

# Lancaster Farm Women Society 22 publishes third cookbook

BY SUZANNE KEENE

LANCASTER — Simple, easy-to-follow recipes that use basic ingredients are part of the reason the Lancaster Society of Farm Women Number 22 has been so successful in publishing cookbooks. The society recently published its third cookbook, "Dinner Bell Encore," which became available for the first time this week.

"People like our recipes because they're down to earth," said Barbara Martin, a member of the cookbook committee who typed the 300-page book herself.

The recipes call for ingredients that most cooks have in the cupboard and are easy to follow, she continued.

Nancy Witmer, another committee member, has distributed copies of the previous two cookbooks to countries as far away as Africa, Germany and Switzerland.

"She really has sent them far and wide," Barbara said. And despite all the work involved in processing mail orders, Barbara said Nancy has never complained or asked for assistance.

"She really likes it," she said.

The six-member cookbook committee put a lot of hard work into the book, first deciding what categories to include and then soliciting recipes from the group's 28 members. The committee added a new slim gourmet section which includes recipes for low-calorie, low-sodium dishes like Noodles and Broccoli Casserole and California Orange Chicken Salad, Barbara said.

"Everybody's thinking a little more about nutrition now," she explained.

Some recipes contain microwave instructions, but the committee decided against making microwave recipes a separate section because they thought the recipes would get more use if they were included in the other sections.

"We do have a lot of recipes that give microwave directions," she said, adding that many of the recipes have directions for both conventional and microwave ovens.

Once they agreed on the categories, the committee asked each society member to submit five recipes a month from April to December. The response was good, Barbara said, and the completed cookbook ended up with more recipes than the committee had anticipated.

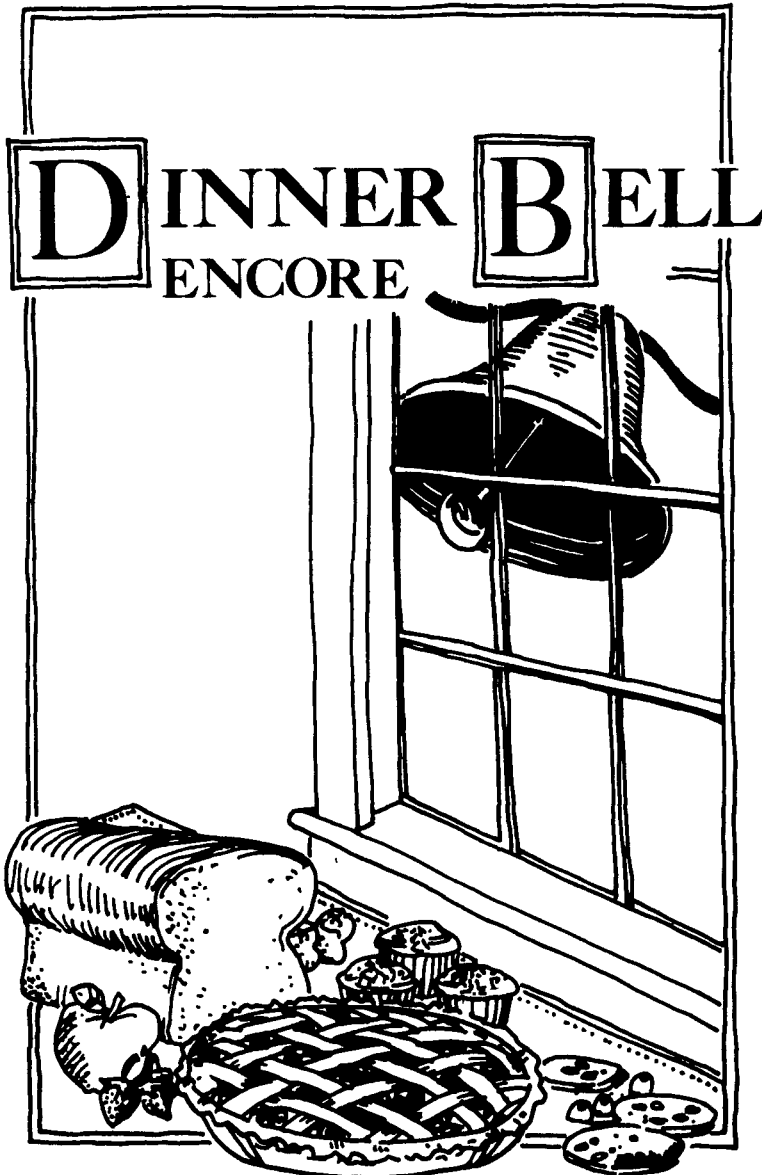
As the recipes came in, the committee filed them according to category. Barbara said she frequently updated the group on the number of recipes coming in for each category to assure a similar number of recipes in each section.

As the recipes came in the committee proofread them to make sure that no obvious ingredients were missing, to eliminate duplicates, and to screen out recipes that were in the previous cookbooks.

The next major task in the project - typing all 600 recipes - fell to Barbara. She estimates that she spent 300 to 350 hours typing, but added that she did not keep an accurate record of her hours. While Barbara says that she would not want to type another cookbook, she said she wouldn't mind working on another cookbook in a different capacity.

When the recipes were typed, they were proofread once again for errors.

"There really is a lot of time spent on each recipe," Barbara emphasized.



Another new feature in this cookbook is a complete index, which was a very time-consuming project, Barbara said. The committee spent one whole week on this project, putting each recipe title on an index card with all possible index listings. In the limited time she has had the cookbook, Barbara said she has found the index accurate and helpful.

The society ordered 2,000 copies of the book in the first printing, and plan to sell most of them by the end

of the summer. The cookbook is available in selected gift shops in the county and from the society. Anyone interested in ordering a copy should contact Barbara Martin at (717) 569-1953.

Proceeds from the book go to a number of charities, Barbara said. In the past the society has helped local cancer and crisis victims and supports a girl in Guatemala.

"We really like to help local people," Barbara said, "But there are still other needs that we don't see around us."

## Wayne County plans Conservation Camp

WAYNE COUNTY — The 1984 Wayne County Conservation Camp will be held from June 24 to June 30 at Lecawac Sanctuary, located near Lake Wallenpaupack.

This week-long camp is a "hands-on" program designed to teach the basics of water use, water sampling and water study, forestry, ecology, wildlife, firearm safety and use, land use, water quality evaluation, conservation of soil and water, habitat improvement and study, and much more.

Any boy or girl between the ages of 13 and 15 with a keen interest in learning more about the environment and how it functions, is encouraged to sign up for this conservation camp.

The cost for the entire week of camp is \$100 per camper. A sponsoring organization in Wayne County will pay \$75.00 of this fee. The balance of \$25.00 will be paid

by the camper. Sponsoring organizations in Wayne County include: The Farmers & Merchants Bank, Honesdale Women's Club, Hewley Women's Club, Wayne-Pike Audubon Society, Galilee Hunting Club, Soil Conservation Service, Wayne Conservation District, Wayne County Sportsmen's Association, Lacawac Sanctuary and Wayne County Extension Service.

The Wayne County Conservation Camp will be a challenging, exciting learning experience for all young people with a strong desire to broaden their knowledge of the environment.

For additional information or an application for this conservation camp, please contact the Wayne County Extension Office by dialing 253-5970, ext. 114, or visit the Extension Office which is located in the basement of the Wayne County Court House.

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