

Milk Mustache Mobile Comes To Mid-Atlantic Region

CARLISLE (Cumberland Co.) — Bringing free bone density scans, a national milk mustache contest, and exclusive media opportunities for the dairy industry, the Milk Mustache Mobile recently

traveled to Harrisburg, Philadelphia, Baltimore, and Washington, D.C.

This celebrity-flanked mobile is part of the first ever 100-City Better Bones Tour, the nation's largest grass-roots education effort on

bone health. Making stops nationally to promote the "Drink three for calcium" message, this tour educated Middle Atlantic consumers about the vital role calcium and milk play in osteoporosis prevention.

While touring the Middle Atlantic region, the Milk Mustache Mobile stopped at local hospitals, retail markets, and consumer events at the YO! Philadelphia Festival, the Baltimore Inner Harbor, and HersheyPark. In Washington, D.C., the Better Bones Tour joined with the "America Walks For Strong Women" event at the Landmark Mall. Local radio stations broadcasted live from the Milk Mustache Mobile stops to encourage consumers to bone up on their calcium by increasing their milk consumption.

Participating in more than six television interviews and four radio spots during the four-market tour, American Dairy Association/

alerted local media, and staffed each event. Local dairy princesses also helped with the milk mustache photos and distributed materials to people waiting to receive free bone density tests.

The Better Bones Tour will travel to New Jersey and Delaware in October. To find out where it will be stopping, contact the American Dairy Association/Dairy Council Middle Atlantic at (215) 322-0450, ext. 3258, or visit www.whymilk.com on the World Wide Web.



Deanna Rose, R.D., ADA/DC Middle Atlantic media specialist, explains the process offered for women to get free bone density scans at the Pinnacle Health Center in Harrisburg.



York County Dairy Princess Jessica Pomraning and Chester County Dairy Princess Cindy Grossman promote milk to children visiting the Better Bones Tour in Harrisburg.

Cook's Question

(Continued from Page B8)

ANSWER — Pat Elligson, Millers, Md., sent in a recipe for cherry nut filling, which had been requested. Pat writes that this is an old recipe used by her aunt to fill candy Easter eggs.

Cherry Nut Easter Eggs

- 1 egg white
- 1 teaspoon cream of tartar
- 1 teaspoon vanilla
- 2 pounds confectioners' sugar
- 4 tablespoons soft butter
- 1/2 cup broken nuts
- 1 small jar maraschino cherries plus juice

Beat egg white, cream of tartar, and vanilla until foamy. Add enough sugar to make a thin paste. Beat in butter until mixture is smooth.

Add chopped cherries and nuts. Add remaining sugar alternately with cherry juice. A little water may be added if necessary.

Shape candy as desired. Place on waxed paper and refrigerate. Chill at least 8 hours. Dip in melted semi-sweet chocolate.

ANSWER — Shirley Miller wanted recipes using ground cherries and asked where the scarce berries can be found. Thanks to Mrs. Samuel Weaver, Myerstown, for sending a recipe. She writes that she grows ground cherries from seeds she orders from Jung or Burgess Seed catalog. Sometimes ground cherries are called husk tomato. When you start the seed in the garden, the plants come up like weeds, which you need to recognize as the plant. It does not replant well. As far as she knows, ground cherries are only used in pies.

Ground Cherry Pie

- 2 1/2 cups ripe ground cherries
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 2 tablespoons Clear-Jell
- 1 cup water

In kettle, boil ground cherries, water, sugar, and cinnamon until cherries are wrinkly. Take Clear-Jell and water and make a thin paste and stir in with ground cherries until thickened. (I fill with half apple slices so the taste isn't so strong). Pour mixture into pie shell and bake until crust is lightly browned.

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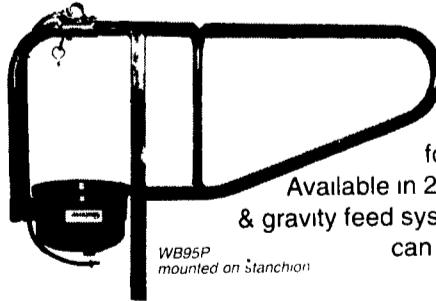
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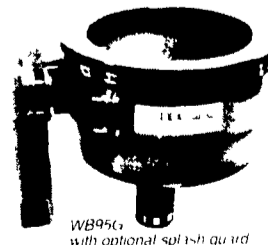


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