

Chester Names Dairy Cook-Off Winners

BY MARJORIE KEEN
Chester Co. Correspondent
GUTHRIESVILLE (Chester)—Lo-Cal Corsican Chicken won Cindy McGrath of West Chester a 200 dollar shopping spree at Cropper's Market, Guthriesville, last Saturday. It was Chester County's First Ever Low-Calorie Dairy Recipe Contest cook-off. McGrath was awarded first prize following judging at the Brandywine Hospital and Trauma Center Strawberry Festival on the hospital grounds in Caln Township.

Second prize went to Ann Nace of Perkaspie for Shimmering Buffet Mold. Ellie Marsh, Lewistown, placed third with Chicken Surprise.

Sandra Rygle of Carmichaels took fourth prize with Scallop Bake with Wine. Her husband Stanley's Mexican Style Quiches placed fifth. And Baked Fish was sixth prize winner for Dorothy Johnson of Downingtown.

Dave Burkhardt, Brandywine Hospital chef; Mary Ann Cleary, Dairy Council; Bob Cropper of Cropper's Market; and Valerie Nartowicz, Brandywine Hospital Weight Control Program, judged the dishes for effective use of low fat dairy products, taste and visual appearance. The judges also con-

sidered originality, creativity, ease of preparation and nutritional quality.

The contest was sponsored by Brandywine Hospital, its Weight Control Program and the county and state dairy promotion programs.

Donated prizes, in addition to the shopping spree at Cropper's, included a 50 dollar savings certificate from the Bank of Lancaster; a box of steaks from Toby Hill Farms, Honey Brook; a year's supply of ice cream from Turkey Hill Dairies, Lancaster; a set of saute pans from E.H. Keen and Son, Parkesburg; and a 20 dollar gift certificate from Acme Markets, Philadelphia. For the first prize recipe, turn to page B6 "Featured Recipe." Other winning recipes follow.

Shimmering Buffet Mold Ann Nace, Second Prize

- 1 pint cream-style cottage cheese
- ¼ cup milk
- 1 envelope unflavored gelatin
- 2 tablespoons chopped chives
- ¼ cup chopped pimento
- 3 tablespoons finely chopped pecans
- 1 tablespoon grated lemon rind
- 2 3-ounce packages lemon flavored gelatin
- Mix unflavored gelatin and

milk. Heat until gelatin is dissolved. Add to cottage cheese. Stir in chives, pimento, pecans and lemon rind. Let stand at room temperature. Prepare lemon flavored gelatin according to package directions, but using 1½ cups water for each package. Chill until mixture is slightly thickened. Fill lightly oiled 1½ quart mold with alternate layers of cottage cheese mixture and lemon flavored gelatin. Chill until firm, about 3 hours. Serve with cheese crackers, radishes, parsley and lettuce.

Chicken Surprise

Ellie Marsh, Third Prize

- 2 slices low fat cheese
- 4 boneless, skinless chicken breasts, pounded to ¼ inch thickness
- ½ teaspoon sage
- 1 tablespoon flour
- 1 10-ounce box frozen broccoli spears
- 1 8-ounce pack low calorie Swiss cheese or shredded taco cheese
- ¼ cup dry white wine
- ½ cup half and half
- 1 tablespoon minced parsley
- 2 tablespoons butter
- ¼ cup chopped onions
- Salt to taste
- 1 small jar or can sliced mushrooms



The six finalists in the Chester County Low Calorie Dairy Recipe Cook-Off were (left to right) Ellie Marsh, Lewistown; Sandra Rygle, Carmichaels; Cindy McGrath, West Chester; Stanley Rygle, Carmichaels; Ann Nace, Perkaspie, Dorothy Johnson, Downingtown.

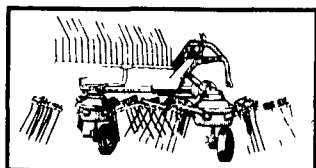
1 teaspoon ground pepper
 Preheat oven to 375 degrees F. Cook broccoli for 4 minutes, drain and cool. Spray Pam on pan or baking dish and add 1 teaspoon butter, melted, to bottom. Place broccoli and shredded cheese on each chicken breast and roll up. Bake in prepared pan or dish, covered with foil for 15 minutes. Uncover and bake 30 minutes longer.

Meanwhile, in medium saucepan, melt 1 tablespoon butter and add chopped onions. Cook for 3 minutes. Add mushrooms and cook 2 minutes longer. Stir in flour and heat, stirring constantly, for 1 minute. Slowly add half and half and wine (if desired) until smooth. Bring to a boil and stir until thick. Season with salt and pepper. Add two slices cheese, broken into pieces, and stir until blended. Pour over baked chicken or serve separately. Garnish with parsley.

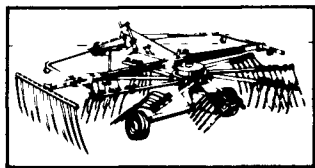
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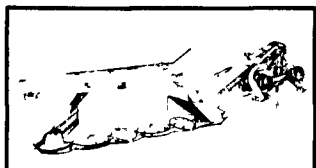
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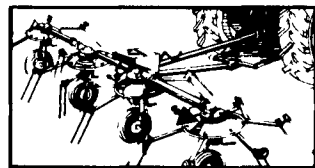
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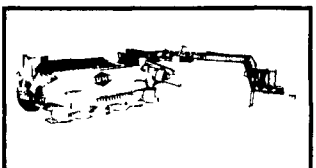
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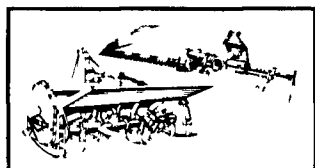
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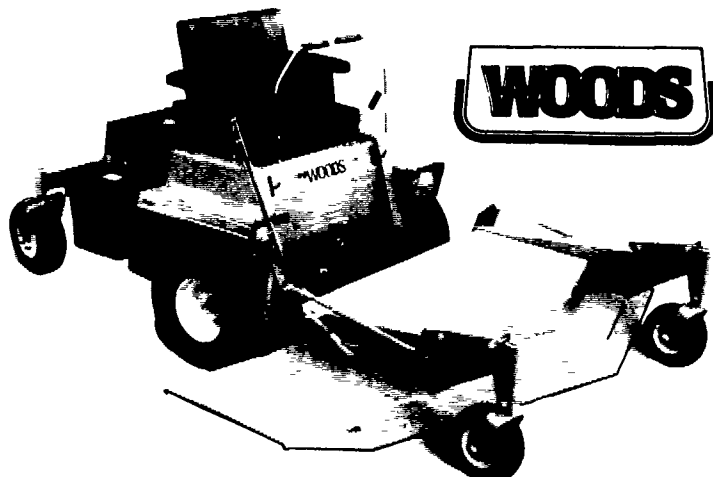


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HALIFAX (Dauphin) — A panel of experts will teach on farm financing, stress management, insurance, liability, bankruptcy, and the role of Christians in influencing farm policy on the weekend of August 12 through 14 at Camp Hebron's 7th Annual Farmers' Retreat. Pastor Raymond E. Kauffman of Mifflintown, PA will bring a spiritual emphasis to the weekend.

The presentation on farm financing will be led by Keith Silsee of the Lebanon County Farm Credit Bureau; stress management will be taught by Leon M. Hoover, a counselor at Philhaven Hospital; and John B. Shenk of the Office of Sharing Plan for Lancaster Conference will discuss insurance, liability, and bankruptcy. C. Herbert Zeager of Turbotville, PA will share on the role of Christians in influencing farm policy, and Wilma Kauffman will lead a discussion on women's interests.

Because the retreat is designed to meet farmers' needs for physical and spiritual refreshment as well as their need to be informed, large blocks of time will be set aside for rest and recreation. Swimming, boating, horseback riding and hiking are all available at Camp Hebron, a 300-acre camp located 20 miles north of Harrisburg, PA. Further information can be obtained by calling 717-896-3441.