

4-H'ers Sharpen Speaking Skills Through Dale Carnegie Course

UNIVERSITY PARK (Center Co.) — 4-H members have many opportunities to acquire abilities they can use throughout their lives. Pennsylvania 4-H'ers can sharpen their public speaking skills by participating in one of the nation's leading communication workshops at a reduced cost.

"Through a cooperative arrangement with the Dale Carnegie Program, Pennsylvania 4-H'ers have a unique chance to

get experience and confidence in public speaking," says Dr. Robert Lewis, professor of 4-H and youth development in Penn State's College of Agricultural Sciences. "The Dale Carnegie Course is offered through 4-H in different regions of Pennsylvania several times each year."

Building on techniques introduced in Dale Carnegie's "How to Win Friends and Influence People," the 14-week course helps

participants develop confidence, express themselves clearly, maintain poise under pressure and motivate themselves and others.

The class meets once each week. Participants learn communication skills during the session, then apply the new skills during the rest of the week for homework. Each participant addresses the class at least once each week, gaining practice in public speaking in a friendly, supportive

atmosphere.

"I took the course myself, and it was one of the best classes I've ever attended," Lewis says. "It's an excellent way for young people to improve their communication skills. Through 4-H, teens have a chance to take the course at a reduced cost."

After a trial run in 1987, a sponsorship arrangement between Penn State and the Dale Carnegie program brought the price within reach of 4-H'ers. Over the past five years, more than 350 youth from across the state have completed the course.

For more information about the

course's availability through 4-H, contact your county's Penn State Cooperative Extension office.

You can learn about other opportunities in 4-H during Pennsylvania 4-H Week, March 15-21. Since the late 1970s, the event has marked the start of the new 4-H program year.

"In early March, local 4-H clubs enroll new members and gear up for the rest of the year," says Dr. Anne Heinsohn, associate professor of extension education. "Pennsylvania 4-H Week gives members a chance to celebrate and let others know about what 4-H has to offer."

Plans Gardening Demonstrations

the topic on April 14. Early spring vegetables such as cabbage, broccoli, and spinach will be discussed on April 28. Soil mixes, pots, and planting combinations to create beautiful gardens in containers will be explored on May 12. On May 19 techniques to properly

prune and rejuvenate azaleas will be demonstrated.

The demonstrations are free with admission to the Gardens and reservations are not necessary.

Longwood Gardens is open daily from 9 am - 5 pm (6 pm April - October). Admission is \$10 for

adults, \$2 for children ages 6-14, and free for children under age 6. The Gardens are located on US Route 1, three miles northeast of Kennett Square, PA. For more information, telephone (215) 388-6742.

Teens Wanted For Conservation School

LANCASTER (Lancaster Co.) — If you are between the ages of 14 and 16 and are looking to further your understanding of conservation and environmental stewardship, then you should consider attending the 1993 Lancaster County Youth Conservation

School. Now in its 15th year of operation, the school is a joint effort between the Lancaster County Conservation District, the Federated Sportsmen of Lancaster County, and local environmental organizations.

The resident school will be held July 25-31, at the Northern Lancaster Game and Fish Protection Association grounds. Sponsorships are available. For more information contact Nevin Greiner at the Lancaster Conservation District office (717) 299-5361.

Cook's Question

(Continued from Page B14)

ANSWER — Carol Grove, Sommerville, Va., wanted a cake recipe using applesauce in place of vegetable oil. Also, Carla Lea Hestand, N. Newton, Kan., wanted recipes that use applesauce as a main ingredient or as the primary sweetener. Thanks to Florence Martin, Milton; Tina Forry, Quentin; and Peg Koser, Lancaster; Barbara Muir-Darby, and many others for sending recipes. Tina writes that she substitutes applesauce for every cake recipe that lists vegetable oil as an ingredient. She, Barbara, and Rose wrote that you can call 1-800-BAKE-LITE for recipes using Mott's applesauce, which is fat and cholesterol free with only 50 calories per 4 ounce serving. According to Mott's, you can substitute natural applesauce for an equal amount of oil in yellow or white packaged cake mixes and follow package directions. It's that easy to save 72 grams of fat and 607 calories per cake. Here are a few recipes.

Black Magic Cake

2 cups sugar
1 1/2 cup flour
3/4 cup cocoa
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
2 eggs
1 cup strong black coffee or 2 teaspoons powdered instant coffee plus 1 cup boiling water
1 cup buttermilk or sour milk
1/2 cup applesauce
1 teaspoon vanilla
Heat oven to 350 degrees. Grease and flour 13x9-inch baking pan or two 9-inch round. In large mixing bowl, blend sugar, flour, cocoa, baking soda, baking powder, and salt. Add eggs, coffee, milk, applesauce, and vanilla; beat on medium speed for 2 minutes (batter will be thin). Pour into pans. Bake 30 to 35 minutes for round pans, 35 to 40 minutes for rectangular pans.

Chocolate Applesauce Cake

1 1/2 cups granulated sugar
1/2 cup margarine
2 eggs
1 teaspoon vanilla
2 cups applesauce
2 cups flour
2 tablespoons cocoa
1 teaspoon salt
2 teaspoons baking soda
Beat eggs, add sugar, margarine, and salt; beat well. Sift together dry ingredients; add to egg mixture. Add applesauce and beat well. Pour into cake pan.

Topping:

1 cup chocolate chips
3 tablespoons confectioner's sugar
1/2 cup chopped nuts
Sprinkle chocolate chips, confectioner's sugar, and walnuts on top of batter. Bake at 350 degrees for 20 minutes or until toothpick comes out clean.

Florence writes that she prefers to use cooked, mashed pumpkin in place of applesauce, which works just as well.

Pumpkin Cake

Beat:

4 eggs
1 1/2 cups sugar
1 cup applesauce
2 cups pumpkin
Beat until light and fluffy. Add:
2 cups flour
2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon salt
1 teaspoon baking soda
Beat well. Bake in 13x9-inch ungreased pan for 25 to 30 minutes. It tastes great unfrosted, but you may frost with the following.

Icing:

3-ounces cream cheese, softened
1/2 cup butter, softened
1 teaspoon vanilla
2 cups confectioner's sugar



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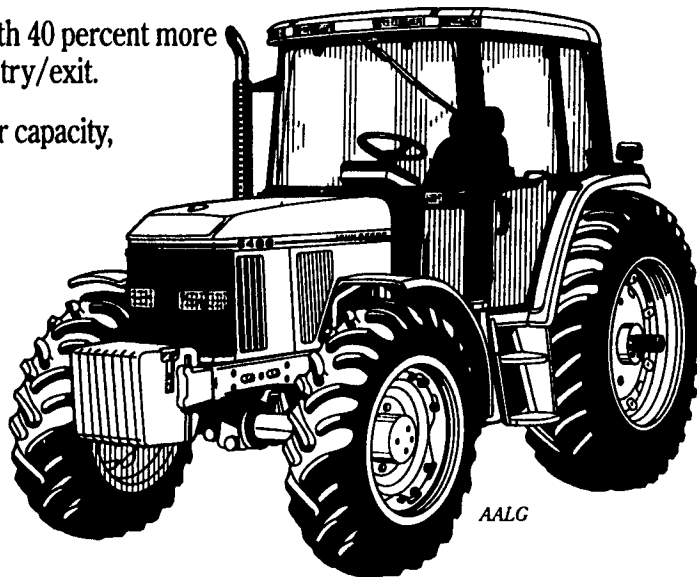
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