

Cook's Question Corner.

(Continued from Page B8)

ANSWER — Anne Wiegler, Pottstown, wanted a recipe for Cornell Formula Bread. Thanks to Joanna Garber Miller, Jarrettsville, Md., for sending the recipe, which is printed in a cookbook, "The Cornell Bread Book: 54 Recipe for Nutritious Loaves, Rolls and Coffee Cakes," by Olive M. McCay and Jeannette B. McCay. The book includes several variations of this recipe. Write to Dover Publications, Inc.; Department of Cooking; 31 E. 2nd St., Mineola, N.Y. 11501.

Cornell White Bread

Place in a large mixing bowl, and let stand:

- 3 cups warm water
 - 2 tablespoons active dry yeast
 - 2 tablespoons honey or brown sugar
 - 3 teaspoons sea salt
 - 2 tablespoons salad oil
- Measure and stir together:
 6 cups unbleached flour
 3 tablespoons wheat germ
 ½ cup full-fat soy flour
 ¾ cup nonfat dry milk

Stir the liquids and add while stirring:
 ½ to ¾ flour mixture

Beat vigorously, about 75 strokes by hand or 2 minutes with electric mixer. Add remaining flour mixture.

Work and mix flour in thoroughly and vigorously by hand 5 minutes. At first the dough will be sticky as you grasp it. Beat it, turning it round and round in the bowl. At the end of this time, you'll feel it change and become firmer.

Turn dough onto floured board and knead using 1 to 3 cups more flour, as needed, to make the dough smooth.

Place in an oiled bowl. Grease top of dough lightly and cover.

Let rise in a warm place until double in size, about 1 hour. (Fingerprint remains when dough has risen enough). If the room is cold, place bowl in another bowl of hot water.

Punch dough down, fold over edges and turn upside down to rise another 20 minutes, or until double again.

Turn onto board and divide dough into 3 portions. Fold each into the center to make smooth, tight balls. Cover and let stand 10 minutes on the board while you oil the baking pans.

Shape into 3 loaves or 2 loaves and a pan of rolls.

Place shaped dough in oiled loaf pans.

Let rise in pans until double in size, about 45 minutes. Bake in 350 degree oven for 50-60 minutes (30 minutes for rolls). If the loaves begin to brown in 15-20 minutes, reduce the temperature. Bread is done if it sounds hollow when tapped.

Remove bread from the pans and put on a rack or cloth to cool. Brush with oil if a thin, tender crust is desired. Let cool completely before wrapping and storing or freezing.

This bread is also called Golden Triple Rich, by the Itaca Co-op Food Store, where it was first sold commercially in the 1950s. The bread is not actually white, but a pleasing creamy color.

ANSWER — A Bedford County reader wanted a recipe for taco salad. Thanks to Carl Zimmerman, Shippensburg, and Sue Pardo, Jarrettsville, Md., for sending recipes.

Taco Salad

- 1 onion, sliced
 - 4 tomatoes
 - 1 head lettuce
 - 4 ounces cheese
 - 4 hard-boiled eggs, chopped
 - 8-ounces French or Thousand Island dressing
 - 6-ounces tacos or corn chips
 - 1 pound ground beef, browned
 - 1 can kidney beans, drained
 - Hot sauce to taste
- Mix together and serve. It's a meal in itself.

(Turn to Page B11)

Soy Products Lower Cholesterol

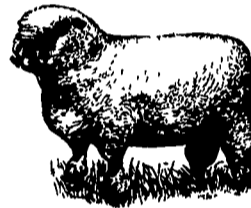
CRANFORD, N.J. — Tofutti Brands Inc., manufacturer of non-dairy frozen desserts and other food products made with tofu, points to a report in the Aust 3 issue of "The New England Journal of Medicine," which states that soy protein significantly lowers cholesterol levels in people with moderately high to high cholesterol.

The Journal's findings conclude that the addition of soy protein to either a low-fat or even the ordinary American diet appears to be among the most potent cholesterol-lowering dietary factors yet discovered.

Thirteen years ago, a Brooklyn-born kosher caterer created a frozen soy dessert with the taste of real ice cream. The Kosher community, restricted from eating meat and dairy products at the same meal, heralded this nondairy frozen dessert. The product was also welcomed by the lactose-intolerant and cholesterol-conscious consumers.

In addition to reducing cholesterol levels, a report in the November 29, 1993 issue of the "Wall Street Journal" credited soy with reducing the risk of prostate cancer.

Tofutti products are KOF-K kosher and parve (neither meat nor dairy). Products are sold and distributed across the U.S. and internationally, in supermarket chains, gourmet specialty shops, and health food stores.



CLASSIFIED ADS PAY OFF!

CHORE-TIME ...nobody knows more about feeding



Both Models C2 (above) and H2 (left) start chicks when lowered to floor, finish birds when raised up.

The Right Choice in broiler feeders

Feed broilers and pullets your way! As the world leader in poultry feeding systems, Chore-Time offers you the best choices in feeders. You will love what our newest feeders—the Model C2™ and Model H2™—do for you.

Features include (1) labor-saving Patented Feed Windows that open to let chicks eat from day one—without additional feed on paper or "lids", (2) feed-saving features like easy feed adjustment settings, and (3) cost-saving all-plastic designs with Chore-Time Warranty.

Pick a Chore-Time feeding system—including our rugged feed bins and Genuine Chore-Time FLEX-AUGER® Feed Delivery System, plus ventilation—and you know you've made the Right Choice—because it's from Chore-Time, the leader!

CHORE-TIME EQUIPMENT
 Milford, Indiana



The Right Choice in cage feeders

Chore-Time's popular ULTRAFLO® Cage Feeding System is now even more outstanding! We've developed and tested the second generation of ULTRAFLO feeders and named it the ULTRAFLO II.

ULTRAFLO II offers you even greater reliability, durability, and outstanding feed-saving performance—up to 1 gram of feed per bird per day—over the original ULTRAFLO. And even the original ULTRAFLO was beating our competitors in feed savings!

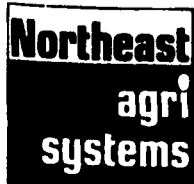
So, join the cage feeding leader. Contact us today. Find out how Chore-Time and ULTRAFLO II can help you be a leader, too!

CHORE-TIME CAGE SYSTEMS
 Milford, Indiana & Decatur, Alabama

New Shape
 The difference is the shape of the feeder's trough (at right). ULTRAFLO II's higher trough lip reduces feed waste by keeping it in the trough and not on the floor or in the pit.



Authorized master distributor since 1982



Northeast Agri Systems, Inc.
 Flyway Business Park Store hours Mon-Fri 7:30 to 4:30
 139A West Airport Road Sat 8:00 to Noon
 Lutz PA 17543 24 Hr 7 Day Repair Service
 Ph (717) 569-2702

1-800-673-2580

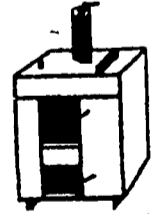


FEDERSBURG, MD.
 305 UNIVERSITY AVE.
 (Formerly Long Lumber)
 1-800-735-6361
 STORE HOURS:
 7:30 A.M.-4:30 P.M.
 Monday-Friday
 SAT. 8 A.M.-11 A.M.

Mahoning Outdoor Furnaces

Cut Your Heating Costs With Our Outdoor Furnace

- Standard Model Burns Wood, Coal or Wood by-products
- Multi-Fuel Model Burns Wood, Coal, Oil or Gas
- Corning Catalytic Combustor Option



Available on all Models
 Clyde K. Alderfer
 Box 246, RD #1
 Mt. Pleasant Mills, PA 17853
 (717) 539-8456

Adapts to any existing heat system
 Installation & Accessories Available

PAUL B. Zimmerman INC.

Your Complete Headquarters For
 Sprayers And Parts

Raven Tough Polyethylene Tanks

- We Also Stock A Complete Line Of:
- TeeJet** Sprayer Nozzles And Accessories
 - Hyprow** Pumps And Accessories
 - PACER PUMPS**
 - Sprayer Hose
 - Ball Valves
 - Nylon Fittings
 - Poly Tanks

PAUL B. ZIMMERMAN, INC.

50 Woodcomer Rd., Lutz, PA 17543
 1 Mile West of Ephrata
 (717) 738-7350
 • HARDWARE • FARM SUPPLIES •



HOURS
 Mon, Thurs 1n 7-8:30
 Tues, Wed 7:5-30
 Sat 7-4:00