

Canning For The Diabetic

(Continued from Page B8)

French Pickles

- 1 quart carrots (diced)
- 1 quart celery (cut fine)
- 1 quart lima beans (small)
- 1 quart small green cucumbers (cut fine)
- 1 quart corn (cut from cob)
- 1 quart onions (chopped fine)
- 1 quart green tomatoes (sliced fine)
- ½ quart sweet red peppers (cut fine)

Cook each vegetable separately until vegetables are barely tender. Season to taste with salt. Drain well. Add:

- ½ cup white mustard seed
- ½ cup turmeric
- 1 ounce celery seed

Mix thoroughly, cover with vinegar and let come to the boiling point, stirring frequently. Pack into sterilized jars to within ½ inch of top. Process in boiling water bath 10 minutes.

Sweet Spiced Pickles

- 5 pounds small cucumbers
- ½ cup salt
- 2 cups vinegar
- 2 cups water
- 3-4 tablespoons artificial sweetener
- 1 teaspoon cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves

Scrub cucumbers, place in bowl with salt and add 3 cups water. Let stand 24 hours. Rinse in cold water, then in boiling water, drain. Pack cucumbers in sterilized jars to within ½ inch of top. Combine remaining ingredients, bring to a rapid boil. Pour over cucumbers to within ½ inch of top. Put on cap, screw band firmly tight. Process in boiling water bath 10 minutes. Yield: 8-10 pints.

Grape Jelly

- 2 tablespoons unflavored gelatin
 - 1 pint & 8 oz. unsweetened grape juice
 - 2 tablespoons lemon juice (strained)
 - 2 tablespoons artificial sweetener
- In kettle, soften gelatin in grape juice and add lemon juice. Bring to a boil, dissolving gelatin. Boil 1 minute. Remove from heat. Stir in liquid sweetener. Pour into sterilized jelly glasses or half-pint jars to within ½ inch of top. Cover with paraffin or put on cap, screw band tight. When cool store in refrigerator. Yield: 4 half-pints.

Tomato Sauce

- 18 tomatoes
 - 2 green peppers
 - 2 medium onions
 - 3 tablespoons artificial sweetener, or to taste
 - 2 teaspoons salt
 - 1 teaspoon ground cinnamon
 - ¼ teaspoon ground cloves
 - 1 teaspoon allspice
 - 2 cups vinegar
- Peel, core, and chop tomatoes. Chop peppers and onions fine. Combine all ingredients. Boil slowly 4 hours or until thick. Fill boiling hot to within ½ inch of top of jar. Process 10 minutes in boiling water bath.

Grape Jelly

- Made with Commercially Canned Juice
 - 1½ cups grape juice
 - ½ pkg. powdered pectin (2 tablespoons)
 - 1¼ teaspoon artificial sweetener
 - ¼ cup glycerine (6 oz.)
- Simmer grape juice about 3 minutes. Add powdered pectin and glycerine stirring constantly. Bring to a full, rolling boil and boil 1 minute. Remove from heat, add artificial sweetener. Pour into sterilized jelly glasses or half-pint jars to within ½ inch of top. Cover with paraffin or put on cap, screw band tight. When cool store in refrigerator. Yield: 1½ half-pints.

Apple Jelly

- Made with Commercially Canned Juice
 - 2 tablespoons unflavored gelatin
 - 1 quart unsweetened apple juice
 - 2 tablespoons lemon juice (strained)
 - 2 tablespoons artificial sweetener
- In kettle soften gelatin in apple juice and add lemon juice. Bring to a boil dissolving gelatin, boil 1 minute. Remove from heat. Stir in liquid sweetener. Pour into sterilized jelly glasses or half-pint jars to within ½ inch of top. Cover with paraffin or put on cap, screw band tight. When cool store in refrigerator. Yield: 4 half-pints.

Cook's Question

(Continued from Page B8)

ANSWER — Roland Kamoda wanted a good, hot sauce recipe. Thanks to Esther Burkholder, New Providence, for sending a recipe her family likes.

Hot Sauce

- 16 cups peeled, chopped tomatoes, drained
 - 2 cups chopped onion
 - 2 cups chopped green pepper
 - 1 cup green chili peppers, chopped
 - 8 small cloves garlic, minced
 - 2 teaspoons salt
 - 2 teaspoons chile powder
 - 1 teaspoon ground cumin
 - 2 12-ounce cans tomato paste
- Combine all ingredients. Simmer uncovered for 30 minutes. Put in jars and process 15 minutes. Yields 8 to 10 pints.
- Variation: For a real hot sauce, add all hot peppers instead of sweet green peppers.

B&B

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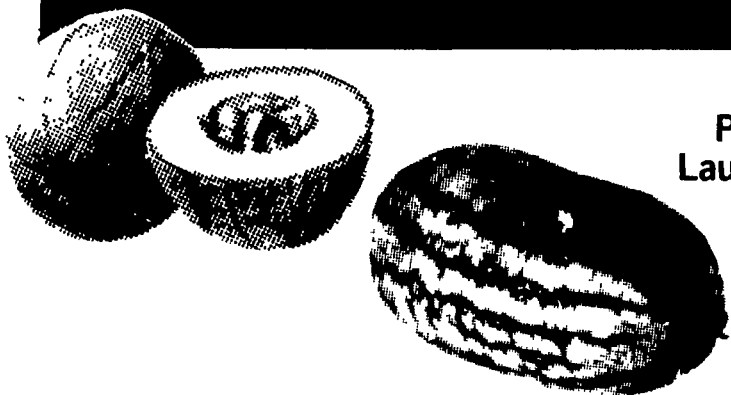
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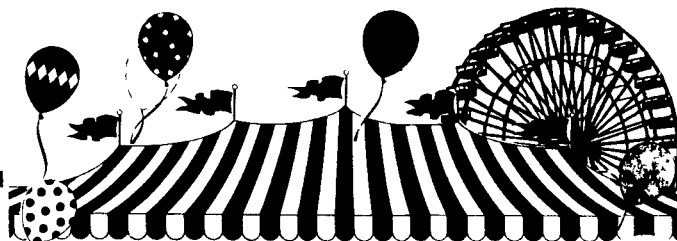
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LEBANON AREA FAIR

July 27 - August 2

August 3 - 7:30 p.m. - DEMOLITION DERBY and FIREWORKS
Tractor Pulls and Demo Derby (\$5.00 at track)

Sunday, July 28th - NO ADMISSION CHARGE

Mon, July 29th thru Fri, Aug 2nd - \$2.00 Daily - 12 years and over
Sat thru Tues 1:00 to 8:00, Fri 7:00 to 10:00 - Chain Saw Carver

MON. Thru FRI. - SKLAR EXOTIC PETTING ZOO & PIG RACING

EXCEPTION - THURSDAY, AUGUST 1st -- Your Chicken Bar-B-Q ticket will be same as admission ticket or FREE admission with purchase of Chicken Bar-B-Q tickets at gate while they last. All others - \$2.00 per person - 12 years & over!

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|--------------------|---|
| Saturday, JULY 27 | 8:00 a.m. - 2¼ Mile Fun Run |
| | 10:00 a.m. - Rabbit & Cavy Show |
| | 1:00 p.m. - Poultry Show |
| | 3:00 p.m. - Exhibit Building Judged & Open |
| | 4:00 p.m. - Isshinryu Karate School Demonstration |
| | 5:00 p.m. - Crown Fair Queen |
| | 6:00 & 8:00 p.m. - Paula Frasier and the Montana Band |
| | 7:00 p.m. - Intermission Cake Auction |
| Sunday, JULY 28 | 10:00 a.m. - Main Exhibit Building Open |
| | 10:00 a.m. - Craft Show in Show Tent |
| | 11:00 a.m. - 2:00 p.m. - Ham Bar-B-Q |
| | 12:30 p.m. - Horse Club Demonstration (Horse Ring) |
| | 1:00 p.m. - Dog & Pet Show (Horse Ring) |
| | 1:00 p.m. - Volleyball Tournament |
| | 2:00 p.m. - Music by Mark Rissinger (Gospel & Country) |
| | 3:00 p.m. - Extra Special "Seeing Eye Puppy" Demo |
| | 7:00 p.m. - Vesper Service with Jacob Ensminger Family |
| Monday, JULY 29 | 8:30 a.m. - 4-H & FFA Swine Show |
| | 9:00 a.m. - 4-H & FFA Showmanship and Fitting Contest |
| | 5:00 p.m. - Breeding Sheep & Dairy Goat Show |
| | 6:30 & 8:00 p.m. - Boombas Band in Pavilion |
| | 7:00 p.m. - Truck Pull And Monster Truck Racing, \$5.00 |
| Tuesday, JULY 30 | 9:00 a.m. - Dairy Type Show (Open & Youth) |
| | 2:00 p.m. - Senior Citizens Young at Heart Dance Group |
| | 5:30 p.m. - Sheep Lead Line Class |
| | 6:30 & 8:00 p.m. - "Energy" Youth Entertainment in Pavilion |
| | 7:00 p.m. - 4-H Best Bred and Owned followed by Selection of Supreme Champion |
| | 7:00 p.m. - Tractor Pulls, 4x4 Truck Pulls And 2 WD Trucks |
| Wednesday, JULY 31 | 12:00 p.m. - Beef Show |
| | 6:00 p.m. - Sheep Blocking Contest |
| | 6:30 p.m. - Big Wheel Races (Track) Followed by |
| | 7:30 p.m. Farmers Contest Night |
| | 7:30 p.m. - Hoedown - Glenn Eckert and the Hayseeds - Caller Ken Saul |
| Thursday, AUGUST 1 | 1:00 p.m. - Farmers Tailgate Market |
| | 2:00 p.m. - 8:00 p.m. - Chicken Bar-B-Q |
| | 6:00 p.m. - Market Lamb Show |
| | 6:30 & 8:00 p.m. - "The Hubcaps" in the Bandstand |
| | 7:00 p.m. - 4-H Auction |
| Friday, AUGUST 2 | 9:00 a.m. - Open Holstein Show |
| | 6:00 p.m. - Livestock Sale (Green Building) & World's Largest Sausage Pattie |
| | 6:30 & 8:00 p.m. - Music by "The Nichols" |