



(Continued from Page B8)

HERMAN CAKE

2 cups Herman
 ¼ cup milk
 2 teaspoons baking powder
 1 cup sugar
 1½ teaspoons cinnamon
 2 cups flour
 ½ teaspoon baking soda
 ½ teaspoon salt
 2 eggs
 ⅔ cup oil
 1 cup raisins (optional)
 1 cup nuts (optional)
 Bake in a 13" x 9" greased and floured pan at 375° for 30-35 minutes.
 Put topping on cake before baking.
 Topping: Cream together 1 tablespoon cinnamon, 1 tablespoon flour, 1 cup brown sugar and ¼ cup margarine.

SOURDOUGH STARTER

Feed every week or it will die.
 1 cup flour
 1 cup milk
 ½ cup sugar
 Do not use same day as you feed. Take out what you want before feeding. Never let dough get less than 1 cup.

BISCUITS

1 cup sourdough
 1¼ cups flour
 ¾ teaspoon soda
 ¼ teaspoon salt
 ½ cup margarine or oil
 Drop by tablespoon on greased sheet. Bake at 350° for 10 to 15 minutes.

PANCAKE

1 cup sourdough
 1¼ cups flour
 ¾ teaspoon soda
 ¼ teaspoon salt
 ½ cup margarine or oil
 1 egg
 Add enough milk to pour easily.

COFFEE CAKE

1 cup sourdough
 1¼ cups flour
 ¾ teaspoon soda
 ¾ cup sugar
 ¼ teaspoon salt
 ½ cup oil
 1 egg
 ½ teaspoon cinnamon
 Cover dough with topping:
 1 teaspoon cinnamon
 1 teaspoon flour
 ½ cup brown sugar
 1 teaspoon flour
 Add any of the following: raisins, candied fruit, mincemeat.
 Pour into greased square pan. Bake at 350° for 20-40 minutes.

BUTTERMILK SOURDOUGH BREADS

Starter
 1½ cups buttermilk
 1 cup unbleached flour
 Heat buttermilk to warm. Add flour and beat until smooth. Cover with plastic wrap; store in warm place 3 days, stirring twice each day. Stir before using.

POTATO SOURDOUGH BREAD

1 envelope active dry yeast
 1 tablespoon sugar
 2 teaspoons salt
 About 6 cups unbleached flour, divided
 1½ cups hot tap water
 1 cup warm mashed potatoes prepared without salt (instant may be used)
 Starter (see recipe above)
 Cornmeal
 1 egg white beaten with 2 tablespoons water
 Mix yeast, sugar, salt and 2 cups flour in large mixer bowl. Add the tap water and beat at medium speed 2 minutes, scraping bowl as necessary. Add potatoes, starter and 1 cup more flour. Beat 2 minutes at high speed. Stir in enough flour to make a firm dough. Turn out on lightly floured surface and knead 5 to 10 minutes, until smooth and elastic. Put in oiled

bowl; turn to grease top. Cover with plastic wrap and let rise in warm place 45 minutes, or until doubled. Punch down; divide in half. Cover with same plastic wrap and let rest 15 minutes. Shape in two 14 inch long loaves; put on greased baking sheets sprinkled with cornmeal. Slash tops diagonally in four places and brush with egg-white mixture. Preheat oven at lowest temperature a few seconds. Place breads in oven. Let rise 15 minutes. Set oven at 400°. Bake breads 30 minutes, or until browned. Remove to racks to cool. Makes 2 loaves. Per 1 inch slice: 124 cal., 4 g pro., 26 g car., 0 g fat, 0 mg chol.

WHOLE-WHEAT SOURDOUGH BREAD

1 envelope active dry yeast
 1½ teaspoons salt
 About 1½ cups unbleached white flour, divided
 1 cup hot tap water
 1 tablespoon molasses
 Starter (see recipe above)
 2½ cups whole-wheat flour, divided
 Cornmeal
 1 egg white beaten with 2 tablespoons water
 Mix yeast, salt and 1 cup white flour in large mixer bowl. Add the tap water and molasses; beat at medium speed 2 minutes, scraping bowl as necessary. Add the starter and 1 cup whole-wheat flour. Beat at high speed 2 minutes. Stir in remaining whole-wheat flour and enough white flour to make a firm dough. Proceed as for Potato Bread, letting dough rise 1 hour for first rising and 30 minutes for second rising. Bake as directed. Makes 2 loaves. Per 1 inch slice: 83 cal, 3 g pro, 17 g car, 0 g fat, 0 mg. chol.

SOURDOUGH COOKIES

1 cup sourdough
 ¼ cup sugar
 1 teaspoon vanilla
 2 teaspoons baking powder
 ½ teaspoon soda
 ½ cup butter
 1 egg

Sift 1½ cup plus 2 tablespoons flour and ½ teaspoon salt
 Add to creamed mixture
 Make into small balls. Roll on ungreased cookie sheet and bake in granola).

SOURDOUGH

1 cup sourdough
 2½ cups unbleached flour
 2 cups warm water (100°)
 3¼-4½ cups flour (4 cups)
 1 teaspoon salt
 3 tablespoons sugar
 ¼ teaspoon baking soda
 3 tablespoons salad oil
 Cold Water
 Mix Sourdough, 2½ cups flour in large glass bowl with wooden spoon. Stand in warm, draft free place. Add 3¼ cups flour, salt, sugar. Stir with wooden spoon until absorbed. (Dough should be firm). If necessary add remaining ½ cup flour. Turn dough on heavily floured surface and elastic - 10 minutes. Punch up. Cover; let rise in warm place. Punch, divide in half. Shape into 12 balls. Do NOT tear dough by pulling apart. Place on greased cookie sheet. Bake at 375°. Let rise in warm place until dough is elastic. Heat oven 375°. Brush with oil. Bake about 50 minutes, brushing with oil from baking sheet; cool on wire rack.

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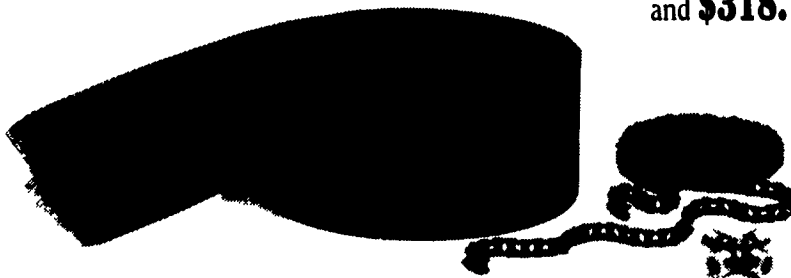
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