

Meet 'Martha Stewart' Of Dillsburg

(Continued from Page B6)

The family owns 12 quarter-horses and raises steers for roping events. The Merritts' children, all active 4-H'ers, compete in many of the events. They also help their dad stack hay and prepare for the shows.

"I've been riding all my life," Jessica said. Her favorite is the team penning event, which requires two people to cut three head of cattle out of a herd of 30 and herd them into a pen in the opposite end of the arena.

"Last weekend I won buckle,

for fourth in penning during the summer series," Jessica said.

When she was 11-years-old, Jessica placed eighth in the state in competition for pole bending.

Cassandra rides and trains horses. She is a member of the Keystone Quarterhorse Youth Team. Cassandra's involvement in horse events is curtailed by her career as a massage therapist.

Jim's mother Connie operates the snack bar during the shows conducted at the ranch.

Ronda collects food tins and cow memorabilia and is secretary

of The National Barrel Horse Association. But none of these hobbies compare with the intrigue of the kitchen.

One of the easiest recipes that Ronda enjoys preparing is Crockpot Apple Butter or Peach Butter.

"In no time at all, you can have a batch without a whole lot of mess," she said.

Here is the recipe:

APPLEBUTTER

8 cups apples
4 cups sugar
2 teaspoons cinnamon

Combine ingredients and cook on low six hours. Puree. Cook additional five hours with lid off on high temperature. Ladle into jars. Refrigerate or process in boiling water bath to can.

SMELLY JELLIES

(Air Freshner)

Use baby food jars, votive holders, custard cups, decorative glasses and 4-ounce jars

16-ounces liquid potpourri
4 packets unflavored gelatin
Colorant, if desired
Thoroughly heat half the liq-

uid poppourri, just to boiling. Mix in 4 packets gelatin until dissolved, add remaining liquid potpourri. Pour into containers, and mixture will set up.

Attach the following poem: *Here's a little something for your home or your car. A homemade gift from me to you — smelly jelly in a jar. It's a liquid when poured into a jar and not to be eaten, not for your belly, but to refreshen your room, for it's called smelly jelly in a jar.*

Let's Talk Turkey Facts, History

From the first Thanksgiving to today's turkey burgers, turkeys are a part of the American tradition dating back hundreds of years. However, many of us still know little about the birds. The following are answers to some of the most commonly asked questions about turkeys.

According to the National Turkey Foundation's website, www.eatturkey.com, early explorers to the New World quickly acquired a taste for turkey and took birds back to Europe. By the 1500s, turkeys were being raised domestically in Italy, France and England.

When the Pilgrims and other settlers arrived in America, they were already familiar with raising and eating turkey and naturally included it as part of their Thanksgiving feast.

Some experts think the first Thanksgiving dinner was served by the Pilgrims in 1621. Others credit the settlers of Virginia's Jamestown with celebrating the first Thanksgiving as their version of England's ancient Harvest Home Festival.

President Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863, supposedly as a response to a campaign organized by magazine editor Sara Joseph Hale. In 1939, President Franklin Roosevelt moved Thanksgiving Day forward one week, as it is presently celebrated.

Benjamin Franklin, who proposed the turkey as the official United States' bird, was dismayed when the bald eagle was chosen over the turkey. Franklin wrote to his daughter, referring

to the eagle's "bad moral character," saying, "I wish the bald eagle had not been chosen as the representative of our country! The turkey is a much more respectable bird, and withal a true original native of America."

Since 1947, the National Turkey Federation (NTF) has presented the President of the United States with a live turkey and two dressed turkeys in celebration of Thanksgiving. The annual presentation of the National Thanksgiving Turkey to the President has become a traditional holiday ritual in the nation's capital, signaling the unofficial beginning of the holiday season and providing the President an opportunity to reflect publicly on the meaning of the Thanksgiving season.

After the ceremony, the live bird retires to a historical farm to live out the rest of its years.

In 1999, about 273 million turkeys were raised. The NTF estimates that 45 million of those turkeys were eaten at Thanksgiving, 22 million at Christmas and 19 million at Easter.

Ninety-two percent of Americans surveyed by the National

Turkey Federation eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 15 pounds, meaning that approximately 675 million pounds of turkey are consumed in the U.S. each Thanksgiving.

The top five most popular ways to serve leftover Thanksgiving turkey are: sandwich, soup or stew, casserole, stir-fry, and salad.

In fact, turkey is most often prepared in a sandwich year-round. However, low-fat, convenient products like ground turkey, turkey sausage and turkey bacon, as well as turkey cutlets and tenderloins, are becoming increasingly popular.

Many people report drowsiness after eating Thanksgiving dinner. While turkey often receives the blame, recent studies suggest that carbohydrate-rich meals may cause sleepiness by increasing the number of tryptophans in the brain.

Therefore the unusually large, multi-coursed, carbohydrate-rich meal most people eat on Thanksgiving is more likely the cause.

The white meat is generally

preferred in the U.S. while other countries choose the dark meat. A 15-pound turkey typically has about 70 percent white meat and 30 percent dark meat. The two types of meat differ nutritionally. White meat has fewer calories and less fat than dark meat. The rich flavor of dark meat is especially valued in soup and stew recipes. Dark meat holds up well in rich marinades and is a perfect choice for grilling and barbecuing.

When Neil Armstrong and Edwin Aldrin sat down to eat their first meal on the moon, their foil food packets contained roasted turkey and all of the trimmings.

It is estimated that turkeys have 3,500 feathers at maturity.

The bulk of turkey feathers are composted or otherwise disposed of; however, some feathers may be used for special purposes. For instance, dyed feathers are used to make American Indian costumes or as quills for pens. The costume that "Big Bird" wears on "Sesame Street" is rumored to be made of turkey feathers. Turkey feather down has been used to make pillows. For commercial

use, turkey skins are tanned and used to make items like cowboy boots, belts or other accessories.

Turkey consumption has more than doubled over the past 25 years. In 1999, per capita turkey consumption was 18 pounds compared to 8.7 pounds in 1974. America celebrates turkey during June, National Turkey Lovers' Month.

Turkey is low in fat and high in protein. The USDA's Dietary Guidelines for Americans recommend 2-3 servings each day from the category that contains meat, poultry, fish, dry beans, eggs and nuts. Choosing turkey to meet those dietary guidelines means giving your body the benefits of protein while sparing additional fat grams and cholesterol.

Domesticated turkeys cannot fly. Wild turkeys can fly for short distances up to 55 miles per hour and can run 20 miles per hour. Only tom turkeys gobble while hen turkeys make a clicking noise./l

Stuffing Or Dressing?

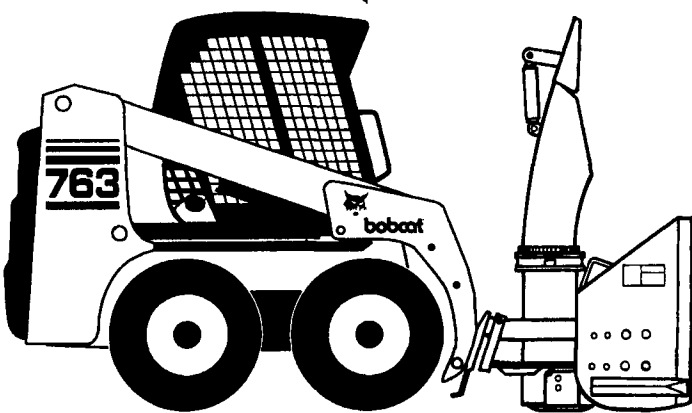
According to "Joy of Cooking" the original name is stuffing. The term "dressing" comes from the Victorian England, when the term "stuf-

ing" was thought to be improper.

From the National Turkey Federation Website

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