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mon, sugar and one cup milk. Spread over a greased shallow baking dish about 6½ x 9½ x 2 inches holding at least seven cups.

Cut apples in half. Cut out the cores. Arrange over the rice. Fill the apple centers with raisins. Sprinkle the apples with half the brown sugar. Spoon some of the fruit syrup over the apples. Place in a pre-heated 350 degree oven. Halfway through the baking, sprinkle on the rest of the brown sugar. During the baking, spoon the fruit syrup over the apples from time to time. Bake about one hour or until the apples are tender and most of the liquid is absorbed.

Liquid will be absorbed after the dessert is removed from the oven. Serve warm with milk or cream. Makes 6 generous servings.

Our next recipe for Beef-Vegetable Soup will be good news to the calorie-counters. The important thing about this delicious soup is the low fat content. Lean beef is used and only one tablespoon of cooking fat to brown the meat. Fats have three times as many calories as proteins and carbohydrates. So this filling main dish is perfect for the weight-watchers.

BEEF-VEGETABLE SOUP

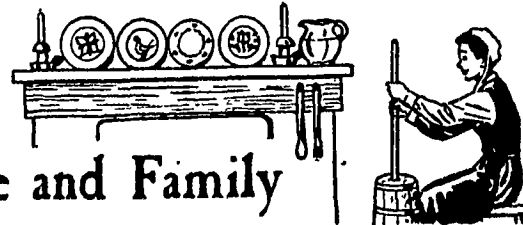
- 1 tablespoon cooking fat
- 1 pound lean stew beef, cut in 1 in. to 1½ in. cubes
- ½ teaspoon thyme
- 1 bay leaf
- 1 teaspoon monosodium glutamate
- 1 cup coarsely chopped onions
- ½ cup chopped celery leaves
- 10 cups water
- 1 cup sliced carrots
- 1 cup coarsely chopped cauliflower or cabbage
- ¾ cup uncooked white rice
- 1 cup baby lima beans

1 tablespoon salt
¼ teaspoon black pepper
Melt the fat in a large soup kettle. Add the beef and brown well on all sides. Add the thyme, bay leaf, monosodium glutamate, celery leaves and onions. Slowly add the water. Cover and simmer over a low heat about 1½ hours or until the meat is almost tender.

Add the carrots, cauliflower, rice, lima beans, salt and pepper. Cover and simmer 30 minutes or until the vegetables are tender. Taste and add more salt and pepper if desired. This recipe makes about three quarts soup.

We have a letter from a "steady reader" who says "I want to write for a request — does anyone have a recipe for

For the Farm Wife and Family



Italian steak sandwiches or for a cheese cake. Also, how do you keep the crust on meringue pie from becoming wet? Wish I had some good recipes to send you but I am just a beginner and believe me, I sure like getting everyone's favorite recipes to help me.

This recipe for Raisin Cupcakes should be a delight to youngsters who usually like

anything which has raisins as an ingredient. These cupcakes are not necessarily just for young children!

RAISIN CUPCAKES
Mrs. Willis H. Weaver,
R1 Mt. Joy

- 1 and ½ cups brown sugar
- ½ cup lard
- 3 egg yolks
- 1 teaspoon each of cloves, nutmeg, cinnamon

(Continued on page 11)



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