

How The Chipmunk Got His Stripes

YORK (York Co.) - The Oneida Indians called the Seneca the "people of the standing rocks," a description of the western New York mountains where the Seneca, the "gatekeepers" of the western door to the five-nation Iroquois Confederacy, lived.

East autumn after the leaves started falling, Seneca storytellers would gather with their people around campfires and begin teaching about the creatures of the world... how the chipmunk got its stripes, for example. Most of the stories weave a moral tale into the telling; behavior, values, following a natural path are celebrated. But the stories also educated the people about the nature of the animal. The sharing of these stories perpetuated Seneca culture and its values.

Wouldn't eavesdropping in on a Seneca campfire be an interesting experience?

Those interested in doing just that don't need to time travel. They only need to come to Nixon County Park on Sunday, November 15, at 1 p.m. or 3:30 p.m. to hear storyteller Jerry Dietz. Dietz, who is Seneca, will wear traditional attire.

"I tell animal stories that have been passed down for thousands of years...how the chipmunk got its stripes, a story about a rabbit and pussywillow as signs of spring, a story about a hungry raccoon..." Dietz said.

Dietz said telling the stories during the autumn and winter follows an ancient tradition that honors the creatures who might

listen to the stories; The Seneca believed that when the stories were told, creatures would stop what they were doing to listen to the stories. If a story teller told about the creature during the summer months, a time when most creatures are busy eating, growing fat for winter, the animal might stop feeding and not be ready for winter. Interfering with the way could bring trouble

to the storyteller Dietz said. bees might sting his mouth and tongue.

Dietz also sings traditional Seneca songs at his story telling sessions.

One interesting sideline about the Iroquois and the Seneca; The Iroquois Confederacy, formed in the late 1500s, joined the Senecas with the Oneidas, Mohawks,

Onondagas and Cayugas to form a mutually beneficial collaboration of native peoples that eventually grew into one of the most powerful groups of native people in North America. It was also the basis for our own form of government.

For more information on

Dietz's story telling, call Nixon County Park at (717) 428-1961. For other information on York County Parks programs, contact the York County Department of Parks and Recreation, 400 Mundis Race Road, York, PA 17402-9721 or call (717) 840-7440.



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Here's another gift recipe from Alverna Martin, Wellsboro.
Cookies In A Jar

Layer in a one-quart jar in order given:

- 1 cup flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup granulated sugar
- ½ cup granulated brown sugar
- 1 cup quick oats
- ½ cup chocolate-covered raisins
- ½ cup walnut pieces

Put two-piece lid on top, with a circle of fabric between the two pieces. Instructions to recipient of gift:

In a bowl, mix:

- ½ cup melted butter
- 1 beaten egg
- 1 teaspoon vanilla

Contents of jar

Shape into 1-inch balls. Place 2-inches apart on lightly greased cookie sheet. Bake 10 minutes at 350 degrees.

ANSWER — A reader from Ephrata wrote that the liquid on her canned beans often looks cloudy and she wanted to know what to do to eliminate that problem. Thanks to a reader who sent in the following recipe.

Canned Green Beans

Wash, string, trim, and cut or break beans into 1-inch pieces. Raw pack beans into glass jars to within ½ -inch of jar top. Add ½ teaspoon salt to each pint. Fill to within ½ -inch of top of jar with boiling water. Put on cap, screw band firmly tight.

Process pint jars in pressure canner with 10 pounds pressure. For pints, 20 minutes or quarts, 25 minutes.

ANSWER — A reader from Annville would like recipes for food that can be given as gifts such as oil, vinegar, and herb mixtures to seal in bottles, candies, cake in a jar, cookies, etc. Thanks to Lynda Bell, Lincoln University, for sending this recipe.

A Special Rice Gift

- 1 cup long-grained rice, uncooked
- ½ cup finely chopped dried apricots
- ¼ cup yellow raisins
- 2-ounce package almonds (toasted if desired)
- 1 tablespoon chicken bouillon granules
- 2 teaspoons dried parsley
- 1½ teaspoon dried orange rind
- ½ teaspoon onion powder

Combine ingredients. Store in airtight container.

Directions for gift card: Combine rice mix, 2½ cups water & 2 tablespoons butter in a medium saucepan. Bring to boil, reduce heat, simmer 20 to 25 minutes or until rice is tender and water is absorbed. 4 to 6 servings.

ANSWER — Debra Allgyer had requested a recipe for Elephant Ears. Thanks to Alverna Martin, Wellsboro, and others who sent in recipes and wrote that Elephant Ears are not the same as funnel cakes. By the way, Alverna writes that Debra is her cousin.

Elephant Ears

- 1½ cups milk
- 2 tablespoons sugar
- 1 teaspoon salt
- 6 tablespoons shortening
- 2 packages dry yeast
- 4 cups flour
- Oil for frying
- Sugar mixture:
- ½ cup sugar
- 1 teaspoon cinnamon

Combine milk, sugar, salt, and shortening; heat through until shortening is melted. Do not boil. Let cool to lukewarm. Add yeast; stir until dissolved. Stir in flour, 2 cups at a time, beating until smooth. Place in greased bowl; cover with damp cloth. Let rise until doubled, about 30 minutes. Dust hands with flour. Pinch off pieces of dough the size of a golf ball.

Roll out very thin, 6-8-inch circle. Fry, one at a time, in hot oil until it rises to the surface; turn and fry other side until lightly browned. Drain on paper towel.

Prepare sugar mixture; sprinkle all over while still warm.

Here is a different version from Pat Chance, Clayton, Del. She writes that her family published a cookbook a few years ago and included this recipe.

E Is For Elephant Ears

- ¼ cup butter
- 1 cup all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup milk
- 3 tablespoons sugar
- 1 teaspoon ground cinnamon
- Sugar

Heat oven to 425 degrees. Grease cookie sheet with shortening. Heat butter until melted; set aside. Stir flour, 2 tablespoons sugar, baking powder, and salt in a medium bowl. Stir in milk and 3 tablespoons melted butter until dough forms. Sprinkle a surface lightly with flour; turn dough onto surface. Knead 10 times. Roll dough with a rolling pin or pat with hands into a rectangle, 9x5-inches. Brush with remaining melted butter, using a pastry brush; sprinkle with mixture of 3 tablespoons sugar and cinnamon. Roll dough up tightly, beginning at narrow end. Pinch edge of dough into roll to seal. Cut into 4 equal pieces with sharp knife. Place cut sides up on cookie sheet; pat each into 6-inch circle. Sprinkle with more sugar. Bake until golden brown, 8-10 minutes. Immediately remove from cookie sheet with a spatula. Let cool on wire rack. Makes 4 elephant ears.

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