

# Virginia Dairy Maids Attend Training Seminar

WINCHESTER, Va. — The Virginia Dairy Princess Program recently conducted a seminar for dairy promotion participants.

The day started with a tour of Hood Dairy Plant in Winchester, Virginia. Mike Suever gave the tour of dairy plant and allowed participants to see every part of the operation.

The seminar was conducted in the home of one of the dairy maids Alexa Stoner from American Dairy Association presented fun-filled workshops about public speaking, promotion, and media tips.

Beauty consultant Laura Lloyd and former Virginia Princess Lindsay Potts taught a hair and beauty workshop. The girls had their personal health questions answered, hair tips given, and their nails done. The girls left feeling more confidence in their appearance and ready to go out and promote milk.

The seminar included the official kick-off of the "Udderly Delicious Royal Recipes Cookbook." The girls were challenged to sell as many cookbooks as possible, as the funds raised will sup-



Dairy maids and Dairy Princess Joanie Will on a special visit to Hood Dairy in Winchester with Vice President Mike Suever.

port the promotions and also go toward starting a scholarship for

the Virginia dairy princess. The cookbooks have more than 400 recipes from members of the Virginia Dairy Princess Program.

The cookbooks make great gifts for that special someone on your list. If you are interested, the cookbook sells for \$10 plus

\$3.50 shipping and handling. This is the first fundraiser for the program and we hope it will be a success.

A recipe from the cookbook follows:

## PECAN-PIE BARS

1 1/2 cup flour  
 1/2 cup plus 2 tablespoons packed brown sugar  
 1/2 cup butter  
 2 eggs  
 1/2 cup light corn syrup  
 1/4 cup finely chopped pecans  
 2 tablespoons butter, melted  
 1 teaspoon vanilla  
 1/8 teaspoon salt

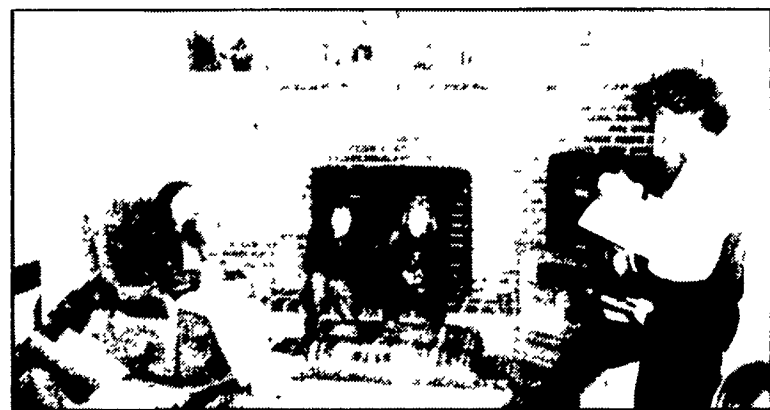
Preheat oven to 350. In small bowl, mix well the flour and the 2 tablespoons brown sugar. With fingers, work 1/2 cup butter until dough begins to hold together. Press onto bottom of greased 9-inch square baking pan. Bake 12-15 minutes or until just firm. In medium bowl, lightly beat the 1/2 cup brown sugar and the eggs. Add corn syrup, pecans, melted butter, vanilla and salt. Mix well. Pour over crust.

Bake 25 minutes or until edges are lightly browned. Cool in pan on rack.

Cut into 3x1 inch bars. Makes 27.



Laura Jackson offers cookbook selling tips to Virginia dairy maids as they begin the fund-raiser for the scholarship program.



Alexa Stoner, right, from ADA Mid-Atlantic teaches at the fall dairy maid seminar in Winchester.



Laura Jackson, Virginia coordinator polishes the nails of Kasey Canterbury, 9-year-old dairy maid from Clarke County.

## Udderly Delicious Royal Cookbook Let's You Put Your 'Moo-ney' Where Your 'Moouth' Is

GAY BROWNLEE  
 Virginia Correspondent

WINCHESTER, Va. — The "Udderly Delicious Royal Recipes Cookbook," put out by the Virginia Dairy Princess Program will let you put your "moo-ney" where you "moouth" is.

It's hot off the press, chocked full of recipes to serve the family, the homemade gift maker and yes, even the dog. Best of all its purpose is that of benefiting the Virginia Dairy Princess Program and launching an educational scholarship program for the dairy princesses. So far these hard-working ambassadors of the Virginia dairy industry have had to work on a "self-pay" basis.

According to Marty Potts, Purcellville, one of the state coordinators, the scholarship program will offer incentives and support for a college education. The princesses average 2000 appearances each year. The program coordinators are depending on the scholarship generating incentives for the girls, Potts said.

"When the girls make an appearance they are pretty well paying for themselves," said Potts, adding, "We are trying to do things the girls will be proud of, and take the weight (responsibility) off their moms."

"We are not funded. We are based completely on donations."

Because they believe so strongly that the dairy princess program is a worthwhile investment for the dairy industry, Potts and Laura Dufford Jackson, another coordinator, spent a year collecting recipes and getting the cookbook organized.

Potts says "Udderly Delicious." is a compilation of recipes of farm kitchens in Virginia that have come from about 40

dairy princesses, dairy maids, and families.

Completely indexed, the easy-to-use spiral bound cookbook includes recipe sections for appetizers, soups, main dishes, vegetables and desserts. It also boasts a calorie counter section that will probably be consulted often by the diet-conscious individual.

Additionally, kitchen hints galore are included and the collector of recipes may add to the book in the open space that's provided for that purpose.

Copies of the "Udderly Delicious Royal Recipes Cookbook" may be obtained for \$10 plus \$3.50 shipping and handling from Marty Potts, 35549 Potts Lane, Purcellville, VA 20132.

To order by telephone call Marty Potts at (540) 668-6970 or Laura Jackson at (540) 837-1891.

Here are a few sample recipes from the cookbook:

### FARMER CASSEROLE

3 cups frozen shredded hash brown potatoes  
 1/4 cups shredded Monterey Jack cheese  
 1 cup diced bacon, diced ham or fried sausage  
 1/4 cups chopped green onion  
 4 eggs  
 1/2 2-ounce can evaporated milk  
 1/4 teaspoon pepper  
 1/8 teaspoon salt

Spray an 8-inch baking dish with non-stick cooking spray. Layer ingredients in this order: potatoes, cheese, meat, onions. Beat together eggs, milk, salt and pepper. Pour mixture over the casserole. Cover and refrigerate overnight. Bake at 350 degrees 55-60 minutes.

### COW PIES

2 cups chocolate chips  
 1 tablespoon shortening  
 1/2 cup raisins  
 1/2 cup almonds or pecans

In a double boiler, melt chocolate chips and shortening over simmering water. Stir until smooth. Remove from heat. Stir in raisins and nuts. Drop by tablespoons on wax paper. Chill until firm. Yields approximately 2 dozen.

### DOG COOKIES (For The Pet)

1/2 cups cornmeal  
 6 tablespoons oil  
 3/4 cups water  
 2 cups whole wheat

Flour cookie cutter and cookie sheet. Mix dry ingredients. Add wet ingredients. Roll out on floured surface to 1/4-inch thickness. Cut shapes with cookie cutter. Bake at 350-degrees for 30 minutes. Yields approximately 2-dozen, depending on cookie cutter size.

### BATH SALTS (Gift Idea)

(Use very large glass or metal bowl and do on a day of low humidity)

2 cups epsom salt  
 1 cup rock salt or other coarse salt  
 food coloring  
 1/4 teaspoon glycerin  
 Essential oil for fragrance (vanilla, citrus, peppermint)

Clean dry jar with cork or screw top lid (always look for unusual jars). Combine the salts in the bowl. Mix well. Add a few drops of food coloring. Mix well.

Add glycerin and 4-5 drops of essential oil. Mix well. Spoon into jars and close them. Make up a gift tag suggesting 1/2 cup bath salts for your bath. Yields: 3 cups bath salts.