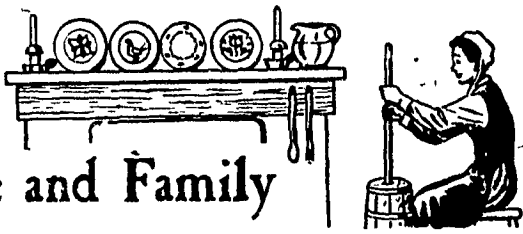


## For the Farm Wife and Family



### Want to Know How to Keep Pecans? Here's a Way to Can or Freeze Them

A lot of people have been to the South this winter and besides acquiring a good suntan they have bought up a good supply of pecans which are unusually plentiful this year. If you have brought home any amount of these nuts or if you have been given some by a friend, you are probably wonder-

ing just how to store and keep them for future use. We have here a few suggestions for you.

Because of the high fat content of nuts — the fats and oils give them their characteristic rich flavor — they are a very perishable food, and when exposed to air and warmth they soon become rancid. Contrary to a popular belief, pecans keep better in the shell stored in a dark place at a temperature below 40 degrees F. Even under these conditions nuts will keep hardly more than nine to 12 months without becoming rancid.

To keep small quantities for a short time the best plan is to shell the nuts, pack them in plastic bags, and store in the freezer or refrigerator. This way they will keep for six months.

Many homemakers have requested information for canning pecans and here is the most practical method for canning nuts at home. Nuts packed commercially in vacuum tins naturally will keep fresher than those canned at home. Commercial canners are equipped to can

them in a vacuum. Homes do not have this equipment.

If the pecans are shelled, use only unbroken halves. Pack in sterilized jars, place a double fold of paper toweling or Kleenex in top of jar, and adjust lids in top of jar, and adjust lids according to instructions. (If two-piece lids are used, screw lid tight.) Place on rack in pressure cooker with two inches of water. Exhaust air, close petcock and allow pressure to come to five pounds. Hold at this pressure for five minutes; then open petcock and exhaust, steam at once. Do not allow pressure to go down before opening.

Pecans canned in this way are in partial vacuum and may be kept six months to one year. They should be stored in a cool dark place. Regular Mason canning jars with new canning tops should be used.

We have here a recipe for Homemade Noodles which was requested several weeks ago. It is sent in by Miss Esther Weaver of Lampeter, who says in her letter:

Years ago more people made their own noodles, especially toward fall before eggs got scarce and high in price. I still make over Mother's recipe.

#### NOODLES

Esther Weaver, Lampeter

3 big eggs  
3 tablespoons of water to each egg  
Pinch of salt  
Flour

Beat eggs, whites first, then yolks, add water and salt and stir, add the sifted flour and stir, lastly by hand so as to get a very stiff dough. Divide in about four chunks and roll very thin — takes "elbow grease." Put on a clean cloth over the back of a chair and let get sort of dry, but not too dry or they break. Dust on a little flour and roll like jelly roll. Slice down with sharp knife, shake apart, and put on cloth on table in the pantry or someplace to dry for a few days. Store in glass jars and they will keep well. Nice for soups but I like them boiled in salty water with cream and brown butter poured over.

Miss Weaver sends along this next recipe, too, which she says she got from her Franklin County cousins many years ago.

#### "ZEE ZEES"

Esther Weaver, Lampeter

1 cup granulated sugar  
1 cup baking molasses  
1 cup lard — sometimes I use half butter, but good either way  
Pinch of salt  
1 tablespoon ginger

Mix and let come to a boil. Boil for a minute, stirring constantly. Remove from fire and add a teaspoon of soda and mix in.

Set aside to cool, then add two beaten eggs and flour to make a stiff dough. Keep mixture warm and roll thin. Cut out and bake. I often make little rounds like dollars if they are to given where there will be a lot of rich cooking.

These "Hot Cakes" sound as if they would literally melt-in-your-mouth and Miss Weaver tells us how to make them.

#### HOT CAKES

Esther Weaver, Lampeter

I use "Golden Guernsey" milk and save some of the top until I have a big cup of very rich milk which I let get thick. When ready, I take ¾ cup sweet milk and put in two rounded tablespoons of All Bran and let soak just while getting organized. Beat two eggs and add; then add the sour milk and a pinch of salt and stir. Add a half cup of flour sifted with a rounded teaspoon of soda. I also add some light brown sugar or some table molasses. Lastly, I add corn meal to make a medium batter, not too thin nor too thick. Have a big skillet with a little lard in it and bake, turning once. Since the sour milk is so rich and there's sweetening in, they don't have to have anything spread on them. However, I always have to warm some up and then I spread them with peach preserves or molasses.

#### SPONGE CAKE

Esther Weaver, Lampeter

Take four big eggs; beat whites until light, then add yolks and beat some more. Add 1 cup of granulated sugar and beat; then add another cup and beat some more. Have ready a cup of hot milk or water. Also have sifted three cups of flour. Add some of the liquid and a cup of flour sifted with a rounded teaspoon of baking powder. Continue with the milk, alternating with the flour, each cup of flour having a teaspoon of baking powder in it. Does not take quite all the three cups of already sifted flour. I mix mine with a wire spoon and sort of lift up the batter to get air in it. Can be flavored with vanilla and baked in four layers and iced with chocolate icing; or a cup of prepared dry coconut can be added and then poured into a long pan with no icing. The original receipt was flavored with lemon extract with white coconut icing between the layers.

Several weeks ago we gave you some ways to fix ready-to-eat cereals and cooked cereals. Today we have a few facts about cereals we thought might interest you.

A colorful package of cereal is a usual purchase in the weekly pushcart of groceries of many families, particularly during the

cool months when a fourth more cereals are eaten than in July and August.

It is important to include two whole-grain foods, such as bread and breakfast cereal, in every day's meals, or if enriched cereals are used, three servings should be eaten.

The term, "enriched" on a label, cereal box, or flour bag,

(Continued on page 9)



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