

Historical Society News



In commemoration of the 75th anniversary of the CCC program that hired Fulton County men to work at Cowans Gap and Oregon Camp in Wells Valley, the Fulton County Historical Society has reprinted the Spring Menu and Recipe Suggestions cookbook provided to these camps by the Kellogg cereal company. This unusual and rare recipe book was put together in 1933 "for men who cook for men." Many of the recipes use cereal products, including adding cornflakes to meat loaf, rice krispies to stuffed peppers, baking all-bran muffins, mixing corn flakes into scrambled eggs, etc. During the Great Depression, this may have been a way to stretch other limited or more expensive ingredients.

The 40+ recipes are reprinted on 4-inch-by 5.5-inch card stock on loose-leaf cards held together with two book rings similar to the original. Although mostly of historic interest, the recipes could be adapted for smaller servings or used for groups today.

The story of Walter Hamil of Knobsville, chief cook at Cowans Gap for eight years who trained under Clem Sipes of Harrisonville, is told in the society's 2004 book on the Cowans Gap CCC Camp.

The recipe cards and the Cowans Gap book sell for \$5 each and are available in McConnellsburg at the Fulton County Library, Fulton Antiques, Summer Thyme Floral and the treasurer's office at the courthouse.

Mailed copies with \$2 extra for postage can be ordered from the society at Box 115, McConnellsburg, PA 17233.

Celebrates First



Ester Palmer celebrated her first birthday on December 22, 2008, with a princess party. Her proud parents are James and Miriam Palmer of McConnellsburg.

Ester's special guests were her grandparents, Annie and Jens Kofoed, from Ronne, Denmark, along with her auntie, Rebekka Kofoed, from Copenhagen, Denmark.

Grandparents Carole and Sid Palmer of Waterfall and family and friends were also in attendance.

Shutterbugs Invited To Capture PA Farm Show On Camera

Annual photo contest planned; winners to be featured in 2010 souvenir book

Say cheese! Visitors to the 2009 Pennsylvania Farm Show are invited to snap photos of their favorite show moments to win up to \$100 and receive a VIP parking space at the 2010 show, said Agriculture Secretary Dennis Wolff last Thursday.

"Great photo opportunities are all around at the Farm Show and the photo contest is a perfect way to capture special moments," said Wolff. "Pennsylvania agriculture is so diverse. The Farm Show offers the best in livestock shows, food and entertainment, which make for great photos."

Anyone visiting the show is eligible to enter and the top three entries will be featured in the 2010 souvenir book. The second-place winner will receive a \$75 cash prize and the third place winner will take home \$50.

Contest guidelines are as follows:

The photograph must be taken at the 2009 Farm Show;

The photograph must be in color;

The photograph must be 4 x 6 inches in size;

If a digital camera is used, the resolution must be at least 300 dpi;

Entries are limited to one per person and must be submitted by Feb. 28;

Contact information (name, address, phone number, e-mail address) and caption must be included with entry;

All photo entries become the property of the Pennsylvania Department of Agriculture;

The judging will be done by the Department of Agriculture;

Employees of the Department of Agriculture are not eligible; and

The contest is open only to nonprofessional entries.

Last year's winner was Judy Hawthorn of New Cumberland. Debbie Hoy of Waynesburg won second place, and third-place honors went to Michele Randal of Kutztown.

Digital photos and entry form information should be mailed to brykepler@state.pa.us. Print photos should be mailed with entry form to Brynn Kepler at the Pennsylvania Department of Agriculture, 2301 N. Cameron Street, Harrisburg, PA 17110.

Cards Of Thanks

McQUADE

Special thanks to my family members, Faye Bard, friends, pastors, church members, Dr. Kaneda, Dr. Milroth, Megan Barnett, nurses, medical staff and everyone for the visits, phone calls, flowers, cards, food, prayers and the support during my surgery and recovery.

Thank you, Lord.

May God bless you all.

Dorothy A. McQuade

Livestock Reports

GREENCASTLE LIVESTOCK January 5

Slaughter steers: high choice and prime 2-3, 1332-1504 lbs., \$87.75 to \$89.75; couple 1516-1548 lbs., \$88 to \$89.75; choice 2-3, 1216-1496 lbs., \$84.25 to \$87.50; 1532-1594 lbs., \$84 to \$85.75; couple 1682-1690 lbs., \$78 to \$81; full/y.g., 4-5, 1230-1276 lbs., \$79.75 to \$83; high select and low choice 1-3, 1146-1410 lbs., \$81 to \$85.25; couple 1530-1560 lbs., \$79.50 to \$90; few 1634-1734 lbs., \$74 to \$76; select 1-3, 1006-1458 lbs., \$76 to \$79; standard 1-2, 1034-1072 lbs., \$60 to \$71.

Slaughter Holsteins: high choice and prime 2-3, few 1296-1384 lbs., \$76 to \$78; choice 2-3, 1146-1504 lbs., \$71.50 to \$74.50; couple 1776-1784 lbs., \$67 to \$71.50; Jerseys one 1376 lbs., \$76; high select and low choice 1-3, 1266-1594 lbs., \$68 to \$72; standard 1-2, 1130-1264 lbs., \$52.50 to \$60.75.

Slaughter heifers: high choice and prime 2-3, one 1214 lbs., \$85; choice 2-3, couple 1166-1244 lbs., \$82 to \$84; Holstein heifers, 1308-1640 lbs., \$62 to \$65; high select and low choice 1-3, few 1176-1198 lbs., \$77 to \$81; select 1-3, 1004-1128 lbs., \$75.25 to \$78; standard 1-2, 956-1330 lbs., \$61 to \$70.

Slaughter bulls: yield grade 1, 1338-1962 lbs., \$52.50 to \$62; high dressing, few 1882-2262 lbs., \$62 to \$66; yield grade 2, few 900-1638 lbs., \$40 to \$49.50; bullocks, 968-1110 lbs., \$55 to \$59.50.

Feeder cattle: steers, large 3 Holsteins, few 275-280 lbs., \$59 to \$63; 545-804 lbs., \$41 to \$51.50.

Heifers: medium 1, one 552 lbs., \$74; large 1, couple 587 lbs., \$70.

Bulls: medium 1, 550-750 lbs., \$72 to \$80; small 2, 230-290 lbs., \$67.50 to \$75; medium 2, couple 542-660 lbs., \$71 to \$75; large 2, couple 510-806 lbs., \$54 to \$61; medium 2, one 726 lbs., \$58; large 3 Holsteins, one 220 lbs., \$50; 932 lbs., \$49.

Feeder calves: Holstein bull calves, #1, 88-92 lbs., \$35 to \$50; 94-128 lbs., \$50 to \$72.50; mostly \$55 to \$70; #2, 86-92 lbs., \$15 to \$35; 94-128 lbs., \$30 to \$55; Holstein heifer calves, #1, couple 96-108 lbs., \$155 to \$170; #2, 68-94 lbs., \$30 to \$80; one 116 lbs., \$125.

Beef cross calves: 84-112 lbs., \$20 to \$6.

Slaughter goats: slaughter kids, selection 1, 45-70 lbs., \$49 to \$69; selection 2, 45-50 lbs., \$45 to \$58; one 80 lbs., \$70; selection 3, one 55 lbs., \$42.50. Slaughter yearlings: selection 1, 100-120 lbs., \$145 to \$170; selection 2, couple 90-100 lbs., \$85 to \$92.50; slaughter nannies, selection 1, couple 90-100 lbs., \$70 to \$77.50; selection, few 80-90 lbs., \$62.50 to \$65; selection 3, one 90 lbs., \$62.50.

Slaughter billies: selection 1, 120-160 lbs., \$165 to \$190. Slaughter whethers, no market test.

AWARD WINNING NEWSPAPER

Pie Crust: A Baker's Triumph

For many home cooks, mastering the art of a flaky pie crust is considered an unattainable feat

By Gail Jokerst

THE CHRISTIAN SCIENCE MONITOR

As a home baker, I love receiving compliments on the cakes and cookies I pull out of my oven. But nothing pleases me quite as much as hearing praise for my pie crust. That's because I'm a late bloomer when it comes to pies. Whipping up batches of ginger-snaps and lemon bars has always come naturally to me. But mastering the fine art of flaky pie crust? That was something I once considered an unattainable feat.

After all, I had read book after book cautioning fledgling bakers of the possible pitfalls awaiting the unwary. I knew before ever attempting my first crust what I was up against. "Don't handle the dough more than necessary. Don't add too much water. And don't reroll the dough," were only the beginning of the seemingly endless list of perils I was warned about.

Forgiveness, I learned, was not an attribute of pie crusts. They seemed to demand obedience to rigid rules or all efforts were doomed to failure.

As much as I enjoyed eating these flaky pastries paired with creamy coconut and juicy apple fillings, I'll admit I let the idea of tackling pie crusts continue to intimidate me. Consequently, I limited my kitchen adventures to less challenging pursuits such as

brownies and banana bread and contentedly skirted the issue.

Such was the state of affairs until I moved to Montana some 20 years ago.

That's when I discovered that most home bakers I met made huckleberry or rhubarb pie - at the very least - and did a darned good job of it. In addition, these bakers usually acted like mixing pastry dough was as easy as eating dessert.

Ask about their crust recipe, and the response - more often than not - was a puzzled look that translated to the equivalent of "What's hard about pie crust? You just mix flour with shortening, salt, and water." Right.

Then, one memorable day, a generous-hearted neighbor shared her favorite pie crust recipe with me. Although I knew she relied on that recipe so much she had taped it to the inside door of her kitchen cupboard, it still took some convincing for me to become a believer.

In all my pie crust research, I had yet to encounter anything like this.

Not only did the recipe produce five pie shells, it also called for vinegar and an egg. Those two ingredients seemed so odd to me, I fled away the index card figuring I'd probably never bother with it. A couple of years and many pastry experiments later, I asked a blue-ribbon winner from the Montana State Fair for her crust recipe.

To my surprise, she recited verbatim the ingredients my neighbor had given me. And shortly after that, I noticed the same recipe in the pages

of a cookbook that featured favorites from a Wyoming guest ranch.

By that time, I felt I was receiving a message about this particular pie crust. Granted, it didn't have the sophisticated air of the French short pastry known as pate brise. Nor did it have the comforting hominess of a lard-shortened crust. But I was finally willing to put it to the test.

To say it was the most compliant pie dough I ever had the pleasure of rolling out would not overstate the case. It was so cooperative, it gave me the confidence I needed to bake everything from butter-scotch pie to quiche Lorraine and feel satisfied with the results. Thanks to the tenderizing power of the vinegar and egg, my pie baking finally migrated from the realm of the impossible dream to an everyday accomplishment.

Although I occasionally try other crust recipes, I always return to this one. Aside from knowing how dependable it is, I appreciate having extra pie shells to stash in the freezer. That makes it a cinch to fix a chocolate silk or pumpkin chiffon pie anytime. And whenever my dinner guests take their first bite of pie, they typically comment on the flakiness of the crust and then request the recipe, which I happily share along with the story of how I acquired it. But I never apologize for the presence of the vinegar or the egg. They could be a pie baker's best friends.

Vinegar-and-Egg Pie Crust

- 4 cups flour
- 1 tablespoon sugar
- 2 teaspoons salt
- 1-3/4 cup solid vegetable

- shortening
- 1/2 cup cold water
- 1 egg
- 1 tablespoon vinegar (white or cider)

In a large bowl, stir together flour, sugar, and salt. Cut in shortening with a pastry blender until the mixture is crumbly, like cornmeal.

In a small bowl, beat together the water, egg, and vinegar. Sprinkle the liquid mixture over the flour mixture a tablespoon at a time, tossing together with a fork to mix.

Gather dough with fingers so it cleans the bowl and divide it into 5 portions. Form into round, flattened discs and wrap each in plastic wrap.

Chill for 15 minutes. (You can also refrigerate the dough for up to a week or freeze it.)

Roll 1 portion of the chilled dough on a floured pastry cloth or a floured board. A floured stockinette rolling pin cover will help prevent sticking. If you don't have one, use a clean knee-high nylon stocking instead. Just slip onto the rolling pin and knot the end.

Continue rolling until dough reaches proper consistency. The dough is ready when you can gently press the dough together and it forms a round without crumbling apart. If there's too much liquid, sprinkle a bit of flour on the surface.

Place in a 9-inch pie pan, flute edges, and bake according to the recipe's instructions.

Makes 5 pie shells or enough for 2 double-crust pies and 1 pie shell.

A Cook's Favorite, Sturdy Tool

With proper care, cast-iron cookware can last generations

By Amy Fripp

There is nothing as reliable and long-lasting as cast-iron cookware. With just a little care, it will last a lifetime - no, make that generations.

Rumor has it that cast-iron cookware is a favorite of chefs worldwide.

From stove-top to oven, there's no melting handles or dangerous fumes, the distribution of heat is always even, and no special cooking utensils are required. It's indestructible, except in the dishwasher, since a rapid change of temperature from hot to freezing can crack it.

But best of all, if properly seasoned, you can experience nonstick cooking without the oil.

I purchased my first cast-iron frying pan more than 30 years ago when I first set up house. I bought cast iron because that's what my mother and her mother had used. I did not treat this pan as it deserved to be treated, but it easily survived my ignorance.

Back then, a friend told me that cast iron has to be seasoned to protect it from rust, create a nonstick surface, and prevent the food from interacting with the iron. To season my pan, he explained that I should, "glaze the piece with a very thin coat of oil, then bake it at low heat in an oven overnight."

I tried that with a few pieces, but they came out gummy.

Years later, my brother came to the rescue. He hollered at me for washing my skillet with soap, and sternly informed me that it should only be cleaned with water, coarse salt, and hot oil - never soap. He seized my trusty-but-iffy skillet, scrubbed it with handfuls of coarse salt, and snatched the canola oil, pouring in a very small amount onto the skillet.

Next, he proceeded to quickly heat the skillet to a high temperature, spreading the oil with a paper towel. When he was finished, it was smooth and clean.

Today, I clean all my cast iron with water, a sponge, and salt if necessary. In dire circumstances, I'll use a bit of soap, always drying it over a hot flame and adding a dash of oil if need be.

One sunny Saturday morning, I spied a cast-iron frying pan at the center ring of our town dump: the swap table. Here, household items of no use to others, but still in good working condition, are left to be taken by anyone. There the pan sat - a tad rusty and all alone.

"Who would throw out such a beautiful and reliable thing, and why?" my soul cried.

"Such a terrible waste," I mumbled to myself as I snatched it from the table and gave it a thorough once-over searching for cracks and chips.

There were none. So I took it home, grabbed some steel wool, and rubbed the inside of that poor pan with all

the elbow grease I could muster. With the rust removed, I rinsed it with cool water, threw it onto the stove, turned up the heat, and poured in the oil. And voile! Black and smooth to the touch, it was ready to become a useful member of my kitchen family.

More recently, I found another rusty cast-iron frying pan at the dump.

Under the few spots of rust, I noticed it still had the original battleship gray color, meaning it was new, since it did not have the standard black patina that cast-iron cookware develops with use. Again my heart cried out for this poor thing, tossed out for no fault of its own, but because of the ignorance and lack of care of its previous owner. I already had a pan this size, but I also knew

that this one only needed 15 minutes of loving care to be in prime condition, so I claimed it.

I now know that whenever there is a discarded piece of restorable cast iron on that table, I will take it home. But what will I do with all the saved cast-aways? I now have so much cast iron that the shelf that it sits upon sags under all the weight.

I guess that I must start finding suitable homes for my excess cast iron, but before I do, does anyone out there have a cast-iron waffle iron that needs some TLC and a good home? Just let me know, I'd be happy to take it off your hands.

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