

# Memories Warm Bollingers' Home

(Continued from Page B6)

The year before he had reserve champion overall and received the Grand Slam Award from Ephrata Fair for accumulating the highest points in grains and forages.

While his son takes care of the fieldwork, Bollinger feeds 20 head of steers, six sheep, and about 200 Muscovy ducks.

In past years, his wife often dressed the ducks to sell, but has since resigned from that work, except dressing them for their own use.

"She's a good cook. The children all like mother's cooking—especially her macaroni salad," Bollinger said.

Ethel had a pacemaker inserted 5 or 6 years ago and a hip replacement 12 years ago, but is in good health. She collects "chickens on the nest" and Longaberger baskets.

They are members of the Coca-luco Church of the Brethren, where Bollinger is membership chairman. He is also a director of the Lebanon County Farm Bureau.

Although the Bollingers said that their agreement with their son is that they can live in the farmhouse as long as they like, the Bollingers will probably move in with their daughter within the next year.

Sorting through photographs and memorabilia brings a flood of memories.

"I don't know what I'll do with all these pictures. I wonder if anyone else will enjoy looking at them as much as we do," Ethel said.

The photographs chronicle not only a story of their lives but also the history of that era. For the Bollingers, it's been a great life together.

"I remember the first time I met her," Bollinger said with a twinkle in his eye as he looked at his wife. "It was at her family's (farm) open house. You could call it love at first sight."

Since then, the farm has changed. The pictures have faded. But one thing hasn't changed, their love hasn't faded a bit in the 52 years they've been married.



In addition to the three-story chicken houses, the farm where Ethel Bollinger grew up had 100 rain shelters for pullets. It was Ethel's duty to open and close the shelters daily.



Several postcards were made up Premier Poultry Farm in Ethel's family. Then, the post cards were considered pictorial, but today they showcase farming techniques of the past.

## Buttermilk Facts

Is there butter in buttermilk? Not really. Buttermilk is what's left over after cream is churned to make butter. Usually, true buttermilk is dried and used by the baking industry, and it never sees the light of the grocery store's refrigerated section.

Buttermilk available in stores is "cultured buttermilk." It's usually made with fresh skim or low-fat milk with additional nonfat dry milk solids added. A bacterial culture is then added to produce lactic acid. The end result is a thickened, tangy product often used in baking.

Sometimes buttermilk is made from whole milk—check the label to see what you are getting. Also, some manufacturers add flecks of butter for an authentic look.

A lot of people think the worst thing about buttermilk (besides the taste—sorry buttermilk-lovers) is what to do with the leftovers after using the half-cup or whatever's called for in the recipe you're making. There are some solutions to this age-old problem. First, you can develop a taste for the beverage. Just try a little at a time! Don't worry, buttermilk can last up to 30 days in the refrigerator. Or, you can buy dried buttermilk powder, which can last for a year after opening if you refrigerate it.

Or, you can try these substitutions. For one cup of buttermilk, substitute 1 cup plain yogurt; or use 1 tablespoon vine-

gar or lemon juice plus enough milk to equal 1 cup—stir and let stand for 5 minutes before using; or, add 1 3/4 teaspoons cream of tartar to 1 cup milk.

A cup of buttermilk made from skim milk contains about 100 calories, 2 grams of fat, 285 milligrams of calcium and 370 milligrams of potassium—about 10 to 20 percent of what you should get of those minerals each day. It's higher in sodium than regular milk, so anyone on a low-sodium diet should take that into account.

Finally, if buttermilk is left out of refrigeration too long, it may separate. If that happens, all you have to do is stir it up and it's as good as new.

## Storytime Workshop


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