



(Continued from Page B8)

ANSWER — S. Brace, Knoxville, wanted a recipe for homemade cracker recipes, any flavor. Thanks to Lena Hoover, Shippensburg,

Soup Crackers

7 cups flour
1 cup butter
½ teaspoon baking soda
½ teaspoon cream of tartar
Add water to mix. Roll very thin and cut cracker size. Sprinkle with salt and bake.

Graham Crackers

1 cup shortening
2 cups brown sugar
1 cup granulated sugar
2 cups all-purpose flour
4 cups graham flour
1 teaspoon baking soda
2 teaspoons baking powder
½ teaspoon salt
1 cup whole or sour milk
1 teaspoon vanilla
1 teaspoon cinnamon
½ teaspoon cloves
Mix together ingredients. Roll ¼ -inch thick and cut with cookie cutters. Bake at 350 degrees until dough is done. When all the crackers are finished baking, pile on two cookie sheets and crisp at oven's lowest temperature for 10 hours or overnight. Do not burn them while crisping.

Market Crackers

3 cups sugar
1½ cups shortening
9 cups flour
10 tablespoons water
2 eggs
1 teaspoon baking soda
1 teaspoon cream of tartar
1 teaspoon salt
2 teaspoons vanilla flavoring
Mix as a cookie dough. Roll thin and cut into squares. Bake. Spread frosting between two crackers and serve.

ANSWER — A reader from Bridgewater, Va., wanted a recipe for Boston clam chowder like that served at Hoss's Steak and Seafood House. Thanks to Linda Musser, Mount Joy, for sending a recipe, which her family really enjoys and is easy to make. Although this recipe is for the microwave, you may adapt it to making it on the stove top, but make sure, you stir often and don't scorch the milk.

New England Clam Chowder

3 slices bacon, chopped
1½ cups potato cubes
2 cans minced clams, drained, reserve ½ cup liquid
½ cup chopped onion
3 tablespoons flour
2½ cups milk
1 teaspoon salt
½ teaspoon pepper
Place bacon in 2-quart casserole. Microwave on high until bacon is crisp. Add reserved clam juice, potatoes, and onion. Cover. Microwave on high until potatoes are tender, 8 to 10 minutes, stirring after half the cooking time. Blend in flour. Stir in milk, salt, and pepper. Microwave at high until thickened, 5 to 7 minutes, stirring after half the cooking time. Stir in clams. Microwave at medium-high until thickened and heated through, 4 to 5 minutes.

ANSWER — Valerie Miller, Honesdale, wanted a recipe for sourdough bread that does not take yeast, baking powder or baking soda.

ANSWER — Nancy Koons, Lebanon, wanted some recipes for crockpot meals. Thanks to Pam Zebley, Northeast, Md., for sending the following recipes. Also, look for the upcoming crockpot recipes in the "Home On The Range" page.

Magic Meat Loaf

2 pounds ground beef
2 eggs
¾ cup quick cooking oats
1 package dry onion soup mix
½ cup catsup
Reserve 2 tablespoons catsup. Combine ground beef, eggs, oats, soup mix, and remaining catsup. Shape into a loaf. Place in crockpot. Top with remaining catsup. Cover and cook on low for 8 to 10 hours or high for 4 to 6 hours.

Barbecue Meats

Place uncooked, seasoned, and cut-up chicken, ham, pork chops, or rabbit in crockpot. Pour a little barbecue sauce on each piece. Add no water. Cover and cook on low for 8 to 10 hours or on high for 4 to 6 hours.
For added flavor, put cooked meat in broiler pan; pour remaining sauce and drippings over top. Place under broiler for 5 to 10 minutes.

Improve Your Health

SCRANTON (Lackawanna Co.) — Do you need to: Lower your serum cholesterol? Lower your blood pressure? Lose weight? Then.... "My New Weigh Of Life" is for you!

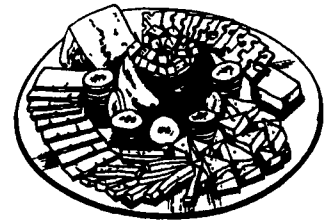
Mid-Valley Hospital and Penn State Cooperative Extension are sponsoring an exciting nutrition class focused on a workable weight-loss and maintenance program.

In My New Weigh of Life, participants will learn:

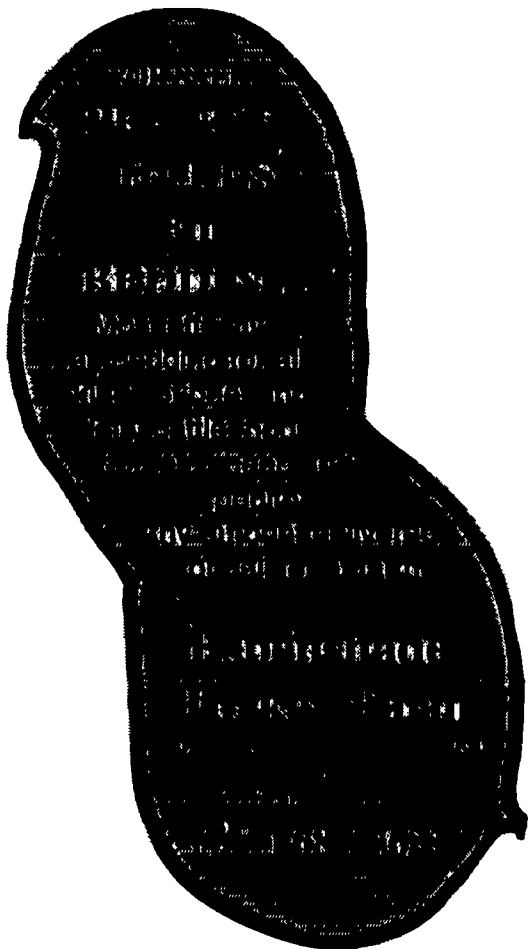
- to make permanent life style changes
- to be a low-fat eater in a high-fat world
- basic nutrition information
- how to make choices to control their weight

My New Weigh of Life is a 2 1/2 hour-a-week, 10-week course taught by Florence Norelli, nutritionist, and Carol Jones, registered dietitian at Mid-Valley Hospital. The classes will be held on Thursday evenings from 6:00 p.m.- 8:30 p.m. beginning on February 23.

For more information or to register, contact the Penn State Cooperative Extension office of Lackawanna County at (717) 963-6842 by February 15. Enrollment is limited so participation will be based on a first-call, first-serve basis.



HERBALIFE
INDEPENDENT DISTRIBUTOR
717-626-5503



Force Warehouse Deals

METRO Feeders Conveyors **20% OFF**

Hanson Silo Unloaders **LARGE DISCOUNTS**
UP TO \$960⁰⁰ OFF

N-TECH MANURE EQUIPMENT **SUPER SPECIALS**

J&D Manufacturing
• Barn Equipment
• Ventilation
• Bedding Choppers
• Poly products
10% off

DISCOUNT DAYS
and
WAREHOUSE SALE

Tuesday & Wednesday
February 14th & 15th
at
Potomac Valley Supply

Hagerstown, MD
301-223-6877
★ Parts Discounts ★
★ Equipment Promotions ★

