

# Pa. Dairy Princess Draws Names For Contest Winners

**LOU ANN GOOD**  
Lancaster Farming Staff  
EPHRATA (Lancaster Co.) —  
The time has come to announce the winners of Lancaster Farming's Dairy Recipe Drawing. This is a bittersweet time. It's wonderful to tell those who won the prizes, but difficult that we don't have a prize for everyone because so many of you deserve a prize and have wanted one, but there isn't enough to go around.  
The winning names were picked randomly by Pennsylvania Dairy

Princess Crystal Schweighofer. This does not mean the winners had the best-tasting recipes because we do not have the time and facilities to taste-test them (although I'm certain the winners do have wonderful recipes). Even if you did not win a prize, your recipe is probably greatly prized by someone's family who had the opportunity to try a new recipe because you submitted it.  
And, even if you did not win, wasn't it fun to find new recipes and read the excerpts about each

family? Thanks for doing your part to make this contest the best ever.  
Congratulations to the following winners:  
Rachel Shetterly, Rising Sun, Md.; Linda Geis, Fresno, CA; Marjorie Doland, Slate Hill, N.Y.; Peggy Ladue, Glen Rock; Dottie Kemmerling, New Tripoli; Ephraim Zook, Lititz; Venita Christman, Greencastle; Janet Palmatary, Church Hill, MD; Mrs. Joseph Kiss, Walnutport; Gladys Wright, Glen Rock; Connie Cryder, Lock Haven; Rebecca Zook,

Bethel; Gail Crooke, New Hope; Sue Pardo, Jarrettsville, MD; Mary Litschaur, Revere; Laura Horning, Mifflintown; Sara Eisenhart, Thomasville; Ann Fackler, Lebanon;

Denzal Burkholder, Fredericksburg; Kathy Romberger, Pitman; Eileen Newcomer, Mount Joy; and Heather Purvin, New Hope.

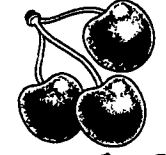
## Wooden Versus Plastic Cutting Boards

For the past several years, U.S.D.A. sanitarians have advised food handlers, both at home and in restaurants, to discard their old wooden cutting boards and to use glass or plastic ones instead. The advantage of such non-absorbent materials is that they are non-porous, easier to clean and, theoretically, easier to keep bacteria-free. In practice, though, University of Wisconsin scientists have found that wooden boards are much safer, so far as bacterial growth is concerned. Even though wood is more porous than plastic, there is something in wood (possible lignin?) that gets rid of bacteria very rapidly. Salmonella and coliform bacteria (the most common dangerous contaminants of poultry and meat) are quickly reduced in number of 99.9 percent on wooden cutting boards or old-fashioned wooden


butcher's blocks. Scored and scratched plastic or glass surfaces, on the other hand, harbor bacteria and permit them to proliferate. Furthermore, the Wisconsin researchers found, glass cutting surfaces have the additional disadvantage of introducing minute glass particles into our food. So, if you have an old wooden cutting board, consider putting it back into use. However, until the Wisconsin research is confirmed, food sanitarians will likely continue recommending plastic or glass cutting boards. Incidentally, most commercially available wooden cutting boards are treated with mineral oil, etc., to render them smooth and shiny. This makes the surface less absorptive and more like that of plastic. Time and wear should take care of this.



Pennsylvania Dairy Princess Crystal Schweighofer draws winning contest entries while Lou Ann Good, staff writer, watches.



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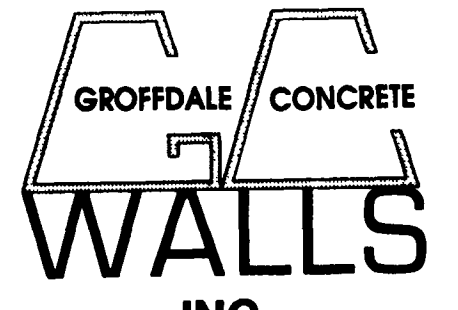
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