

Oven Caramel Corn

2 cups firmly packed brown sugar
 1 cup butter
 ½ cup light corn syrup
 ¼ teaspoon cream of tartar
 ½ teaspoon salt
 1 teaspoon baking soda
 8-9 quarts popped corn, unsalted
 16-ounce jar dry-roasted peanuts (optional)
 Mix together all but last three ingredients in large saucepan. Bring to a boil, stirring often. Boil for three minutes. Remove from heat. Add baking soda, stir well (will foam up so please use large enough pot) stir until it dies down. It will turn an odd color.
 Pour over popped corn and nuts in large flat pan or a large turkey roaster. Put in a 200-degree oven for 1½ hours, stirring every 15 minutes. It will be sticky at first until it dries. Take from oven and cool. Store in sealed plastic bags. Makes a large amount.

Berks Seeks

Dairy Princess Candidates

LEESPORT (Berks Co.)—The Berks County Dairy Princess Committee is looking for girls interested in promoting the dairy industry, to serve on our 2000 promotion team.

This past year, Berks had a team of 16 promoters, that included princess Michelle McMichael, Alternate Lucinda Bray, Li'l Miss Ashley Mohn, and 13 ambassadors. They have spent the past year working hard spreading the news about dairy products and the dairy industry in Berks County.

As the pageant approaches, the committee is looking for new dairy princess candidates who

enjoy dairy products and would like to promote the dairy industry in Berks County. The qualifications for dairy princess include single girls between the ages of 16 to 24. She must be a daughter of a dairy farmer, a dairy farm manager, herdsman, or someone employed in the dairy industry. Or she must be employed in one of the above categories or own two or more dairy cattle in a 4-H or FFA project. The deadline for all interested candidates is April 1.

The committee is also looking for candidates for Little Miss Dairy Princess. These contestants must be between the ages of

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CHEESY MINI CORN MUFFINS

¼ cup plain nonfat yogurt
 ¼ cup vegetable oil
 1 egg
 6 tablespoons sugar
 8.5-ounce can cream-style corn
 ½ cups shredded cheddar cheese
 ½ cups all-purpose flour
 2 cups yellow corn meal
 1 tablespoon baking powder
 ½ teaspoon salt
 Vegetable cooking spray
 Preheat oven to 325 degrees.

Mix yogurt and oil in mixing bowl. Add eggs, sugar, and mix. Add corn, cheese, flour, cornmeal, baking powder, and salt. Mix until all ingredients are moistened. Spray muffin cups with vegetable cooking spray. Fill each cup with 1 tablespoon mixture. Bake 13-15 minutes at 325 degrees or until toothpick comes out clean. Remove from pans.

Jen McWilliams
 SUN Area Dairy Princess

4 to 6. The deadline for all Li'l Miss contestants is April 7.

This year the Berks County Promotion team had 13 active dairy ambassadors. The Committee is again looking for any boys or girls ages 13 and up to become a dairy ambassador.

The annual Berks County Dairy Princess Pageant will be held Saturday, May 3, at the Berks County Agricultural Center. Any girls interested in

HONEY CRACKED WHEAT BREAD

1 cup water
 1 cup milk
 ¼ cup honey
 2 teaspoons salt
 1 package active dry yeast
 1 cup cracked wheat
 4-5 cups all-purpose flour
 Boil ½ cup water; mix with milk, honey, and salt in a large mixing bowl. Cool to lukewarm. Add yeast to ½ cup warm water; let set 5 minutes.

Add yeast, cracked wheat, and 2 cups flour to honey-water mixture; beat thoroughly.

Add as much remaining flour as necessary to form a soft dough, mix well. Knead dough on a lightly floured board. Knead 1 to 2 minutes, let rest 10 minutes. Resume kneading dough until it's smooth and elastic, adding any remaining flour if necessary. Place dough in a greased bowl; turn to grease other side. Cover dough and let rise until doubled. Punch down dough and form into two loaves.

Place into two greased loaf pans; cover and let rise until doubled. Bake in preheated 375 degree oven 45-50 minutes. Remove and cool on wire racks.

Ruth Aument
 Peach Bottom

joining the dairy promotion team, call Frances or Jennifer Davis at (610) 926-3548 by the deadlines listed above. Also anyone interested in attending the pageant, you may also contact Frances or Jennifer.

BOHEMIAN RYE BREAD

4½ to 4¾ cups Bohemian rye or wheat flour
 ½ cup firmly packed brown sugar
 2 teaspoons salt
 1 teaspoon caraway seed
 2 packages dry yeast
 1 cup milk
 2 tablespoons butter
 Additional butter
 Coarse salt

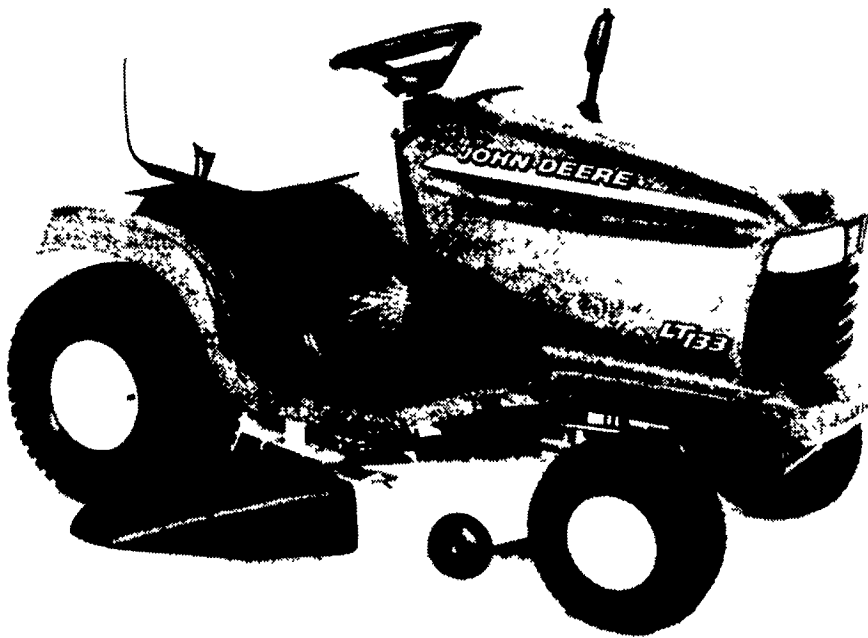
Combine 1½ cups flour, sugar, salt, caraway seed, and yeast in large mixing bowl. Combine milk, water, and butter; heat over low temperature to 120-130-degrees or until liquids are very warm. Gradually add to dry ingredients; beat two minutes at medium speed with electric mixer, scraping bowl occasionally. Add ¾ cup flour and beat at high speed for two minutes, scraping bowl occasionally. Stir in enough flour to make a stiff dough. Cover; let rise in warm place until doubled in bulk (45 minutes). Stir down.

Place dough in well-buttered 2½-quart round casserole dish. Place on bottom rack of oven. Bake in preheated 400-degree oven for 35-40 minutes. Remove from pan and brush with butter. Sprinkle with coarse salt and let cool.

Jennifer McWilliams
 SUN Area Dairy Princess



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