

# DASHING THROUGH THE SNOW.



The storm will pass. And thankfully, so will a Kubota snowblower.

We have snowblowers that attach to most Kubota diesel tractors, and they are a cinch to operate. They clear snow from driveways, roads or parking lots. Break up and clear heavy drifts. And the large diameter chutes give you excellent control of casting distance.

So next time the forecast calls for snow, relax. It'll blow over. With a little help from Kubota.

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# PUT ONE UNDER THE TREE.



Get something for your Christmas trees that you know will fit. A Kubota B-Series tractor.

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They come with standard features like front and rear PTO, 3-cylinder diesel engines, 3-point hitches and more. Plus you can choose 4-wheel drive, standard shift or hydrostatic transmission to make your B-Series tractor even more maneuverable.

This year, there's only one tractor that belongs under your trees. It's a Kubota.

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## Learn Menu Planning

SCRANTON (Lackawanna Co.) — Have you ever looked in your cupboards and wondered, "What am I going to have for dinner? There just doesn't seem to be anything I can pull together for a nutritious meal."

Menu planning and wise food buying are necessary in planning healthy meals for your family. By planning and shopping wisely, you can make meals from what's on hand and avoid making unnecessary trips to the grocery store. This helps you save valuable time and effort. You can also plan for your leftovers which will save you time and energy later in the week.

Menu planning also helps to increase variety in your diet. You can plan your diet making sure that all of the four food groups are represented each day. By eating the appropriate servings from the major food groups, you will consume the necessary nutrients needed for good health.

If you would like some help in planning meals and are on a limited income, contact the Penn State Cooperative Extension office at 963-6842 to enroll in our EFNEP program. EFNEP (Expanded Food and Nutrition Education Program) is a free program which helps limited income families with young children improve food buying skills and teaches them how to plan and pre-

pare nutritious meals.

Below are recipes from some basic ingredients which you probably have on hand in your kitchen. These are from our EFNEP materials and are among the many recipes that are EFNEP nutrition advisors give to families in the EFNEP program.

### Magic Mix Makes 5 Cups

4 cups instant nonfat dry milk powder

1 cup flour or 1/2 cup cornstarch

1 cup (2 sticks) margarine

Measure ingredients. Combine dry milk, flour or cornstarch, and margarine into large bowl. Use 2 knives to cut margarine into small bits. Continue to cut margarine into dry ingredients until mixture resembles cornmeal. Keep mix in tightly covered container in refrigerator.

### Magic Pudding From Magic Mix Serves 4

1/2 cup sugar

2 cups Magic Mix

2 cups water

1 tsp. vanilla

Combine Magic Mix, sugar, and water in saucepan. Stir over medium heat until pudding bubbles. Add vanilla and stir. Cover and cool. Serve when cool.

For chocolate pudding: Add 2 tablespoons cocoa to sugar and follow directions above.

### PICTURE-PERFECT WREATHS

Materials:

pencil

coffee cup (about 3 1/2" across)

felt

pinking shears

top to baby-food jar

Tacky Glue

scissors

ribbon bow

sequins

toothpick (for picking up sequins)

picture of child

ribbon for hanger

1. Draw around the coffee cup on felt. Using the pinking shears, cut out the felt circle.

2. Place the jar top in the center of the felt circle. Draw around the top. Using scissors, cut out the circle to make a wreath.

3. Glue the bow at the bottom of the wreath. Glue sequins for berries around the wreath. Let the glue dry.

4. Draw around the coffee cup on felt to make another circle. Use pinking shears to cut out the circle.

5. Glue the picture to the felt circle. At the top of the circle, glue the ends of the ribbon hanger. Put glue around the edges of the circle. Place the wreath on top. Let the glue dry.



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