



Betty Groff

LANCASTER COUNTY

Recipes

Betty Groff, who serves the best of traditional Pennsylvania Dutch cooking to thousands of people each year at Groff's Farm in Mount Joy, is co-author of "Good Earth & Country Cooking" in which the following recipes are printed. To purchase the book, mail \$8.00 to Groff's Farm, R.D. #1, Mount Joy, PA 17552



ANOTHER FALL MEAL

Fried Liver
Dad's Favorite Lima Beans

Mashed Potatoes
Lemon Meringue Pie

Mother used to say that if you have meat, potatoes, a vegetable, a sour, and fruit or a pie, you have a good meal. Because Dad had the butcher shop, we always built our meals around meat; we had it morning, noon, and night.

Lima beans were one of my Dad's favorite vegetables, and this is his favorite way of doing them. The very best lima beans are the pole limas, next best are the Ford-hook; the baby lima, as far as I'm concerned, is hardly worth buying.

Fried Liver

2 pounds liver, sliced 1 inch thick
1/2 cup flour
3 tablespoons butter
Salt, freshly ground black pepper

Dust both sides of the liver with flour. Heat the butter in a heavy skillet, add the liver slices, and sprinkle lightly with salt and pepper. Fry until golden brown; turn over and fry. The faster liver is cooked, the tenderer it will be.

If you like fried onions with your liver, cook them in the skillet first; then remove them and fry the liver.

Dad's Favorite Lima Beans

1 quart fresh or frozen lima beans
1/2 cup water
1 teaspoon salt
1 tablespoon sugar
1 tablespoon butter
1 cup light cream
1 tablespoon Browned Butter

To make browned butter melt 1/2 pound butter over medium-low heat in a heavy 1-quart saucepan (the butter has a tendency to boil over, so make sure you have a big enough pan). After it melts, stir occasionally until it starts to brown. Remove from heat before it burns. If it gets too dark, it will lose its flavor and become bitter; it should be just a rich nut brown.

Put the lima beans in a saucepan with the water, salt, sugar, and butter. Boil under tender, not more than 5 minutes. Remove from heat. Add the cream and just heat through over low heat. Put in a serving dish with the browned butter on top.

Lemon Meringue Pie

2 cups water
4 tablespoons cornstarch
1 cup sugar
3 eggs, separated
Grated rind and juice of 2 lemons
1 tablespoon butter
1/4 teaspoon salt
1 baked 9-inch pie shell
1/4 teaspoon cream of tartar
4 tablespoons sugar

Mix 1/2 cup of water with the cornstarch to make a thin paste. Put the 1 cup sugar and remaining water in a pan and bring to a boil. Add the cornstarch paste and cook until mixture begins to thicken, stirring.

Transfer mixture to a double boiler and cook over hot water for 15 minutes; then pour some of the mixture over the 3 egg yolks, which have been slightly beaten in a bowl. Stir this into the mixture in the top of the double boiler and cook 1 minute. Add lemon rind and juice, butter, and salt. Blend well. Cool mixture and pour into the baked pie shell.

Beat the egg with the cream of tartar to the soft-peak stage. Gradually beat in the 4 tablespoons sugar and continue beating until stiff and glossy. Pile this meringue lightly over the pie filling and bake in a 350-degree oven until meringue is golden brown.

Good News Club

Good News Club has begun again. This is a club where the Bible is taught, songs are sung, games are played, and fun is had by all.

The club is an outreach of Child Evangelism. The teacher is Mrs. Arthur

Schirmer. All children between the ages of 5 and 12 are invited to come.

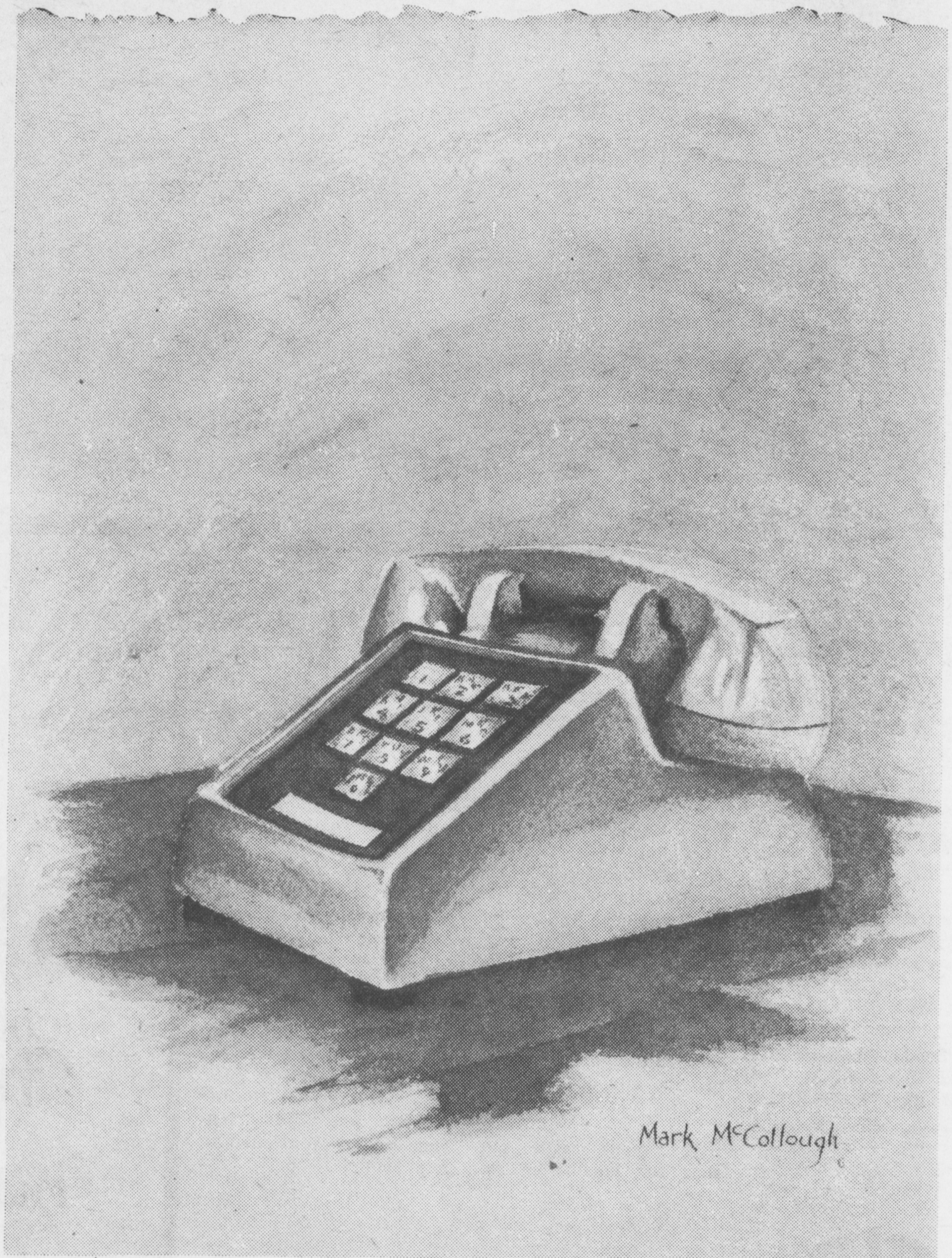
The club meets every Thursday after school dismissal at Mrs. Schirmer's home at 240 E. Market St., Marietta.

Flanagan—Jasmer & Sons

We install sprayed polyurethane foam to almost any surface. It acts as soundproofing, stops drafts and heat loss which cause higher fuel bills. Excellent covering for cellar walls, attics, under floor joists.

Free estimates. Call 426-3923 after 5.

It was 1964 . . .



And America finds herself troubled by civil unrest as tension reaches its peak throughout the country. The War on Poverty program begins, and Dr. Martin Luther King receives the Nobel Peace Prize. The dean of Sunday night television, Ed Sullivan, introduces to American audiences that revolutionary new group from England . . . the Beatles.

Heralding a new era of telecommunications, the pushbutton telephone is also introduced in 1964. An already speedy communications system continues to grow with the times and meet customer requests to become even quicker.

Today fast, convenient U-Touch* pushbutton telephones are available in more and more areas, many styles and a choice of decorator colors.



**THE UNITED TELEPHONE
COMPANY OF PENNSYLVANIA**

A Company of United Telecommunications, Inc.

* U-Touch is a registered trademark of the United Telephone System.