

Pa. Arts And Crafts

HARRISBURG (Dauphin Co.)— The Pennsylvania Farm Show Complex will be the scene of the 10th Annual Pennsylvania National Arts & Crafts Show. This show is one of the largest craft shows in America held under one roof, featuring over 340 of the finest artists and craftsmen from throughout the U.S. and Canada.

This is a jurored show based on originality, creativity, quality of work, plus general show appeal. Every category within the craft field is included. You'll find items such as jewelry, quilts, handwoven clothing, leather, wood inlays, furniture, pottery, wood carving, rug making, calligraphy, art, and many other items.

A 600-seat cafeteria and three luncheonettes will be in operation during the show hours. There will be ongoing demonstrations throughout the show, allowing the public to observe first hand how the craft is produced.

The doors will be open Friday, March 27, at 10:00 a.m. until 8:00 p.m.; Saturday, March 28, from 10:00 a.m. until 8:00 p.m.; and Sunday, March 29, from 10:00 a.m. until 5:00 p.m. Admission is \$4 for adults, children under 12 years \$3, and admission is free to children under 6 years. Don't miss this opportunity to attend this wholesome and educational event... a show the entire family will enjoy! There is no charge for parking at the Farm Show Building.

For information, contact the Pennsylvania National Arts & Crafts Show, Box 449, New Cumberland, PA 17070, telephone (717) 763-1254.

Cook's Question

(Continued from Page B9)

Kentucky Fried Chicken

9-pieces chicken
3 cups self-rising flour
1 tablespoon paprika
2 Lipton tomato cup of soup (powder)
2 packages Good Season Italian dressing (powder)
1 teaspoon salt
Rinse chicken in water. Drain. Baste with butter. Roll in flour mixture. Place on greased cookie sheet. Bake at 350 degrees for about 1 hour or until brown. (Do not turn pieces. May drizzle with bottled liquid margarine). For extra crispy: dust pieces in a bit more flour mixture and drizzle with more margarine to build up coating during baking. Serves 4 to 6.

ANSWER — Orlea Hartman, Alexandria, Va., requested a recipe substitute for sweetened condensed milk that could be used by diabetics. She would also like more low sugar and low fat, recipes. Although many recipes were sent in for a sweetened condensed milk substitute, they all required sugar. Here are low-fat, low-sugar recipes from a reader whose name was not included on the recipes. Readers, please make sure your name and address is written on each page of recipes that you send in so that we can give you credit.

Oatmeal Raisin Cookies

Non-stick cooking spray
1 cup flour
1 cup quick oats
½ cup sugar
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon cinnamon
2 egg whites
½ cup light or dark Karo corn syrup
1 teaspoon vanilla
½ cup raisins
Spray cookie sheets
In large bowl, combine dry ingredients. Stir in egg whites, corn syrup and vanilla until well blended. Add raisins. Batter will be stiff. Drop by rounded teaspoonsful onto prepared cookie sheets. Bake at 375 degrees for 10 minutes or until firm. Do not overbake. Remove. Cool. Makes 2½ dozen.

Pumpkin Bran Muffins

Non-stick cooking spray
1½ cups flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
2 egg whites
1 can pumpkin
1 cup high-fiber bran cereal shreds
¼ cup skim milk
½ cup Karo, light or dark
Spray 12 muffin cups. In bowl, combine flour, sugar, baking powder, baking soda, salt, and cinnamon. In large bowl, using a fork or wire whisk, beat egg whites lightly. Stir in pumpkin, cereal, milk, and corn syrup. Add flour mixture, stir until well blended. Spoon into prepared muffin cups. Bake at 400 degrees for 18 to 20 minutes or until lightly browned and firm to touch. Cool in pan 5 minutes. Remove; Cool.

Applesauce Cookies

1½ cups cake flour
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
1 teaspoon baking soda
½ cup butter
1 tablespoon liquid sugar substitute
1 egg
1 cup dietetic applesauce
½ cup raisins, optional
1 cup All-bran cereal
Sift together flour, salt, cinnamon, nutmeg, cloves, and baking soda. Beat eggs until light and fluffy. Add flour mixture and applesauce alternately, mixing well after each addition.
Fold in raisins and cereal. Drop by tablespoonful onto non-stick cooking sprayed cookie sheets. Bake at 375 degrees for 20 minutes or until golden brown. Makes 4 dozen cookies. 39 calories each.

ANSWER — Barbara Randall, Holcomb, N.Y., wants to make a flavored coffee mixture similar to General Foods International coffees. She would like to use non-fat dry milk to replace the non-dairy cream in the commercial mixture. Thanks to Susan Breckbill, Lincoln University, for sending two recipes.

Cafe Cappuccino

½ cup instant coffee
¾ cup sugar
½ teaspoon orange peel
1 cup nonfat dry milk
Combine and store in airtight container. For one serving use 2½ to 3 tablespoons of mix to 1 cup boiling water. Serves 10.

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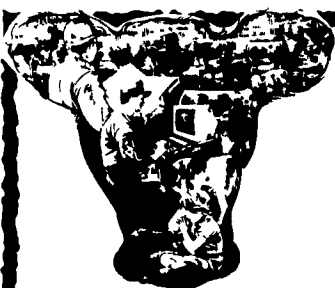
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