

Life Skills Education Training

WEST CHESTER (Chester Co.)—Agency personnel and volunteers who work with individuals, groups, and families with limited resources should attend the Train the Trainers on Life Skills Education seminar to be held on Wednesday, January 26, 9:00 a.m.-3:00 p.m., at Penn State Cooperative Extension/Chester County, government services center, Suite 370, 601 Westtown Road, West Chester (610) 696-3500. The registration fee of \$25 covers teaching materials and supplemental information organized in a notebook form for mini-lessons to clientele.

Topics to be addressed are fair housing requirements, landlord-tenant relationships, renting, resource management, making and reaching goals, developing a spending plan, organizing important papers, parenting skills, stress management techniques, and exercise to improve health and

home care and cleaning emphasizing safety, maintenance, and textile care.

For registration information, contact the Extension office at (610) 696-3500.

Cook's Question

(Continued from Page B8)

ANSWER — Mrs. Dixie Fix, Harrisonville, wanted a recipe for bananas in red syrup such as those served at the Ponderosa dessert bar. Thanks to Sarah Clark, Breezewood, for sending a recipe that she isn't certain tastes exactly like Ponderosa's, but, she writes, it is very good.

Sweet Strawberry Dressing

In saucepan, combine:

1 cup fresh strawberries

½ cup sugar

½ cup currant jelly

½ cup water

Bring mixture to boiling; reduce heat and simmer, uncovered, for 15 minutes.

Blend 2 tablespoons water into 4 teaspoons cornstarch. Stir into syrup mixture. Cook and stir until thickened and bubbly. Cook 1 minute more. Stir in 2 tablespoons lemon juice; cool, slightly and strain through a sieve. Chill. Makes 1½ cups dressing.

ANSWER — Lois Martin, Waynesboro, wanted a recipe for stack cake that is similar to a fruit cake without nuts. Thanks to Sarah Clark, Breezewood, for sending a recipe.

Fruit Cake

3 cups sifted flour

1 teaspoon baking soda

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg

½ teaspoon ground cloves

¾ cup butter

2 cups brown sugar, firmly packed

4 eggs, separated

½ cup buttermilk

¾ cup cherry preserves

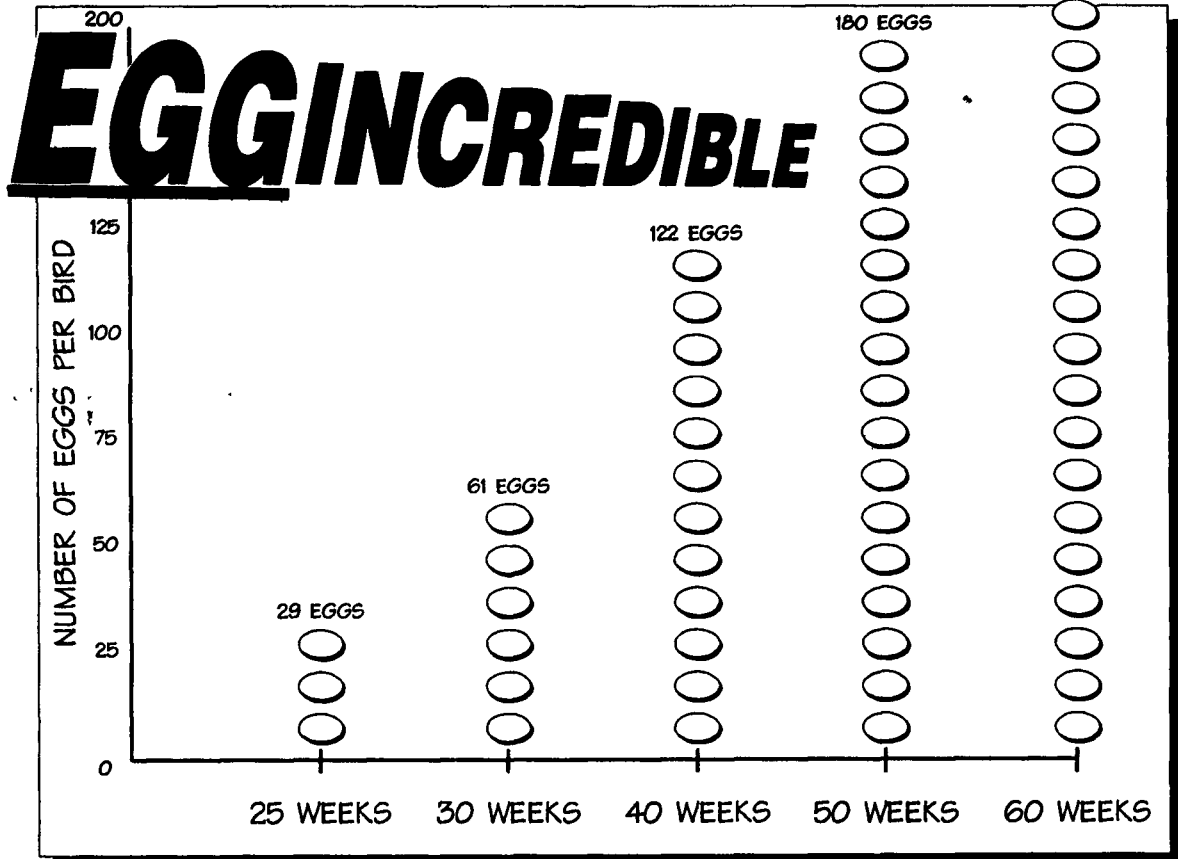
¾ cup apricot preserves

¾ cup pineapple preserves

Sift together flour, baking soda, cinnamon, nutmeg, and cloves. Cream together butter and brown sugar until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Add dry ingredients alternately with buttermilk, beating well after each addition.

Stir in preserves. If desired, you may add 1 cup chopped nuts. Beat egg whites until stiff. Fold in batter. Pour batter into greased 10-inch tube pan.

Bake at 350 degrees in preheated oven. Bake for 1 hour and 30 minutes or until cake tests done. Cool cake for 10 minutes in pan. Remove from pan. Cool on rack. Makes 12 servings.



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