

Cook's Question

(Continued from Page B8)

ANSWER — Stephanie Luckenbaugh, Abbottstown, wanted a recipe for Cream of Crab Soup that tastes like the kind they serve at Rutter's Family Restaurant. Thanks to Donna Diehl, Woodbine, Md., who sent in a recipe that she said is terrific. Everyone who eats it say that it's the best they ever had. You can substitute crab meat by using imitation crab meat with great success.

Cream Of Crab Soup

2/3 cup butter
2/3 cup flour
1 1/2 cups chicken broth OR 3 bouillon cubes melted in
1 1/2 cups water
1 quart half and half
1/2 cup milk
1 tablespoon parsley
1/2 tablespoon Old Bay Seasoning or more to taste
1 pound crab meat

Melt butter in a large pot. Stir in flour slowly and blend until smooth. Slowly stir in broth, constantly stirring then simmer two minutes. Slowly stir in half-and-half and milk. Stir until thick, which will take a little time. Add remaining ingredients. Heat over low flame until hot. If soup is too thick, add another half cup milk.

CORRECTION — The correct mailing address for the newsletter, "Cinnamon Hearts—The Art of Living a Winning Diabetic Lifestyle," is P.O. Box 578340, Modesto, CA 95357-8340. Send \$4 for a sample copy or \$19.80 for a year's subscription

Cold Weather Car Maintenance

WELLSBORO (Tioga Co.) — By now, most of you have had the experience of driving in snow or in other adverse conditions related to the weather. In order for our driving experiences to be safe and efficient, try these suggestions:

Batteries — Make sure you have the battery and the charging system tested. This should be done before temperatures get too cold. At 0 degrees F, a battery produced only 40 percent of its power. When the engine gets cold and the oil is thick, more power is required to start the car. Often, the beginning of the cold season will bring on an incident of difficult starting.

Regular maintenance — If you haven't had a tune-up in a while, get to the mechanic as soon as possible. The drop in temperature is very hard on the car. Have the hoses and belts checked, too. And don't forget the anti-freeze! A weak anti-freeze solution can

cause a multitude of problems.

Brakes — Brakes that are worn or damaged can cause you to skid on wet or icy roads. Be sure to have them checked by a professional. Also, read your owner's manual to determine what type of brakes are on your car. They may be normal or they may be "anti-lock" and each type has a different recommendation for braking on slick surfaces.

Heater/Defrosters — Proper functioning defroster and heater are absolutely necessary in cold weather. Indicators that you may have a problem include frosted windows that don't seem to clear, a burning smell when the heater is on; or only cold air blowing from the vents. It's best to check them before you need them to avoid really dangerous situations.

Exhaust system — Carbon monoxide can get into your car if this system is faulty. If you get stranded in the snow and decide to

run the heater, be sure that the tailpipe is clear of snow. Be sure, too, to open a window just a crack so you can avoid carbon monoxide poisoning. It can be fatal.

Wiper blades and windshield washing fluid — You will almost always know when your wiper blades need to be changed. This is a nuisance any time of year. But cold weather conditions are even harder on them, and can make an even greater difference in your driving safety in winter. Check to be sure you have the reservoir filled with washing fluid and carry a spare container of it in the trunk.

Tires — Check the tread for depth and even wear. Make adjustments if necessary, or buy new tires. Remember that your tires lose pressure when the temperature drops, so check them regularly in order to maintain correct pressure, which is indicated in the owner's manual. And, how long has it been since you checked the spare?

Fuel Tank — Keep your tank at least half full during the winter. This will help avoid condensation, which can form when the tank is near empty. Also, your won't run out of gas in an emergency.

Driving in summer and in winter are two very different experiences. Proper preparation can make you a safer driver who is prepared for any circumstance.

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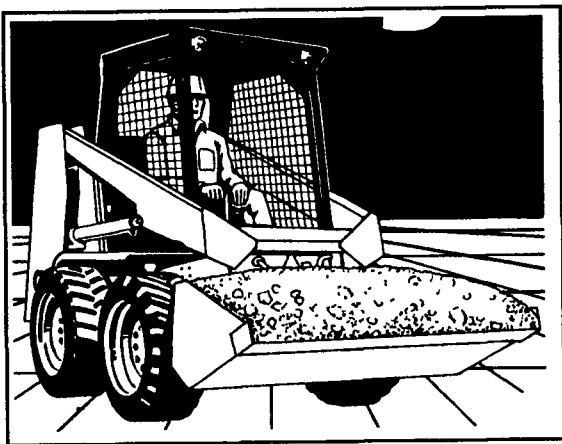
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2nd Annual Keystone Farm Show CHAMPIONSHIP SKID STEER RODEO

York Fairgrounds, York PA

Tuesday, January 5th

Registration begins at 12 noon at the show

RODEO Begins at 1 pm ends at 3 pm

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**Case Model #1845C
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provided by Gehl**

**Bobcat Model#763
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provided by Ag Industrial Inc.**

The Skid Steer Rodeo is a timed obstacle course type event. Each contestant will have to operate all participating skid steers on their assigned course. The quickest overall time for all events will be declared the winner. Penalties are given for hitting props, non-completion of an event etc. Unsafe operation in any event will cause immediate disqualification. Registration is just prior to the event at the show. There is no charge to enter. All operators MUST BE at least 18 YEARS OF AGE. Be prepared to prove it.

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For More Information on the Keystone Farm show or the Skid Steer Rodeo Call Ken Maring

1-800-218-5586