

Cook's Question Corner

(Continued from Page B8)

ANSWER — Tina Forry, Quentin, wanted a basic mix recipe to be used instead of Bisquick. Thanks to A.K. from Oxford; Doris Brenize, Shippensburg; Susan Weaver, Richfield; Carol Miller, Hungtingdon; Tammy Fox, Myerstown; and others for sending recipes.

All-Purpose Biscuit Mix

- 8 cups all-purpose flour
- 1½ cups dry milk
- ¼ cup baking powder
- 2 teaspoons salt
- 1½ cup shortening
- ½ cup sugar

Stir dry ingredients until well blended. Cut in shortening until well blended. Store in tightly covered container in a cool place. Makes 10 cups. Use within one month.

Biscuit Baking Mix

- 5 pounds all-purpose flour
- 2½ cups powdered milk
- ¾ cup baking powder
- 2 teaspoons cream of tartar
- ¾ cup sugar
- 3 tablespoons salt
- 2 pounds vegetable shortening

Mix together all ingredients. Store in tight container. Keeps well for 2 months or more. Use with any recipe that asks for Bisquick.

ANSWER — Dorothy Miller, Bruceton Mills, W.Va., wanted a baked squash recipe. Thanks to a McAlisterville reader for sending the following recipe.

Baked Squash

Cut a small squash in half. Place in casserole dish and bake at 350 degrees until soft, about 30 minutes. Scoop out insides and mix with maple syrup until desired flavor. "Delicious," according to the contributor.

ANSWER — Betty Lou Stull, White Hall, Md., wanted to know what can be used as a substitute for alcoholic beverages in recipes. A McAlisterville reader suggests meat broth or bouillon cubes in the same amount as alcoholic beverages. Other suggestions are fruit juices in a flavor similar to the beverage requested or simply water.

Microwave Skills For Kids

SCRANTON (Lackawanna Co.) — School age children who prepare their own snacks should know how to use the microwave oven correctly. Heating food in the microwave oven is quicker and safer than using a conventional oven.

Many snacks can be prepared ahead, refrigerated in a covered, microwave-safe container and popped into the microwave to heat. A cup of hot chocolate, a bowl of soup or a warm sandwich can provide a quick, tasty after school snack.

When you use the microwave, keep these tips in mind:

- Use only microwave-safe utensils.
- Follow recipes and oven directions carefully.
- Cover most foods before cooking.

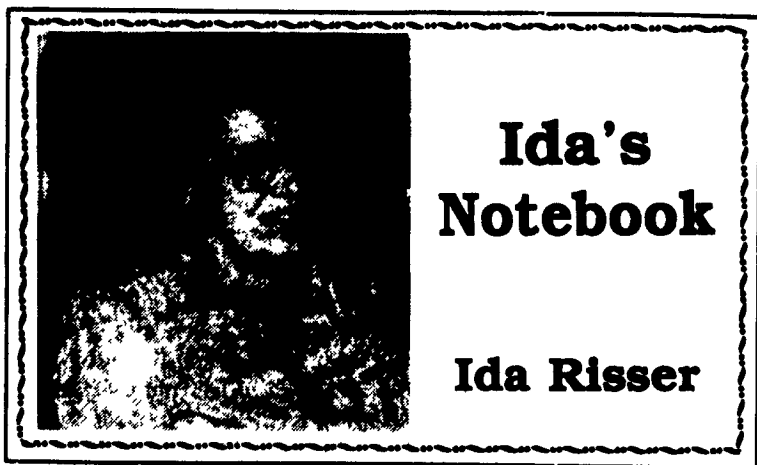
Use white paper towel or napkin for sandwiches or bread; waxed paper when cooking meats, chicken, fruits and some vegetable casseroles; plastic wrap when cooking vegetables or fish (fold back one corner of the wrap, cover or poke a hole in the wrap to make a vent for heat or steam to escape); glass cover for foods that spatter when cooked and items that require long cooking times. Foods such as apples and potatoes come with their own covers; use a fork to poke a few holes in them so they will not burst.

• Use potholders. The microwave oven doesn't get hot, but foods and dishes do.

• After cooking, let foods stand

for a few minutes before serving or eating. Food continues to cook after it is removed from the microwave.

• Lift lids and other covers AWAY from you to prevent steam burns.



Ida's Notebook

Ida Risser

On our vacation we continue to travel through the Canadian Rockies. We were lucky that snow had fallen in the Saskatchewan River Valley several days before our arrival as the mountain tops were beautiful. In the wintertime they get 110 feet of snow.

The lakes that we saw on our trip have a dazzling green-blue color and we and others used a lot of film. We saw a black bear, big horn sheep, a coyote and a lady smoking a cigar. We heard many languages and saw many foreigners on our trip.

Our bus took us through Yoho Valley into British Columbia. Here we saw Kicking Horse River and Cathedral Mountain - it really looked like a cathedral. There were frequent stops at waterfalls and also one at the Continental Divide. Our lunch at Chateau Lake Louise in the Victoria room was quite elegant. Here the rooms range in price from \$125 to \$820.

Some of our hikes included a catwalk which was a narrow board hung on a steep cliff.

One night in Banff, on our walk downtown to the "Rose & Crown" restaurant for shepherd pie, we saw a big elk laying in a front yard near the center of town. Here we saw the historic sulphur baths that people used since 1885 for health purposes. We also saw the Hoodoos which are odd stone formations.

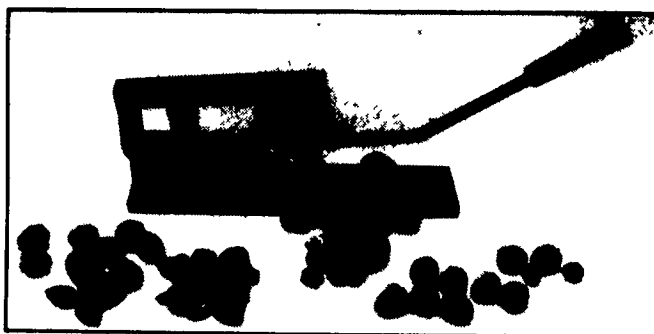
We got on a train at 8 p.m. for our ride to Prince Rupert. The porter made our beds for use but we did not sleep very well as the train stopped frequently. We traveled along the Skeena River and we got off the train at Smithers for a short walk around the town. Along the way we saw beef cattle and lumber yards. Many people spent a lot of time in the observation car as the view from there was much better. More next time.

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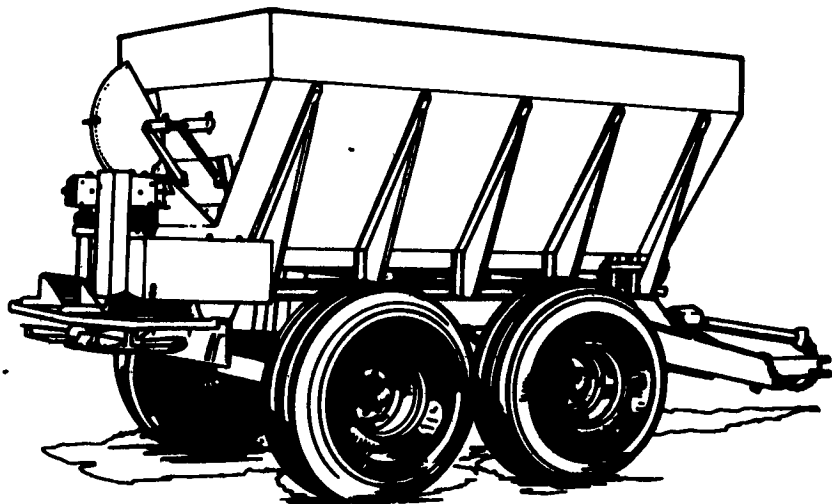


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