Going To A Picnic?

(Continued from Page B6)

- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- ⅔ cup sugar
- ⅓ cups milk 1 teaspoon vanilla
- 9 tablespoons shortening Mix well. With rolling pin, roll in 10×15×1-inch pan.
- 2 cans crushed pineapple
- 3 tablespoons tapioca or cornstarch
- 1 cup sugar
- 1/2 cup sqeezed lemon juice
- Cook until thicken. Cool and pour on shell.

Topping:

- 2 containers cottage cheese
- 2 tablespoons tapioca or corn-
- 4 tablespoons melted butter
- 1 tablespoon vanilla
- 4 eggs
- 1 cup sugar Pinch of salt
- 1 can (13-ounce) cream

Make cottage cheese smooth by forcing through sieve. Mix all ingredients together. Pour over filling very slowly. Use a measuring cup so you won't get custard topping mixed in with the pineapple filling. Bake at 350 degrees for 40 minutes.

> Mrs. Joesphine H. Matenus **Dallas**

MUSTARD EGGS

8-10 hard boiled eggs

Plus One

Mineral!

The ingredients are all safe

and natural. Gum Karava

Guarana Korean Ginsend

Bee Pollen, White Yellow Bark

(Wiedewinds) Bladder-wrack

(Fungus Vesticulosis) Gotu

Koia Licorice Root Relshi Mushroom Astragalus Ginger

Root Rehmannia Root and

Chromium Piconate (300

Micrograms per 3 tablets t

aken once a day)

American Desert Herb

- 3 tablespoons yellow mustard
- ²/₃ cup sugar
- ½ cup vinegar
- 1/3 teaspoon salt
- 1 cup water

Mix all ingredients but the eggs in a saucepan. Heat and stir until mixed thoroughly. Add eggs to liquid and store refrigerated for 24 hours.

> L. Hake **Dallastown**

CHICKEN SPAGHETTI

- 1 large fryer, cooked, boned, and diced (6 large chicken breasts will do fine also)
- 1 pound spaghetti, cooked in the broth of the chicken you just did
- 1 large onion
- 1 bell pepper
- 2 stalks celery
- ½ cup butter
- 1 can peas (do not drain)
- 1 can diced Ro-Tel tomatoes, diced tomatoes and chilies
- Velveeta cheese, pound cubed
- 1 small jar pimento
- 1 jar mushrooms, sliced

Boil spaghetti until cooked; remove chicken from broth (reserve). Cook the spaghetti in the chicken broth until tender; drain the spathetti but reserve about ½ cup of the broth for a little later. Chop onion, bell pepper, and celery; saute in butter. Mix all ingredients together and pour into a baking dish. (Pour a little of the chicken broth over it to keep it moist.) Bake in 9×13-inch pan, covered, at 350 degrees for about 45 minutes until bubbly.

Shirley Amos Va. Dairy Promotion Coordinator

CORN-BROCCOLI CASSEROLE

1 can white corn, drained 1 can cream corn

- 1 box or more of broccoli (cooked)
- 1 stick butter, melted
- 1 box "Chicken in Biskit" crackers, crushed

Mix together, but reserve some of the crushed crackers for the top. Bake at 350 degrees for 30

Ann Shull

SIMPLE LASAGNA **ROLL-UPS**

- 1 package (16-ounce) lasagna, uncooked
- cups (32-ounce) ricotta cheese
- 2 cups (8-ounce) shredded sharp cheddar cheese
- 1 cup chopped fresh spinach 1 egg

3 cups (30-ounce jar) spaghetti

sauce Grated parmesan cheese

Heat oven to 350 degrees. Cook pasta according to package directions; drain. Lay flat to cool.

In large bowl, combine cheese, spinach, and egg.

Pour 1 cup sauce on bottom of 13×9×2-inch baking dish. Spread about 1/4 cup cheese mixture on each piece of pasta to within 1-inch at one end: beginning at filled end, roll up jelly roll fashion. Arrange roll-ups, seamside down, in single layer in prepared dish; cover with remaining sauce. Sprinkle with Parmesan cheese, if desired. Cover with foil. Bake 35 to 40 minutes or until hot and bubbly. Makes 10 servings.

Ashley Derr

Ida's Notebook

Ida Risser

My husband and I had a most unusual two-day vacation. We joined our children in Tioga County as they worked on building a very large cottage.

When we arrived on Wednesday evening, they had just finished a big chicken and steak meal. They all gathered around a big picnic table that my husband built a few years ago. We drove up a winding road through a thick woodland to get there.

Some 20 of us lived in a large room in the unfinished building. It was a bit primitive and open to the sky on one end. There were sleeping bags, mattresses, food and water containers and so many folding chairs. However, the men did not get a chance to sit down as they were continually hammering or sawing. They had a generator for power and installed many windows on the first floor.

The many grandchildren used a ladder to get to their bedrooms. Even the two-year-old scampered up in a hurry. The nineand 12-year-old boys built a circle of flat stones to contain a fire and made a ring of benches around the fire. The boys and girls worked so hard to chop down small, dead trees for firewood with a machete. In the morning the heat felt fine.

The children also enjoyed going down a steep hill to a stream where they played in the water. One day we took a scenic ride on the Tioga Railroad. Thursday night we all ate in Wellsboro and then spent the night at the Penn Wells Hotel where hot showers were available. It was a noisy vacation in a quiet spot away from the rest of

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and seven inches. Wow!Then it dawned on me I was feeling better, the depression and pain were gone in two months I was off all medications "I feel SUPERIFIC!" Now, two years later I have lost 43 pounds and 30 inches Judy Swift -Mt Washington, KY Thank you New Image for giving me a new life again All Herbs

When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia I was so depressed and in pain the majority of the time. I was taking steroids and four other medications, one of

which made me so 'groggy' I could hardly get out of bed and another gave me ulcers. I began taking New Image

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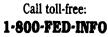
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