

For the Farm Wife and Family

If at first you don't succeed — they say — and this week, Miss Kimble, we did. Miss Ruth Kimble, Lancaster County extension home economist, issued an appeal through these columns for Buttermilk Pop. We knew of only Buttermilk Skies. A few weeks passed, another appeal.

Today, thanks to Mrs. R. R. Snader, Ephrata 3, Pa., someone in Kansas will be able to enjoy — through Miss Kimble — some recipes which may be Lancaster County originals.

Let's read Mrs. Snader's letter.

Seeing your request for Buttermilk pop gave me a desire to add my bit to your paper, and hope one of these will fill the need. (Which flavor do you prefer? — We have five varieties, Miss Kimble):

LEMON SHAKE

Mrs. R. R. Snader, Ephrata 3, Pa.
Measure into shaker or mixing bowl:
One-half cup cold lemon juice
Dash of salt
One-eighth teaspoon lemon rind
One-half cup sugar
Two small scoops ice cream
Shake or beat thoroughly. Serve at once, with a dash of ginger.

FRUIT BUTTERMILK

Mrs. R. R. Snader, Ephrata 3, Pa.
One and one half cups chilled fruit juice
Three tablespoons sugar, or to taste
Three cups chilled buttermilk
Combine all ingredients and stir until sugar dissolves. Serve well chilled. Will not curdle on standing. Serves four or five.

GRAPE BUTTERMILK

One pint buttermilk, chilled
Two tablespoons sugar
One-third cup dry milk solids
One-sixteenth teaspoon salt
One and one-half cups grape juice, chilled
Two teaspoons lemon juice
Put buttermilk in a mixing bowl, sprinkle dry milk solids over top and beat until smooth. Add remaining ingredients, whip until frothy. Serve immediately or cover and store in refrigerator until ready to serve. Whip again just before serving. Serves four.

More Buttermilk recipes, Mrs. Snader continues

PEPPERMINT BUTTERMILK

Two ounces peppermint-stick candy (four small sticks)
One-third cup boiling water
Three cups chilled buttermilk
Crush candy as fine as possible, hammering it between folds of heavy paper. Stir in boiling water and let stand until candy dissolves. Add buttermilk, and shake or beat until blended. Serves three to four.



Winning first, second and third place in the "Miss Ephrata Fair" beauty pageant were Miss Sandra Ann Weidman, Miss Ann E. Aten and Miss Judith Jackson. The girls, lined up above from left to right, were winners at the 9th annual beauty pageant in Ephrata's 38th annual fair. Miss Weid-

man is from Manheim, Miss Aten from Lancaster and Miss Jackson from Quarryville. The winner received a \$200 wardrobe and a camera set. Second prize was a diamond watch and third prize a three-piece luggage set. (Lancaster Farming Staff Photo.)

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PINEAPPLE BUTTERMILK

Two cups chilled buttermilk
Two cups chilled pineapple juice
Two to three teaspoons sugar
Combine milk and juice; stir thoroughly, add sugar to taste. There is no danger of curdling. Use a larger proportion of buttermilk if preferred. Four servings.

Now we turn to the cake department, thanks again to Mrs. Snader who offers first

ANGEL FOOD CAKE AND VARIATIONS

One cup sifted flour
One and one-fourth teaspoon cream of tartar
One and one-half cups granulated sugar
One-fourth teaspoon salt
One and one-fourth cups egg whites
One teaspoon vanilla
Sift flour once, measure and add one-half cup sugar. Stir, sift four times. Beat egg whites and salt. When foaming, add cream of tartar and continue beating until egg whites are stiff enough to stand in peaks but not dry. Add remaining sugar two tablespoons at a time, beating after each addition, until just blended. Fold in flour over mixture, fold in lightly. Repeat until all is used. Turn in an ungreased 10-inch tube pan. Cut gently through batter to remove air bubbles. Bake in a slow oven, 325 degrees, about one hour, cool in inverted pans.

YELLOW ANGEL FOOD

(As Requested)
Use the same recipe but add three egg yolks and one and one-half additional tablespoons sugar, beaten until lemon colored, and one-half teaspoon lemon or orange extract.

COCOANUT ANGEL FOOD

Use recipe as is, instead add one-half cup finely grated coconut.

CHERRY ANGEL FOOD

Fold in one-half pint finely chopped maraschino cherries, using the same basic recipe.

SPICE ANGEL FOOD

Add to basic recipe one-half teaspoon nutmeg, one teaspoon cinnamon, sifting spices with flour and sugar. Add one-half teaspoon almond extract when adding vanilla.

CHOCOLATE ANGEL FOOD

Use one and one-fourth cups sugar instead of one and one-half. Take out four tablespoons flour and add four of cocoa instead.

MARBLE ANGEL FOOD

Mix one portion of white and one portion chocolate, then mix

the two batters unevenly through each other. This makes a large sized cake or two regular sized ones.

Hope these variations will be welcomed by those who are tired of plain Angel Food, Mrs. Snader adds. I have tried some of the recipes in your paper with good results and want to try more this winter when I have more time.

Letters like that we like to receive. Keep 'em coming.

We go way north for our next letter, our good friend Mrs. Daniel Krumrine of RD1 State College, Pa., who writes:

I enjoy reading your paper very much, especially the page

(Continued on page 9)

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