

# Cook's Question

(Continued from Page B8)

**ANSWER** — A reader wanted to know how to can horseradish. Thanks to Pauline Hess-Fisher, Lancaster, who writes: According to my organic dictionary it should be dug in September. To prepare horseradish, scrape the roots in cold water. Cut into small pieces and put into blender with half white vinegar and half water. Grate until the consistency is as fine as you prefer. Put into jars and refrigerate. Does not require any cooking and will keep a long time. Be sure the horseradish is covered with vinegar solution.

**ANSWER** — A reader wanted to know where the recipe for Pork Roll such as Perma Flow, phosphate, and speed cure could be purchased. Thanks to an Ephrata reader who wrote the ingredients can be purchased at butcher shops.

**ANSWER** — K. Wolfe wanted the recipe for homemade ice cream that children can make in plastic baggies. Thanks to a reader for sending the recipe.

### Space Ice Cream

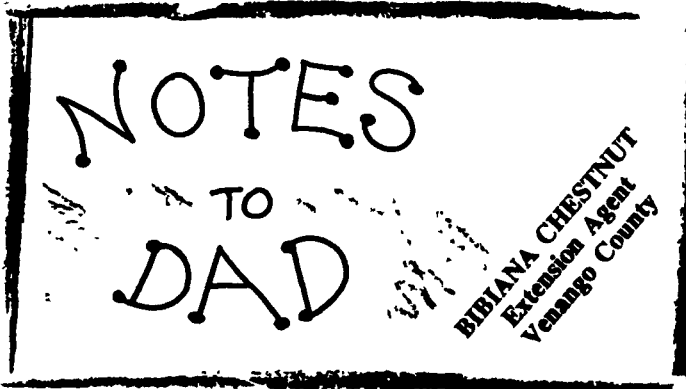
- 1 cup milk
- ½ teaspoon vanilla
- 2 tablespoons sugar
- Put milk, vanilla, and sugar into pint-sized ziplock bag
- 4 cups ice
- 3 tablespoons table salt
- Pint bag of milk mixture into gallon-size ziplock bag. Shake bag 5-10 minutes.

Eat icecream right out of the bag. For more variety, experiment with other flavors by adding chocolate chips, crushed candy, cookie crumbs, etc.

**ANSWER** — Tricia Grossnickle, Frederick, Md., wanted to know if any readers know of a recipe for a dessert called Johnnie Bowl. Thanks to an Ephrata reader who writes that she has a similar recipe called bag pudding. The recipe is very old and eaten with milk instead of sauce. She loves it.

### Bag Pudding

- 1 pint flour
- 1 egg
- ½ cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup cooked raisins
- Combine ingredients and add enough milk to make a soft dough.
- Pour dough mixture into a soft cloth bag and tie shut. Cook one hour in a kettle of water.



### A Father's Presence

Following is a Father's Quiz. Mothers can read it too and think about where the father of your child fits. After each question, a short fact from father research explains why the question was asked.

1. Effective dads teach primarily by role modeling. To be a role model, a dad has to first establish the values he wishes to pass on, and then interact with his child — not a little, but a lot. Are you "there" for your child?

Emotional expressions are among the most important qualities a father can model. Few men are comfortable showing emotions, but all children need to learn how to handle their emotions in a healthy way. And dad, your children — especially your sons — are going to learn largely by watching you.

2. Fathers form secure attachments with their children through active, physical, rough and tumble play. Do you and your child play together at least 2-3 times a week?

A father's parenting style tends to emphasize play more than caretaking, which can be frustrating to moms. The way a father plays affects everything from the manage-

ment of emotions, to intelligence and academic achievement. According to research, "children who rough house with their fathers quickly learn that biting, kicking, and other forms of violence are not acceptable. They learn to "shut it down."

3. Absentee dads often claim that they make up for the time they've missed with their children by spending "quality time" with them. What is your definition of quality time?

Nothing can replace a father spending time with his children, and it's usually the everyday moments together that are most meaningful for children. Here is an example when fathers can spend special time with their children.

Bedtime. It's interesting that when children are asked to write about their fathers, many of them choose to say something about bedtime. As a father, you can have a profound affect on your child's state of mind in those final moments of the day. Children look to their father for strength, stability, and security as they drift off to sleep. So, look at bedtime as a great opportunity. It's a time when your child will be very receptive to you. Use the time to help your child gain a healthy perspective on the positive and negative experiences they had during the day. Help them sort out their feelings and set a positive tone for whatever tomorrow may bring.

4. The evidence supports the notion that fathers play an important role in preparing their children for life outside the comfort of the family. At times Dad's role will

trigger conflict with Mom about rules, risk taking, consequences, performance expectation, and other parenting issues. When conflicts arise, do you automatically "give in," assuming that the child's mother knows best?

Your child's mother has expectations of you as a father. The only way to deal with her expectations is to bring them out in the open, discuss them, and make decisions together for the benefit of the children. You need to be able to tell her what you think your fathering duties are, and you need to listen to her ideas. If you verbalize your commitment as a father, that makes you accountable to follow through on those intentions.

5. Active fathers understand that the power of their role is linked to their ability to pull their child into their world. Do you initiate and welcome opportunities to be with your children or take them with you to work, on errands, or to join you in doing the things you enjoy?

Taking your child into your world requires patience. Patience is crucial because your child moves at a different pace and operates at a different size and mental ability than you. Children are going to slow you down. Expect jobs to take half again the normal time. Don't let inefficiency discourage you. Be patient and let them do it. Children desire the involvement of hands-on experience. Don't deny them the satisfaction of accomplishing a task.

What does fatherhood mean to you? Now is a great time to come up with your own personal fathering policy.



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