

Ida's Notebook

Ida Risser

Life surely has its ups and downs. One day you feel fine and the next you have an ache here and another bigger one there.

Holiday To Remember

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erations must be made to compensate.

Fats tenderize baked products and improve keeping qualities. Reducing fat will usually affect the finished product's texture and shelf life.

Amount of fat in recipe — Try reducing the total amount of fat in a recipe by ¼. This works best in fruit and nut breads, cake recipes and sauces. Do not do this in rolled cookies or pie crust recipes where fat is critical.

If the recipe calls for oil, use one that is lower than saturated fat. The lowest is canola, then sunflower or corn or olive oil.

If the recipe calls for shortening, use solid vegetable shortening that is hydrogenated. Do not substitute oil as this will alter the texture greatly. Butter flavored shortening behaves like shortening — not butter.

If you substitute butter or margarine for shortening, there may be a change in the texture of cookies

and other baked products because the water in the butter will usually cause the batter to spread more as it bakes.

Margarine and butter: There are many new spreads and stick-form diet margarines that have less fat than regular margarine, but these products have increased water added and behave differently than butter or margarine in recipes. Recipes are being developed especially for the use of these products as many regular full fat margarines are disappearing from the market.

Sugar blends do not behave in the same way as cane sugar. Crumb toppings melt. It does not make jelly or frosting. It does make chewier cookies, if that is what you prefer.

A thorough research by Schadler showed how substitutions for lower fat dairy foods, sugars, and flours may and may not be used. She also experimented how texture, dryness, appearance, flavor, doneness, and volume of your finished product is affected by baking in pans from different materials. If you have any questions concerning

One evening a child phones to tell you that he can come home for a visit and you are elated. Then in the same hour another phone call informs you that a friend has died. And, down go your feelings of happiness.

Recently I read something in the newspaper that I thought had merit. The man was talking about marriage and our need to understand that it too runs in cycles. There is romance, disillusionment, misery, and joy. The main point was that we should be patient enough to wait for the joy!

I've just buried three little kittens that apparently their mother

neglected. She moved them to the outside and I provided a shelter for them. They were doing fine for a few weeks and then the weather grew colder. I cannot figure out her thinking. Over the years, I've certainly buried more than my share of cats. Some were buried with deeper feelings of sorrow than others. It is not a nice job.

With Armistice Day or Veterans Day just behind us, I'm

reminded of the loss of young men in World War II. I was a young woman working in a small company and two of our employees were killed in the war. Their families were deeply touched for many years. And, years later, when I found letters that they had written to me, I gave them to their relatives.

We live to give happiness to others and hope that they will return some to us.

Connie Rose

(Continued from Page B12)

10 years ago and I'm still singing."

Connie considers herself to be extremely blessed. "I love to sing and I get to sing everything," she comments. "I still sing in the church choir and we still have our trio known as "Joyful Noise".

She also sings with the Dutch Corner Community Choir, a prestigious group which performs music ranging from Bach to folk tunes.

The band performs at least two nights a week. "Sometimes in the summer we have four to six gigs a weekend," Connie smiles.

Locations for the performances have ranged from the Poconos to near Pittsburgh.

Getting back into show business brought back many memories for Connie of her growing up years. "I had often told mom and dad I should write a book. Finally, I decided that I had wasted enough

time, I was going to do it. In 1992, shortly after her father's death, Connie began compiling notes and information and with the help of friends and family sorted through hundreds of old photographs.

The book, "The Life and Times of Jim and Jane and their Western Vagabonds," was published in 1992. It reveals the up times and the down times of the country performers. Connie's polio wasn't the only tragedy to strike the family but, through it all, they kept on singing.

Connie sells her books through the local book stores or through the mail. The profits are donated to her mother. Order a book by writing to Connie at Bedford RD 2, Box 123. Include a check for \$11, which includes postage.

"Writing that book was one of the most satisfactory accomplishments of my life," said Connie, now a grandmother of two.

these topics, contact the Lebanon County Extension office.

Fire safety

What is the perfect Christmas if it is ruined by fire?

Jean Hertzog, Burn Prevention Foundation education director, told of fire hazards to avoid not only during holidays but throughout the year.

One of the biggest causes of kitchen burns is the result of wearing inappropriate clothing. Baggy sleeves can brush against burners or catch kettle handles. If you must cook wearing baggy sleeves, put a large rubber band around your sleeve to make it tight and push above the elbows.

If grease fire starts, put a lid on it, turn off the heat, and let the kettle set two to three hours before attempting to move it. As long as grease is hot, it can start on fire again.

Use cool water on burns — nothing else.

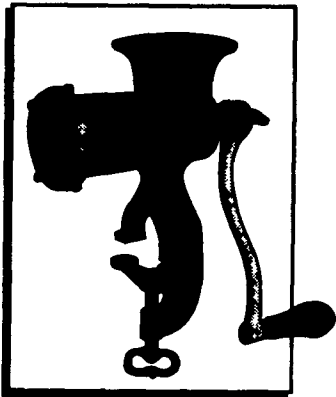
Allergy sufferers who suspect that their allergies are causing asthma-like symptoms can get

practical information by calling the toll-free Allergy-Asthma Hotline - 1-800-8-PRIMATINE.

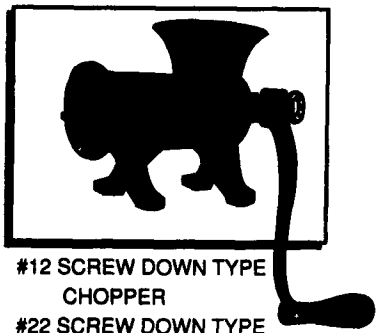
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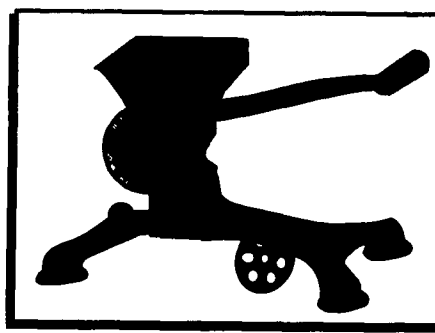
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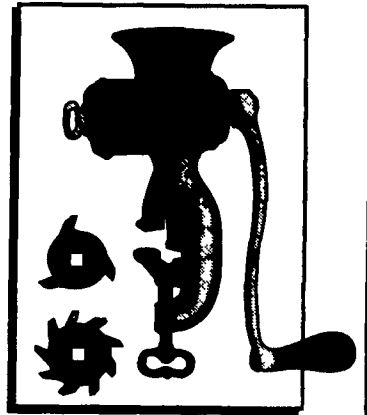
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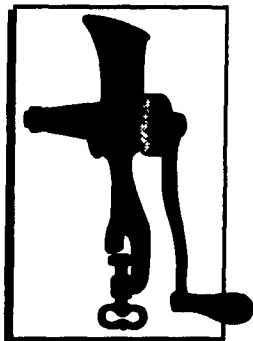
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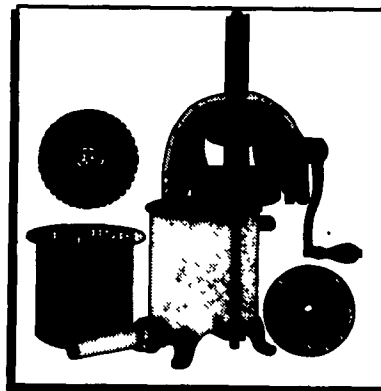
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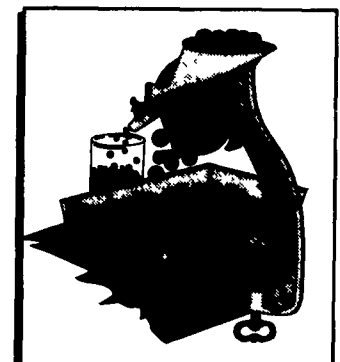
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