

Gifts From The Heart

Gifts Come From the Heart - and the Kitchen

If you have cooks on your Valentine's gift list, you can

make them happy and keep them healthy by giving gifts of food.

For the pasta lover: Provide a variety of pastas and sauces. Add a spaghetti measurer and server, a small bottle of olive oil and some red checkered paper napkins. Your "basket" could be a large colander.

For the spice lover: Purchase a red basket - a small one will do nicely - and fill it with a variety of spices, some common and some gourmet.

For the vegetarian: This person will appreciate an assortment of packaged peas, beans and vegetarian soup mixes. Specialty stores can provide some unusual combinations, or you might mix your own. You also might include a small vegetarian cookbook.

For the person who loves to bake: The sky's the limit. You could add unusual cookie cutters or a lowfat baking cookbook. Pastry brushes, a set of measuring cups and spoons, a small jar of gourmet cinnamon and a pair of potholders would make a welcome gift. Keep healthy eating in mind when you put together baskets for the cook.

Chocolate-dipped spoon gifts. Chocolate spoons are so easy to make even kids can do it, and

they make a great Valentine's Day gift. Here's what you need to create chocolate-dipped spoons. • Plastic spoons (gold spoons are especially pretty); • Chocolate melts (from craft, candy or grocery stores); • Flavored extracts (optional); • Cellophane; • Ribbon or decorative wire. Melt chocolate according to directions. (Watch carefully that it doesn't burn!) Add

flavoring to taste. Dip spoon into the chocolate and place it on wax paper to set. Wrap in Cellophane and tie with ribbon or wire. Add these directions: "Stir into your coffee or hot chocolate for a chocolatey treat." (P.S. When you eat sensibly most of the year, you can treat yourself - guilt free - to an occasional goodie, such as chocolate-dipped spoons.)

Radio Station Seeks Potato Recipes

HARRISBURG (Dauphin Co.) - What's your favorite potato recipe? Whether it's grilled potatoes, potato candy or potato bread, WITF-TV, central Pennsylvania's public television station is looking for your favorite potato recipes, to be used as part of "P" IS FOR POTATOES, a broadcast event scheduled for Saturday, March 7, at 1 p.m.

Recipes received by WITF by February 21 will be included in a cookbook, which will be offered during the "P" IS FOR POTATO cooking marathon on WITF.

Some of the most interesting recipes entered by local residents will be featured during the broadcast. Selected contributors will appear on the program to prepare and discuss their dishes.

The program will be hosted by WHP 580 morning show host Melanie Apple and Noel Falk, The Plant Doctor. Recipes should be typed or printed and sent to: "P" IS FOR POTATO, c/o WITF, P.O. Box 2954, Harrisburg, PA 17105. Please include name, address and daytime telephone number. No recipes will be returned.

Vendors Needed At Farmers' Markets

HARRISBURG (Dauphin Co.) - Agriculture Secretary Samuel E. Hayes Jr. announced that the department is seeking farmers involved in farmers' markets to participate in its Farmers' Market Nutrition Program, which provides fresh fruits and vegetables to those enrolled in the state's Woman, Infants and Children (WIC) program.

"The program promotes better health while increasing the awareness and use of fresh produce grown by Pennsylvania farmers," Hayes said. He noted

that last year more than 400,000 Farmers' Market Nutrition program checks, worth \$5 each, were issued to WIC participants.

Administered by the state Agriculture Department, eligibility for the nutrition program is limited to pregnant and nursing women, who receive \$25 per year; and children ages three and four years, who receive \$15 per year. The checks may be used by eligible participants or their parents or guardians between July 1 and Oct. 31.

The WIC program is administered by the state Health Department.

The WIC program is administered by the state Health Department.

In 1997, nearly 450 vendors participated in the program at 300 market sites throughout the state. The program generated an additional \$115 million in sales for Pennsylvania's farmers.

An annual survey of nearly 460 program recipients, as required by the U.S. Department of Agriculture, found that 44 percent visited a farmers market for the first time with their program checks. The survey also showed that 42 percent of the recipients learned a new way to prepare fresh fruits and vegetables. Most importantly, 90 percent of the participants responded that the quality of produce was as good as or better than at their regular grocery store.

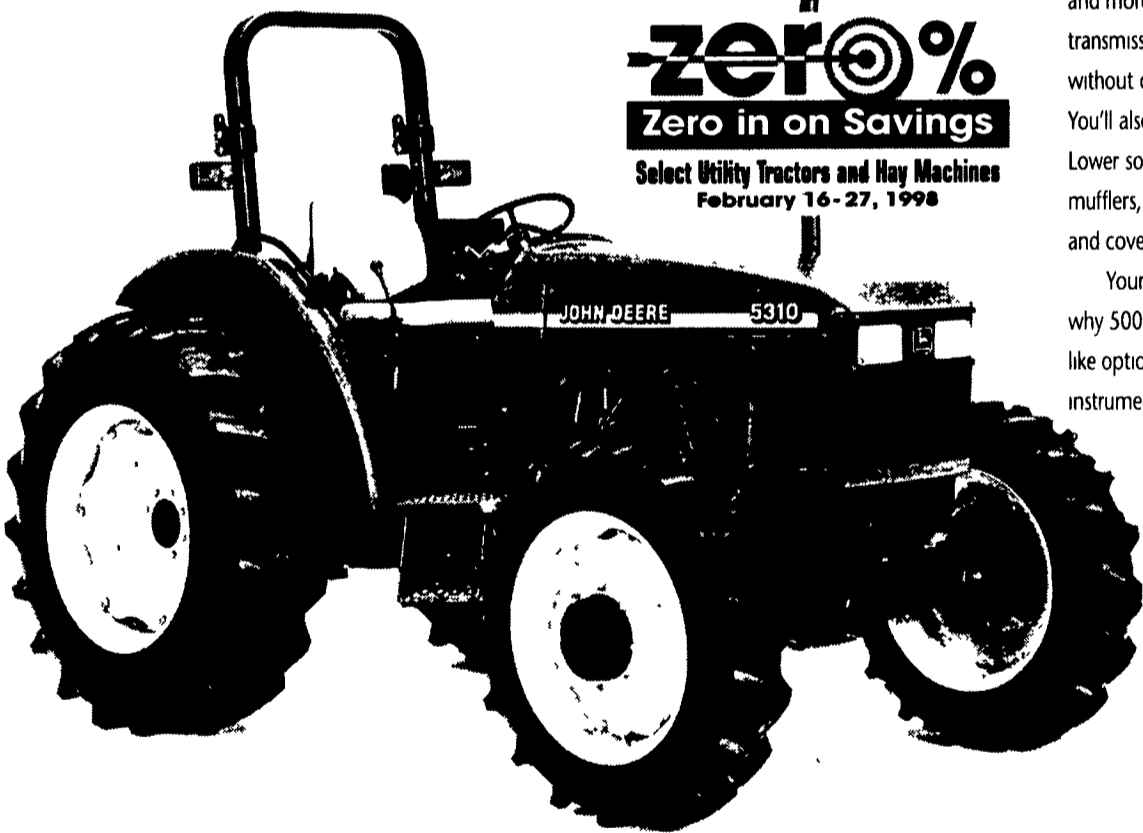
To receive a Farmer's Market Nutrition Program application, contact the Agriculture Department's Bureau of Food Distribution at 1-800-468-2433.

The deadline for applications is March 31.

MILK AMERICA'S HEALTH KICK

New John Deere 5000 TEN Series Tractors

More power, more quiet, more of what you asked for



Zero in on Savings
Select Utility Tractors and Hay Machines
February 16-27, 1998

Introducing the new 5000 TEN Series Tractors from John Deere. Using your suggestions as a blueprint, these tractors were fine-tuned to raise your productivity. And your satisfaction.

New POWERTECH™ engines deliver **more power, more torque** in every model. All with excellent fuel efficiency and enhanced durability.

New controls feature redesigned handles for **more shifting ease**. They're easier to reach

and more comfortable to grip. Plus, optional PowrReverser™ transmission lets you change from forward to reverse and back without clutching. It's the ultimate loader transmission.

You'll also experience **more quiet** on open-station tractors.

Lower sound levels will please your ears thanks to larger mufflers, sound-dampened fenders, rubber-mounted footrests, and covered transmissions.

Your John Deere dealer can show you even **more reasons** why 5000 TEN Series Tractors give you what you've asked for - like optional 540/540E shiftable PTO and new, easier-to-read instrumentation. Stop in today.

ALL-NEW MODEL LINEUP

• All new POWERTECH™ engines • Increased power in every model

	5210	5310	5410	5510
ENGINE	2.9 L, 3-cylinders, naturally aspirated	2.9 L, 3-cylinders, turbo-charged	4.5 L, 4-cylinders, naturally aspirated	4.5 L, 4-cylinders, turbo-charged
PTO HP	45	55	65	75
ENGINE HP	53	63	77	87
HYDRAULICS	18.2 gpm	18.2 gpm	22.5 gpm	22.5 gpm

Visit Your John Deere Dealer Today!

ADAMSTOWN EQUIPMENT, INC.
Adamstown, PA
717-484-4391

BARTRON SUPPLY, INC.
Tunkhannock, PA
717-838-4011

CARLYLE & MARTIN, INC.
Hagerstown, MD
301-733-1873

CARROLL'S EQUIPMENT
Route 235
Dameron, MD
301-872-5553

CLUGSTON AG & TURF, INC.
Chambersburg, PA
717-263-4103

DEERFIELD AG & TURF CENTER, INC.
Watsonstown, PA
717-538-3557

DEER CREEK EQUIPMENT, INC.
Oxford, PA
610-932-8858

DEER CREEK EQUIPMENT, INC.
720 Wheeler School Road
Whiteford, MD
410-452-5252

DUNKLE & GRIEB INC.
Centre Hall, PA
814-384-1421

DUNKLE & GRIEB INC.
Mill Hill, PA
717-726-3115

ELDER SALES & SERVICE INC.
Stoneboro, PA
412-376-3390

FINCH SERVICES-HANOVER INC.
Hanover, PA
717-632-2345

GREENLINE SUPPLY, INC.
Uniontown, PA
412-439-1234

A.B.C. GROFF, INC.
New Holland, PA
717-354-4191

GUTSHALLS INC.
RD #2 Box 74-A
Loyeville, PA
717-789-4343

GUTSHALLS INC.
Carlisle, PA
717-249-2313

K & W EQUIPMENT INC.
502 Clements St
Moorefield, WV 26836
304-538-6003

LANDIS BROS. INC.
Rt 283 & Rt 772
2710 Mt Joy Rd
Manheim, PA 17545
717-653-2340

LANDIS BROS. INC.
Lebanon, PA
717-228-2650

LEHIGH AG EQUIPMENT
Allentown, PA
610-398-2553

LONE MAPLE SALES & SERVICE
New Alexandria, PA
412-668-7172

LOST CREEK IMPLEMENT
Oakland Mills, PA
717-463-2161

MILLER-LAKE INC.
Belleville, PA
717-935-2335

MILLER'S EQUIPMENT
RD #1 Rt 66
Fairmount City, PA
814-764-5159

PIKEVILLE EQUIPMENT INC.
Oley, PA
610-987-8277

POLE TAVERN EQ. SALES CORP.
670 Rt 40
Elmer, NJ
609-358-2880

O.C. RICE, INC.
104 North Main St
Biglerville, PA 17307
717-677-8135

SCHEFFEL EQUIPMENT CO.
729 Red Goose Rd
Somerset, PA
814-445-6500

SMITH'S IMPLEMENTS, INC.
Mercersburg, PA
717-328-2244

S.P.E., INC.
Rd 1, Box 157
Towanda, PA
717-265-4440

TOBIAS EQUIPMENT CO., INC.
Halifax, PA
717-362-3132

WALTEMYER'S SALES & SERVICE
10136 Winterstown Road
Red Lion, PA
717-244-4168

WINELAND EQUIPMENT, INC.
Martinsburg, PA
814-793-2109

M.S. YEARSLEY & SONS
West Chester, PA
610-696-2990

Canning Jars & Lids
All shapes and sizes! Factory direct pricing! Distributor inquiries welcomed!

Fillmore Container Inc.
2316 B. Norman Rd
Lancaster, PA 17601
Ph (717) 397-1131
Fax (717) 397-0911