

For the Farm Wife and Family



Today we have a variation of good recipes sent in by some of our readers. The first one we have for you is a very timely one—for German Fastnachts sent in by Sara C. Dubson, R1 Narvon. Many of us make fastnachts or raised doughnuts just at this time of the year but they are good most any time. Just set a plateful out on the table and see how fast they disappear. Fastnachts are also a good item for the freezer.

GENUINE GERMAN FASTNACHTS

Sara C. Dubson, R1 Narvon
One yeast cake or one package granulated yeast dissolved in warm water
Mix together
1 cup mashed potatoes
1 teaspoon salt
½ cup granulated sugar
1 cup bread flour
Put the yeast into this mixture. Set this to raise about one hour in a covered kettle.
Next mix together:
¼ cup butter and lard (soft)
3 eggs
1 large cup granulated sugar
Mix thoroughly and add:
1 pint of warm milk

Sift about three quarts of bread flour into a large dishpan—I use 10-quart size. Now make a well in center of flour and pour the first two mixtures in. Work the flour in very gradually with one hand until too stiff—then use both hands, using more flour if necessary until the dough is pliable and not too sticky. Set this to raise in dishpan in a very warm place for two hours. Divide the dough into four parts;

roll to not less than one-half inch and cut into squares two x three inches. Put a slit into center of each one and let raise again on tablecloth. I cover mine with cloth, keeping it raised in center of batch so as not to crush them. When light in about one hour try in deep fat I prefer good home-made lard as they keep fresh much longer. Store in a warm place, never too cold or they get hard. Makes four or five dozen accordingly.

(Note from Mrs. Dubson This sounds like a lot of work but I made a batch this morning and it took five hours, started at 7:30 and finished at 1:30. Never press on rolling pin—sort of push on it. I assure you that one of these is equal to two bakers doughnuts. I never use a round cutter because it takes too much re-rolling and that toughens the dough. This has been in our family for at least eight generations that I know of and we use the same dough for buns, potato cakes and raisin bread.)

Mrs. Dubson has given you a few tips which I'm sure would apply to any type of doughnuts you might be making. If you have good results with this recipe I believe Mrs. Dubson would be pleased to know about it.

Mrs. Bartram Leaman, R1 Denver has sent us some tasty recipes one of which is for homemade bologna. I guess bologna is native to this part of the country and especially so home-made bologna. Here is her recipe for

BOLOGNA

Mrs. Bartram Leaman, R1 Denver

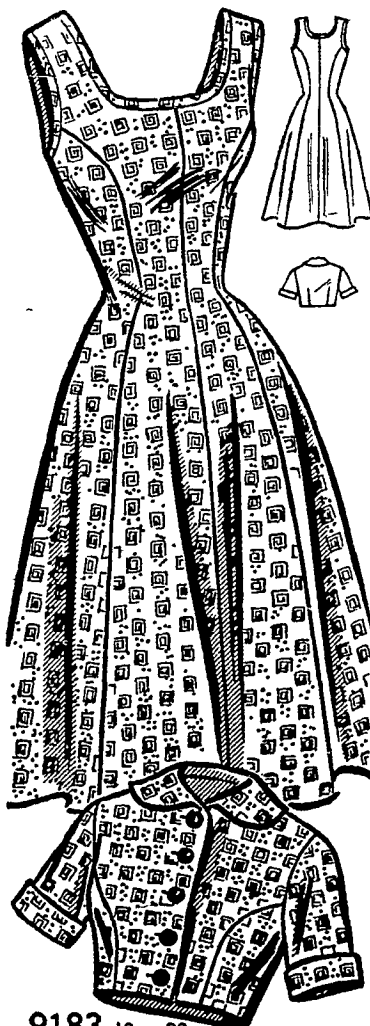
50 pounds meat
1½ pints salt
1 ounce saltpeter
Mix and let set 10 days
Grind and add:
7 tablespoons pepper
2 tablespoons cloves
1 pound brown sugar
2 quarts molasses

Lately we have had many sug-

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gestions as to how to make tomato soup without curdling. Mrs. Leaman includes a recipe for homemade tomato soup so let's see if we can make it without curdling.

TOMATO SOUP

Mrs. Bartram Leaman, R1 Denver

4 cups milk
1 cup tomatoes or tomato juice
1 tablespoon butter
1 teaspoon salt
¼ teaspoon soda

Melt the butter in small kettle (we like it browned) and add tomatoes and soda. Boil about five minutes and remove from heat. Heat the milk to boiling point in a separate kettle, remove from stove and add the tomatoes and salt. Serves four.

MEAT LOAF

Mrs. Bartram Leaman, R1 Denver

2 eggs
2 pounds hamburger
¾ cup milk
1½ cups bread or cracker crumbs
2 teaspoons salt
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
½ cup onion chopped
1 cup carrots chopped
1 cup celery chopped
Bake one hour

SPAGHETTI AND MEAT

Mrs. Bartram Leaman, R1 Denver

2 tablespoons fat
½ pound ground beef
1 small onion finely chopped

1 cup catsup
1½ cups tomato juice
1 teaspoon salt
¼ teaspoon pepper
1 cup broken uncooked spaghetti

Melt the lard in frying pan. Add meat and onions. Brown until meat loses its red color. Add remaining ingredients in order stated. Stir to blend. Pour into large baking dish. Cover. Bake in oven at 375 degrees for 1½ hours. Serves 6.

I usually double the amount of meat as we like it better that way.

Mrs. Leaman also includes a recipe for Brown Sugar Cookies. She does not say how many this recipe makes but I'm sure there will be enough for all your relatives and plenty left over. This would be a good recipe to use to replenish the supply in your freezer. Try these

BROWN SUGAR COOKIES

Mrs. Bartram Leaman, R1 Denver

8 eggs
5-2/3 cups brown sugar—packed in cup
2-2/3 cups butter and lard
4 teaspoons vanilla
8 teaspoons cream of tartar
4 teaspoons soda
1 teaspoon salt
12 rounding cups flour
Drop or if you want to roll let set overnight.

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