



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

LET'S DO BRUNCH

Celebrate this spring season of fresh fruits and vegetables with fresh and healthful ideas for brunch. Whether it is a formal indoor affair or a casual get-together for friends and family, brunch with its flexible menu, is sure to please everyone.

Toast the morning with eye-opening beverages. Enjoy vitamin-rich fruit coolers by blending juices with fruits. Try cantaloupe with pineapple juice and orange juice, or strawberries with orange or lemon juice, or a mixture of both.

For a unique twist, blend 16 ounces lowfat or nonfat strawberry yogurt, one-half cup cran-

raspberry or cran-apple juice and two sliced bananas until smooth. This can also be served as a fruit soup.

With no specific rules for brunch, almost anything goes. Prepare extraordinary eggs. Saute sliced zucchini, mushrooms and chopped onions in a non-stick skillet until tender. Add tomato wedges and cook until heated through. To veggies with scrambled eggs and garnish with fresh basil and a touch of Parmesan cheese. If you are watching your cholesterol you may substitute one-fourth cup cholesterol-free egg product or two egg whites for each whole egg needed. You may also serve eggs and veggies

over whole-wheat split English muffins, stuffed in pita pockets or rolled in warmed tortillas with a dollop of salsa.

Transform whole-grain waffles and pancakes into savory morning treats. Top them with tasty fruit salsa. Simply combine one pint fresh, diced strawberries, two cored and diced pears and one tablespoon honey. Or try a delicious fruit spread instead: place an 8-ounce container of lowfat vanilla yogurt on a clean coffee paper in a strainer and drain over a bowl overnight in your refrigerator. Combine the "cheese" portion that remains in the strainer with crushed pineapples, fresh sliced strawberries, raspberries or chopped peaches. Add a dash of flavor with cinnamon, ginger or nutmeg.

Impress your guests with innovative jumbo muffins. Start with your favorite lowfat, whole-grain muffin recipe. Bake in six-ounce custard cups or muffin tins. Remove muffins from pans after cooling slightly, slice off tops and hollow out. Stuff with chicken or shrimp salad made with lowfat dressing; a potpourri of vegetables sprinkled with lowfat cheese; or any other healthful filling that you

Wyeth Family Dynasty

ELIZABETHTOWN (Lancaster Co.) — The Wyeth tradition in art and the richness of the Brandywine Valley Heritage will be discussed during a lecture and slide presentation by Cindy Bishop to be held at the Heritage House Museum, 43 East High Street, Elizabethtown, on Thursday, May 6, 7:00 to 9:00 P.M.

The artistic dynasty of the Wyeths of Chadds Ford, began with N. C. Wyeth and has continued with his son Andrew and grandson Jamie. This trio of artists will be featured during the lecture, but the artistic and scientific genius of other family members will also be studied.

The lecture is part of the cultural programming offered at the Heritage House Museum, a non-profit educational corporation which offers historical and cultural educational experiences to the public.

The cost of the lecture is \$5 for non-members and \$3 for members. Pre-registration is required, and space is limited. To pre-register for the program, send your name, address, telephone number, check, and name of lecture to EPA, 220 Anchor Road, Elizabethtown, PA 17022.

**MILK.
IT DOES A
BODY GOOD.**



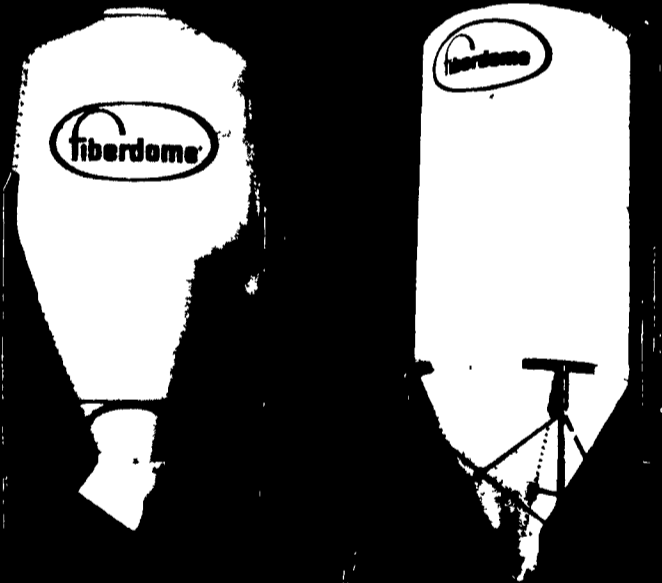
Why settle for 2nd best when Fiberdome now manufactures the most advanced fiberglass bulk bin available!

- Eliminates bridging, won't rust or corrode
- Cuts heat buildup and condensation
- Feed stays fresh in any weather

- Precision engineered for long, long life
- Unique 5-year warranty
- Adaptable to any auger or feeding system

Capacity: From 100 to 10,000 lbs.

Construction: Fiberglass. Material: Fiberglass. Bin: Available.



Write for a full color brochure and a free sample of fiberglass.

The modern material used for high performing bins.



P.O. Box 11 • Lake Mills, WI 53551
(414) 648-8376

...made to last

Contact your nearest dealer.

SOLLENBERGER SILO
Chambersburg, PA
717-264-9588

HOOVER EQUIPMENT
Tyrone, PA
814-684-1777

BIG VALLEY FEED & GRAIN
Belleville, PA
717-935-2163

ROVENDALE AG & BARN SUPPLY
Watertown, PA
717-538-9564

LANCASTER SILO
Lancaster, PA
717-299-3721

BENCE'S FARM EQUIPMENT
Bedford, PA
814-623-8601

NISSLEY FEEDING EQUIPMENT
Willow St., PA
717-786-7654

McMILLEN BROTHERS
Loydsville, PA
717-789-3961

WIGGERS FARM EQUIPMENT
Corry, PA
814-664-2661

DETWILER SILO
Newville, PA
717-776-6321

GNEGY SURGE SERVICE
Washington, PA
412-222-0444

BADGER SALES & SERVICE
Spring Mills, PA
814-422-8279

FICKES SILO CO.
Newville, PA
717-776-3129

BRENNER DAIRY EQUIPMENT
Spartansburg, PA
814-654-7309

SOMMERSET BARN EQUIPMENT
Somerset, PA
814-445-5555

CEDAR CREST EQUIP.
Lebanon, PA
717-270-6600

JAMES L. GOOD SALES & SERVICE
Clarkeburg, PA
412-459-8052

You'll run out of daylight before you run out of ways to use it.



Introducing the AGCO Allis 9650. A tractor with the power and versatility to take on any job you can think of. The 9650 with 147 PTO hp has a reliable Deutz air-cooled engine and the new PowerTECH transmission - the most advanced powershift ever put in a farm tractor. Control 18 forward and 9 reverse speeds with just a tap of your finger. Our cab-forward design, sloped hood and relocated exhaust provide better visibility and a more comfortable ride. Plus, the premium Grammer air-ride swivel seat and exclusive seat mounted control console put everything at your fingertips. So before the sun sets, check out the new 9650 powershift tractor at your AGCO Allis dealer.



For the way you farm today.

SEE YOUR DEALER TODAY

B. EQUIP., INC.
Waynesboro, Pa.
717-762-3193

HERNLEY'S FARM EQUIP., INC.
Elizabethtown, Pa.
717-367-8867

MANOR MOTORS
On Rte. 553
Penn Run, Pa. 15765
412-254-4753

SCHOTT EQUIPMENT SALES
Rte. 18 North
Washington, Pa. 15301
412-222-3780

B.H.M. FARM EQUIP., INC.
Anville, Pa.
717-867-2211

HOLTRY'S EQUIPMENT
Roxbury, Pa.
717-532-7261

NICHOLS FARM EQUIP.
Bloomsburg, Pa.
717-764-7731

C.J. WONSIDLER BROS.
Quakertown, Pa.
215-536-7523

GRUMELLI FARM SERVICE
Quarryville, Pa.
717-786-7318

SANDY LAKE IMPLEMENT
Sandy Lake, Pa.
412-376-2489

New Tripoli, Pa.
215-767-7611
Oley, Pa.
215-987-8257