

(Continued from Page B6)

audience watching the Sheep to Shawl competition.

Laurie spoke on the wall wool growers face because the market is flooded with imported wool rather than processors using Pennsylvania wool.

The average fleece weighs 6.8 pounds. Three men's wool suits can be made from one fleece, according to Laurie.

The market is extremely frustrating for growers who received only 10 cents per pound for highest quality wool last year.

Most factories refuse to buy wool from U.S. wool growers because they can't compete with market prices of other synthetic fabrics.

"We need to push wool in today's fashion world, even if it is blended wool," Laurie said.

Those who wear wool know that nothing feels warmer in frigid weather than 100 percent wool outfits. Many consumers are unaware that blended wools are available in many surprising textures and weights. Even summertime blends of wool, most commonly known as wool crepes, are comfortable for hot weather.

Many wools can be machine washed and machine dried using ordinary household detergents.

Wool is self-cleaning because stains shed off. It is rainproof, and fire resistant. Compared to synthetics, wool provides longer wear, resists snags, tears, fading, and does not pill or snag easily. It resists wrinkling and springs back to original shape.

After contestants had presented their speeches, Laurie was crowned queen. The court includes Andrea Sholtis, first runner-up; Amanda Darr, second runner-up; and Amanda Wilson, princess.

Although Laurie is studying animal science at Penn State where she also works in the college's sheep barns, she will travel throughout the state to represent the lamb and wool industry. Most of her appearances will be at county fairs and at agriculture events, where she hopes to entice more people to eat lamb and wear wool.

One of the ways Laurie encourages people to try lamb is handing out recipes. Here are some of Laurie's favorite lamb dishes.

BOSTON LAMB CHOPS

12 loin or rib lamb chops
2 tablespoons fresh, chopped oregano or 2 teaspoons dried oregano

Salt and pepper to taste
4 tablespoons olive oil
3 small zucchini, sliced
2 medium red onions, sliced
1 clove garlic, minced
3 medium tomatoes, cut into wedges

1/4 teaspoon dried basil or 1 tablespoon chopped fresh basil

Linguine pasta, cooked, drained
Sprinkle lamb chops with oregano, salt and pepper. Brown chops in 3 tablespoons olive oil, 4-5 minutes, each side. Remove and keep hot. Heat remaining tablespoon oil. Saute zucchini, onion, and garlic until tender. Add tomatoes and basil; cook 2 minutes more. Toss together with pasta. Arrange on platter with lamb chops. Makes six servings.

GYRO-BURGER

1 pound ground American lamb

1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon ground cumin
1/2 teaspoon pepper
1/4 teaspoon salt

Mix seasonings and add lamb. Mix well and form into four patties about 3/4-inches thick. Grill over moderate coals 5 to 6 minutes per side until medium doneness with the juice running clear. Serve on pita rounds or buns with yogurt cucumber sauce.

For yogurt cucumber sauce, combine:

8-ounces plain nonfat yogurt
1/2 cup finely minced cucumber

2 sliced green onions

1/4 teaspoon sugar

1/4 teaspoon sugar

1/4 teaspoon garlic salt

Refrigerate. Serves 4.

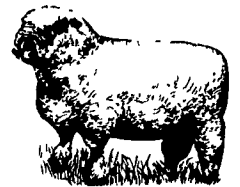
HERBED GRILLED LAMB

2-3 lamb leg steaks Herb Marinade:

1/4 cup lemon juice
1/4 cup olive oil
1 teaspoon dry basil leaves
1 teaspoon salt
1/2 teaspoon paprika

1/2 teaspoon onion powder
1/4 teaspoon garlic powder

Combine marinade ingredients and pour over lamb. Refrigerate covered for 2-24 hours. Remove from marinade and grill or broil 4 inches from moderate heat for 10-15 minutes. Turn occasionally and baste with any remaining marinade. Serves 6.



Market Food For Profit

SCRANTON (Lackawanna Co.)—Are you a farmer who would like to improve your profits? Have you ever entertained

the idea of selling your special spaghetti sauce or famous chocolate chip muffins? Do you want to improve your existing food related business? If so, then plan on attending "Marketing Food for Profit" on Saturday, February 26, at the National Institute for Environmental Renewal on Rt. 6 in Mayfield. The seminar runs from 9:00 a.m.—4:30 p.m.

The program is designed for agricultural producers and individuals interested in selling food for profit. It will provide information and examples of marketing strategies and opportunities, explore opportunities for new and expanded agricultural markets and food products, and help participants start or improve the operation of a small food product business.

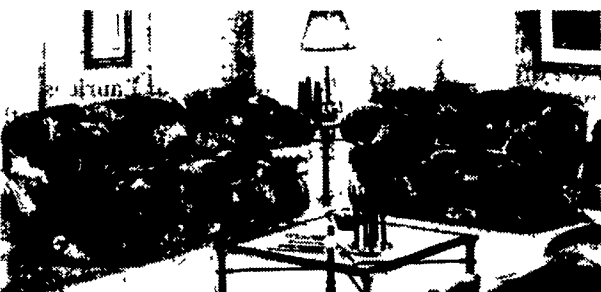
The agenda will feature keynote speaker, Dr. Duncan Hilchey, senior extension associate and agriculture development specialist at Cornell University. Hilchey will share his vast experience and research on farmer's markets, value-added food pro-

cessing, micro-enterprise development, agritourism, ethnic marketing opportunities, and farm cooperatives in his presentation, "Marketing Opportunities in the 21st Century."

Other topics covered will be packaging and presentation; developing a business plan; customer service; target and niche marketing; alternative marketing; adding value to produce; Pennsylvania Department of Agriculture licensing regulations; safe food handling; effective advertising; and financial matters.

The seminar is sponsored by Pocono Northeast R.C. & D., PENNTAP, the Lackawanna County Conservation District, and the Northeast region of Penn State Cooperative Extension. Cost is \$20 per person and \$10 for each additional family member or employee. The fee includes lunch, speaker fees, and materials. For more information or to register, contact Penn State Cooperative Extension at 963-4761 by February 18.

UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES INC. Never The Same Place Twice



SOFA and LOVESEAT SET
Reg Retail \$2109.95 Cash \$749.95 **CLOSEOUT PRICE \$498.88**

3 Styles Available



RECLINER **OUR PRICE \$89.04**
Reg \$389.95



**CHERRY 3-PACK
COCKTAIL TABLE**

42x21x16H

2 END TABLES

21x18x21H

\$89.95



4 DRAWER CHEST
Pine Finish & Brass Hardware
Reg Retail \$149.95 **OUR PRICE \$39.04**



**(CANTED)
FRONT CURIO**

Oak or Cherry Finish
- 5 Glass Shelves
- 2 Doors
- Lighted Interior
- Mirrored Back

Reg Retail \$599.95

OUR PRICE

\$179.88

SERTA MATTRESS & FLEX SPRING

	Reg	Ret	OUR CASH PRICE
SINGLE	\$609.95	...	\$149.95
DOUBLE	\$749.95	...	\$189.95
QUEEN	\$889.95	...	\$249.95
KING	\$1129.95	...	\$299.95

BIG SELECTION OF WOOD & METAL BUNK BEDS

HUNDREDS OF OTHER ITEMS!

**3019 HEMPLAND ROAD
LANCASTER • 397-6241**

We have a four chain store not affiliated with any other store
Stores in LANCASTER • YORK • CARLISLE, PA • ELKTON, MD
STORE HOURS Mon-Fri 9-9 • Sat 9-6 • Sun Noon-5

- No Refunds
- No Exchanges
- Cash & Carry

For purchases with a check, bring
drivers license and phone number

FINANCING
AVAILABLE

Not responsible for typographical errors. We reserve the right to substitute gift items.



GLIDER

Blue, Beige or Green
Reg \$259.95 Our \$149.95

\$89.04

NOTICE: FARM OWNERS

Goodville Mutual Is One of the Top 5 Farm Insurance Companies in Pennsylvania

WANT TO KNOW WHY?



Liz Martin
Martin Insurance Agency

459 C N George St.
Millersville, PA 17551
(717) 872-7756
Toll Free

1-877-791-5235

www.martininsurance.com
Affordable insurance for farm, home, vehicle, and small business

Agent for Goodville Mutual



**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) 397-4131
Fax (717) 397-0941

Make Those Rodent Tracks END!

Difrac

Tracking Powder*

Kills Rats & Mice

6 lb. Bucket

\$49.95

+ \$6.00 Shipping

Rat & Mouse Bait Available

Restricted Use Product

Must have correct applicator's license

Blain Supply

Rt 1 Box 117H Blain, PA 17006

717/536-3861



PAINTING

**All Types Interior/Exterior
Including Aerial Work**

**Specialists in Sand Blasting and
Spray Painting Farm Buildings,
Feed Mills, Roofs, Tanks, Etc.
Also Roof Coating • Water Blasting**

Fisher's Painting

4056A Newport Rd., Kinzers, PA 17535
On Rt. 772 Across From Pequea Valley School

717-768-3239