually blend in remaining gelatin mixture. Spoon over the clear layer to fill mold. Chill for several hours or overnight before unmolding.

Diamond Walnut

State beef cook-off set for June

HARRISBURG — Gather up your exciting beef cookery creations for the Pennsylvania Beef Cook-Off — they could win you big money and a trip to national cook-off competition.

To enter, send three typed copies of your best beef recipe (using only chuck, round, rump, fresh brisket, plate or ground beef) to: Mary Wilson, Chairman, Pa. Beef Cook-off, 882 Webster Drive, State College, PA 16801. Include your name, address, phone number and a brief statement about the origin of your recipe.

Be sure to enter your recipe soon. The deadline for entry is May 1.

Ten contestants will be chosen to compete at the Pennsylvania Beef Cook-Off on June 20 at the Trinity Area High School, Shiremanstown, Cumberland County. First prize is \$125; second prize is \$75; third and fourth prizes, \$50. The first place winner will represent Pennsylvania at the National Beef Cook-Off, Sept. 19-21, in Bismarck, North Dakota. Prizes at the national level include a first prize of \$5,000; a \$2,500 second prize; a \$1,000 third prize and five honorable mentions at \$300 each.

All recipes must contain a minimum of two pounds and not more than five pounds of beef. Meat used must be exclusively beef. Cooking time cannot exceed four hours. The recipe must be specific, with no use of brand names and must state the number of servings and approximate

preparation time. All entries become the property of the Pennsylvania Beef Council.

Contestants must be 18 years or older, with non-professional food status. Any person who has owned one or more head of beef or dairy cattle (or whose immediate family - husband, wife or children - has owned cattle) in the 12 months

preceding Oct. 1, 1983 is ineligible.

Recipes will be judged according to taste, ease of preparation and practicality, originality, and appearance.

The Pennsylvania Beef Cook-Off is sponsored by the Pennsylvania Beef Council in cooperation with the Pennsylvania Department of Agriculture.

Contaminated clothes need special care

UNIVERSITY PARK — The Spring spraying season's just ahead. Clothes contaminated by pesticides or other poisons, according to Pamela Cutright, Extension clothing and textiles specialist at Penn State can become contaminated with the residue from drift or spills.

After using pesticides, remove all clothes worn and immediately place them in a plastic container. Don't throw them over the back of a chair or dump them into the family laundry pile. Put them in a bag with a tie closing, or in a bucket with a lid, until you are ready to launder them. Take a shower, shampoo, and scrub well.

As soon as you are ready to wash the toxic clothes, wash them separately. It is important that they do not come in contact with other clothes because pesticide residue may be redeposited on

other garments. Always check the pesticide label and garment label for specific laundering and handling instructions.

Then, to launder contaminated clothing, use a normal or full load water level, depending on the number of clothing items. Wash with a heavy-duty phosphate-based detergent and use the amount recommended on the label. Set your machine on a long washing time, the same you would use for heavily soiled garments. Do not overload the washing machine. The point is to wash the contaminants out, not just move them about.

After removing the garments from your washing machine, clean the machine by running it a second time empty, but with detergent. For added protection, wipe out the tub, using isopropyl alcohol. Dry the once contaminated, now clean, garments as usual.

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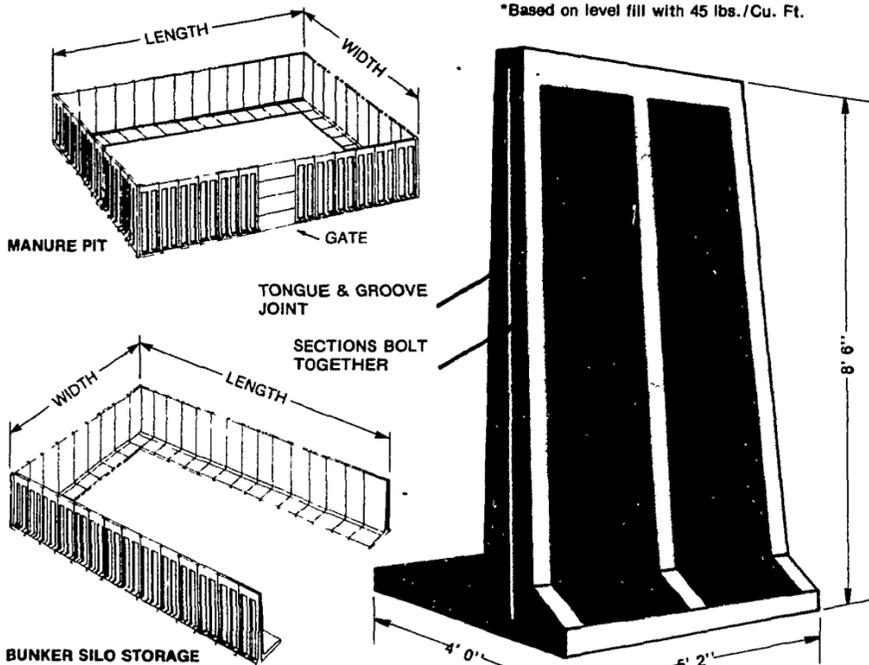
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90'	323	485	648	808
100'	359	539	720	900
110'	395	593	792	989
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