

Home on the Range



Chrissy and Jerry Bollinger with children Ryan, 4, and Kimberly, 2, live in Denver.



Joyce Burkholder, husband, and sons, Jess, Joel, and Jeremy live on a Washington Boro dairy farm and milk 90-100 cows.

Milk: Great Ingredient for Happy Families

You've heard of children who don't want to eat meat or vegetables. But have you ever heard of any who don't like dairy products?

Cheese, pudding, ice cream, macaroni and cheese, the list goes on, are favorite foods of children everywhere. Again and again, your letters say how much your family loves dishes made with dairy products.

Your recipe entries for the Dairy Recipe Drawing salute dairy farmers who work hard providing milk for America's favorite foods.

This is the third week, entries from the dairy recipe contest appear. The final installation will be printed next week. So, get

your scissors. Clip these recipes that are sure to become your family's favorite also.

BROCCOLI HAM HOT DISH

- 20-ounces frozen cut broccoli
- 2 cups cooked rice
- 6 tablespoons butter
- 2 cups fresh bread crumbs
- 1 medium onion, chopped
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 cups milk
- 1½ pounds fully-cooked ham, cubed
- Shredded cheddar or Swiss cheese

Cook broccoli according to package directions, drain. Spoon rice into a 13x9x2-inch baking dish. Place broccoli over rice. Melt butter in large skillet. Sprinkle 2 tablespoons butter over bread crumbs; set aside. In remaining butter, saute onion until soft. Add flour, salt, and pepper, stirring constantly until bubbly. Stir in milk and continue cooking until sauce thickens and bubbles. Cook and stir for one minute; add ham and heat thoroughly. Pour over rice and broccoli. Sprinkle the crumbs over all.

Bake at 350 degrees for 30 minutes. Sprinkle with cheese; let stand 5 minutes before serving.

I love to cook one-dish casseroles like the one above; especially since we have a houseful of active little boys. My husband and I have three boys, Jesse, 5; Joel, 2½, and Jeremy, 1. We live on a dairy farm and milk between 90-100 cows.

Joyce Burkholder
Washington Boro

MAC AND CHEESE CASSEROLE

- 2 cups elbow macaroni, cooked
- ¼ cup butter
- ¼ cup flour
- ¼ teaspoon salt and pepper
- 2½ cups milk
- 2 cups white shredded cheddar cheese
- ½ cup bread crumbs

Heat oven to 350 degrees. In large saucepan over medium heat, melt butter. Blend in flour, salt, and pepper. Gradually stir in milk. Cook stirring constantly, until sauce thickens and mixture begins to boil. Add cheese; stir until cheese is melted. In 1½-quart casserole, stir together pasta and cheese sauce. Cover with bread crumbs and bake 30 minutes or until bubbly.

I hope you enjoy this recipe as much as I do. I have made this recipe since I was ten. It's easy to make and delicious to eat.

I have loved to cook ever since I was little. I am one of four children. When we turned ten years old, my mother gave us each a

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Hey Dad, You're the Greatest!

LOU ANN GOOD

Lancaster Farming Staff

LAMPETER (Lancaster Co.)

— Father's Day comes once a year, but being a father requires year-round commitment.

Chet Hughes, Lancaster County extension livestock agent, takes fathering seriously. He and his wife, Marie, want their children Allison, 14, and Andy, 11, to become confident, responsible teenagers and adults.

According to research compiled by the National Center for Fathering (NCF), the way a dad treats his son and daughter has lasting effects throughout their lives.

Time is a commodity that Hughes sets aside to give his children. This requires some preplanning. For example, his children are active in 4-H. Allison raises sheep and Andy raises hogs. So each year, Hughes and Allison go on a day long trip to Fayette County in search of the perfect sheep.

"We talk about everything. He's easy to talk to," Allison

said of their car conversations.

On another day, Hughes and Andy take a trip to an annual pig sale in search of a potentially ribbon-clenching hog.

Since Hughes is a 4-H livestock agent, he suspects some people think he coerces his children into 4-H activities.

"I don't," he said. "Marie and I encourage the kids to be involved with many different experiences and activities."

Varied experiences, the parents believe, help their children determine their natural abilities and the interests they want to pursue.

Sports, playing musical instruments, and involvement in school plays are some of the activities the children have pursued. Allison has participated in field hockey, basketball, and track, but she has curtailed sports involvement to pursue her love for school plays. She played a major role in Annie, when her school put on that show and loved it.

"I'd be an actress if I could

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Chet Hughes and his children Allison, 14, and Andy, 11, talk about what they think is important in father/children relationships.