

(Continued from page eight)

knives, rather than with warm fingers.

Sprinkle cold water over the fat-flour mixture, toss with a fork, remove the moistened bits to a pastry cloth, and continue until all the mixture has been dampened. Press the dough into a ball, very firmly. This helps to distribute the moisture. Chilling it for 15 minutes in the refrigerator also helps.

Next, knead the dough about six times. This helps hold the dough together and increases the flakiness of the pastry.

Roll the dough out thin — if too thick it will seem tougher. It is easier to handle the dough if you use a pastry cloth and stockinette-covered rolling pin; that way you will work less flour into the pastry, making it less tough.

Place in the pie-pan and pinch the edge to decorate it and to help seal a two-crust pie. Prick well if you are making pastry shells. With your favorite filling you should have a pie-perfect.

**REQUEST**

From R1 Elverson comes this letter:

I read and enjoy your paper, especially the receipts. My sister and I are curious to know if any of your readers could tell us how to get cocoanut on the sides of a layer cake without having it all fall off on the plate. (Signed) Mrs. Harvey M. Kurtz and Mrs. Thomas E. Millard.

A reader who wishes to remain anonymous sends in some interesting receipts which she says may be new to someone.

**DELICIOUS CHOCOLATE PUDDING**

**HEAR**

The Mennonite Hour  
Each Sunday

Lancaster WLAN 12:30 P. M.  
Norristown WNAR 8:00 A. M.  
Hanover WYVR 1:00 P. M.

2 squares unsweetened chocolate or 3 tablespoons cocoa  
3 cups scalded milk  
1 cup bread crumbs  
1 cup sugar  
6 graham crackers crushed  
1 teaspoon vanilla  
2 eggs beaten  
a little salt

Melt chocolate, add ¼ cup of hot milk and mix. Add the remaining milk. Stir in bread crumbs sugar and graham crackers; let stand 10 minutes. Add beaten eggs and mix. Put in a baking dish; set in a pan of hot water and bake in a moderate oven 1 hour.

**PINEAPPLE CREAM**

1 package Lemon Jello  
5 tablespoons sugar  
1 cup sweet cream  
¼ cup crushed pineapple

Make Jello; when it starts to jell, beat. Whip cream and mix all together.

\* These cookies surely have a fascinating name —

**SAUSAGE COOKIES**

1 cup brown sugar  
1 cup white sugar  
1½ cups butter or lard  
3 beaten eggs  
¾ teaspoon soda in a little boiling water  
4 and ½ cups flour  
1 teaspoon baking powder  
½ teaspoon cinnamon

Mix well. Make rolls of dough like a sausage and let stand overnight. Slice and bake in a quick oven.

**CROW NEST PUDDING**

Put a pint of cherries of any kind of berries into a buttered baking dish. Sweeten and sprinkle a little flour over the top. Make a batter of:

1 cup sugar  
1 egg  
1 teaspoon baking powder  
Butter size of walnut  
½ cup milk  
1 teaspoon vanilla

Flour to make a little stiffer than cake batter. Pour over cherries and bake. Serve with sugar and milk.

Signs of old age may show at 45 or at 105, depending largely on how our years are lived. Proper food can add an extra ten years to the life span. Yet, the "middle years" are the age when people begin to relax their food habits all too often. With children away it hardly seems worthwhile to prepare complete meals for one or two adults. But it is worthwhile.

As body machinery slows down, it takes less energy food. Overweight comes naturally and makes extra work for the heart if dietary habits are not changed. The solution is to make every calorie count — scorn foods that furnish mostly energy such as sugar, candy, cake, cookies, pastry, gravies, oil salad dressings, fried foods, and rich desserts. These lack health-giving vitamins, minerals, and protein.

You need protein at least twice a day. Meats are excellent sources of protein and B vitamins — two nutrients which delay aging. High-quality protein is found in milk, eggs, cheese, fish, and meat.

Be sure to include a pint or more of milk in your daily diet. The calcium of milk helps protect bones against breakage.

Fruits and vegetables are daily needs. Green and yellow vegetables provide a source of vitamin which is not high-calorie, as are other sources.

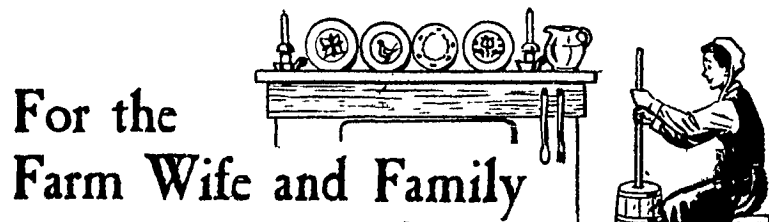
Bread and cereals can provide those youth-preserving B vitamins, but only if made from whole grains or if enriched. Otherwise, they provide only calories.

Drinking plenty of liquids, especially between meals, is important. So is trying to avoid the idea that this or that food does not agree with you.

It's more enjoyable to live out the years than to "rock them out."

Mr P. L. Rissler says in a letter to us

We like the newspaper very much. Hope we can see it every week. My wife is very fond of the new recipes and tries a lot of them. She is sending one along for cupcakes



**For the Farm Wife and Family**

**NEVER FAIL CHOCOLATE CUPCAKES**  
Mrs. P. L. Rissler,  
R- East Earl

Sift together:  
1½ cups sifted flour  
1 teaspoon soda  
½ teaspoon salt  
½ cup cocoa  
1 cup sugar

Beat together.  
1 egg unbeaten  
½ cup lard  
½ cup sour milk  
1 teaspoon vanilla  
½ cup hot water

Put all ingredients in a mixing bowl and beat vigorously until well mixed. Bake in moderate hot oven.

Homemaking is not necessarily limited to cooking so we have had some suggestions on how to use pictures more effectively in your home.

Pictures can add much to the general feeling of a room. Although choosing the right picture for your room is important, framing and hanging correctly also plays a big part in getting the effect.

(Continued on page ten)

**Today's Pattern**



9382  
SIZES  
14½-24½

**Printed Pattern**

Printed Pattern 9382 (for shorter, fuller figure): Half Sizes 14½, 16½, 18½, 20½, 22½, 24½  
Size 16½ takes 3¾ yards 35-inch.

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