

In-A-Pinch Ingredient Substitutes

HONESDALE (Wayne Co.) — You're in the middle of a recipe and suddenly discover you're out of baking powder. You could make a special trip to the grocery store, but that would take valuable time and energy you don't have to spare.

The solution - make your own baking powder by combining 1/4 teaspoon baking soda with 1/2 teaspoon cream of tartar. No cream of tartar? Don't panic. You can substitute 1/2 tablespoon of vinegar or lemon juice for the cream of tartar in your make-shift baking powder formula.

No baking soda? Now you have a problem. There is no good substitute for the baking soda portion of baking powder. Unless you want to switch recipes entirely, you'll need to go to the grocery store or call on a friendly neighbor.

Many ingredients can be substituted for one another. Some cannot. Because every ingredient brings special properties and functions to a recipe, it is important to understand these when making substitutions.

Factors to consider when looking for an ingredient substitute include how the substitute might differ from the original ingredient in taste, function, moisture content, acidity, texture and weight.

Some substitutes simply are another form of the needed ingredient. For example, 1/2 teaspoon of garlic powder can be substituted for one small clove of garlic. When equivalent ingredients are substituted, very little change will

be noticed in the final product.

Other substitutes may have some properties that are similar and others for which you need to adjust. For example, plain milk can be substituted for buttermilk in a recipe, provided you account for the acidity of the buttermilk. If you're out of buttermilk, put 1 tablespoon of vinegar or lemon juice in a measuring cup, add sweet milk and let the mixture stand for five minutes before using.

If you're counting calories, you may wish to substitute plain yogurt for sour cream in salad dressings and vegetable dips. Plain yogurt is similar in weight and function to sour cream, but is not as rich and creamy nor as high in calories. One cup of plain yogurt contains 130 calories compared to 415 in a cup of sour cream.

Sometimes, people are interested in substituting honey for sugar in recipes. Although honey and sugar both are sweetening agents, honey is more sweet and acidic than sugar. Therefore, only about 13/16 cup of honey (1 cup less 3 tablespoons) is needed for each cup of sugar replaced. It's also wise to reduce the liquid called for in the recipe by 3 tablespoons for every cup of honey substituted for sugar, and to add a pinch of baking soda to the recipe to help neutralize the acidity.

How Geography Affects Milk Prices

How Is The Price Of Milk Determined?

Such a simple question. But there's no simple answer.

In fact, entire college courses are designed around that topic. The answer takes into account not only what the dairy farmer is paid, but also costs of processing, packaging and distribution; how much a retailer is willing to reduce its usual mark-up; and (believe it or not) how far a region is from Eau Claire, Wis.

First, it's important to know that raw milk is sold by the "hundredweight," which is 100 pounds and equals about 1 1/4 gallons. Also, the highest class of raw milk - used for fluid milk consumption - gets a premium price while milk used for cheese, powdered milk, yogurt, etc., gets just a basic price. Those prices are set each month depending on supply and demand.

For example, in December, milk sold in central Ohio's fluid milk market (one of 33 such markets in the nation) gets a basic price of \$14.13 per hundredweight plus an additional \$2.04 for fluid milk. In contrast, milk sold in the market closest to Eau Claire gets only an additional \$1.20 for fluid milk, while milk sold in the Miami, Fla., area gets an additional \$4.18.

Southern states get higher prices because cows don't usually produce as much milk in hot, humid conditions, and feed and forage is not as plentiful as it is in the Midwest. Higher prices encourage both southern farmers to stay in production and northern farmers to ship some of their milk

down south.

California, the highest milk-producing state, doesn't fit this profile. Its huge dairy farms produce so much milk so efficiently that farmers can take a much lower price and still be profitable.

These days, an Ohio farmer can count on getting about \$1.50 from a \$2.39 gallon of milk. Another 30 cents goes for processing, and 32 cents goes for distribution and other wholesaling costs. The remaining 27 cents is what the retailer adds on to cover costs and make a profit. That's only about 10 percent of what a retailer pays for milk - much less than the usual 22 percent markup typical in food retail. Ohio retailers often reduce

the markup on milk just to draw customers to their store.

Finally, store prices of whole vs. lowfat vs. skim milk typically have very little to do with production or processing costs. For example, skim milk is the cheapest kind of milk to process (because nearly all of the high-value butterfat is skimmed off and sold at a good price), but it is rarely the cheapest milk a consumer can buy. Both processors and retailers can claim higher profits on skim milk to make up for lower profits on higher-fat milks.

Chow Line is a service of The Ohio State University. Send questions to 2021 Coffey Road, Columbus, 43210.

Greens Bring Nature Home For The Holidays

(Continued from Page B16) evergreen euonymus. They are attractive alone or in combination with the needle trees.

When pruning boughs or foliage from outdoor plants, don't prune an excessive amount from any one plant. Greens should be pruned off carefully so as not to destroy the symmetry of the plant. Use sharp pruning shears.

Prune branches as close as possible to the trunk or a main branch, but don't cut the branch collar. That's the point of attachment to the parent branch or trunk. Slant the cut slightly outward and downward. Make a smooth cut. Don't leave a stub. Also, don't break off branches as this will leave ragged ends which don't heal properly.

To make cut greens last throughout the holiday season without water, harvest sprigs and

cuttings the night before you plan to decorate with them. Crush the stem ends with a hammer, or make several long vertical cuts. Place in a bucket of cool water, and leave overnight in a cool basement or garage to absorb as much water as possible.

After conditioning, dip holly stem ends in candle wax to seal in the resin. Ivy will last longer if you dip the entire cutting (leaves and stems) in clear liquid floor wax and spread on newspaper to dry. With such conditioning, boxwood and ivy should last up to two weeks out of water, holly up to 10 days.

Don't put your greens near a source of heat, such as a radiator, wood stove or television set. A cooler spot will help your decorations to stay fresh throughout the entire holiday season.

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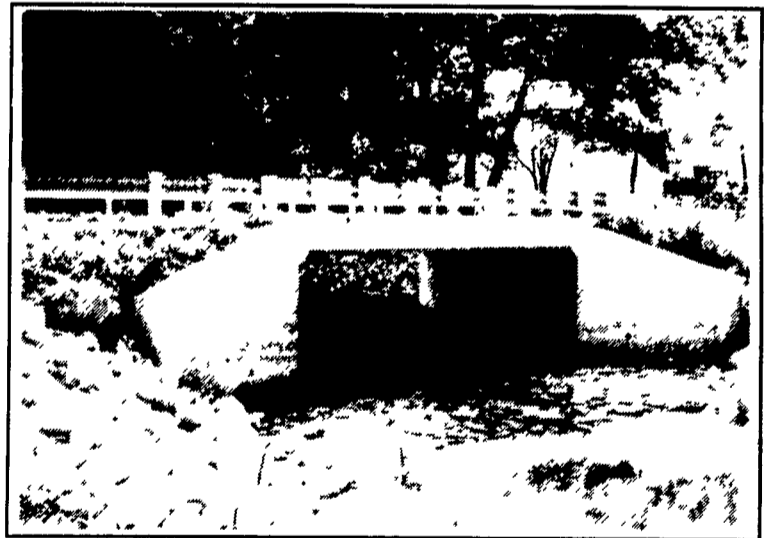
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