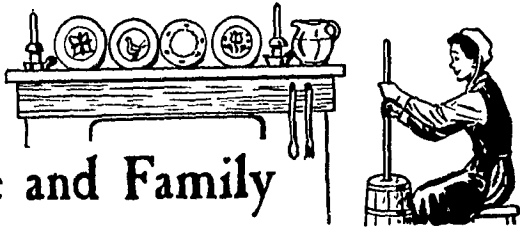


For the Farm Wife and Family



Peach-Pecan Chiffon Cake Uses Frozen Fruit for Freshest Taste

So many of you ladies seem to like to make and eat chiffon cakes, so today we have a recipe for Peach-Pecan Chiffon Cake which we're sure will make a big hit with your family. The peaches called for are the sliced frozen ones.

PEACH-PECAN CHIFFON CAKE

- 1/4 cup salad oil
- 1 cup sifted cake flour
- 1/2 cup brown sugar, packed
- 3/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 3 egg yolks
- 1/2 teaspoon vanilla
- 1/2 teaspoon almond flavoring
- 1/2 cup egg whites
- 1/4 teaspoon cream of tartar
- 1/4 cup granulated sugar
- 1/2 cup finely chopped pecans
- 2 ten-ounce packages frozen sliced peaches

1 cup whipping cream, whipped
Heat oven to 375 degrees.

Sift into the mixing bowl the flour, brown sugar, salt, and baking powder. Make a hollow in the dry ingredients and add the salad oil. Then add in order the egg yolks, water, vanilla, and almond flavoring. Beat with a spoon until smooth.

Put egg whites in a large mixing bowl. Add cream of tartar. Beat with the electric or rotary beater until whites form soft peaks. Add granulated sugar gradually, beating after each addition. Beat until meringue is just stiff enough to not slide when bowl is inverted.

Pour egg yolks over meringue. Gently fold yolks and pecans into meringue until well blended. Pour into waxed paper-lined jelly roll or sheet pan (10 1/2 x 15 1/2 x 1 inch). Bake in a moderate oven (375 degrees) for 15 to 20 minutes. Turn out onto a bread board or cake rack to cool. Remove waxed paper. Cut cake in half crosswise to form two pieces, each approximately 7 x 5 1 inch.

Mash one package of peaches with a fork. Combine mashed peaches with one-half of the whipped cream. Spread the mixture on the top of one of the pieces of cake. Place the second piece of cake on top of the cream and peach mixture. Spread the remaining whipped cream over the top of the cake. Arrange peach slices (from the second package) over top of cream. Keep in the refrigerator until served.

Cookies can be more than good to taste and to look at. They can be made so they are "good" for both children and adults. Some of the ingredients you might choose that offer the most in nutrients for children are: 1) For sweetening, use brown sugar or molasses because they offer valuable minerals. 2) Good cookies can be made of whole wheat or rolled oats for extra nutritive value. 3) Include dry skim milk (nonfat dry milk solids) in cookies, wherever possible. In some recipes you can use 10 times more dry than liquid milk. 4) Into

cookies also can go such appetizing and valuable natural sweets as raisins, dates, figs and dry prunes.

An interesting cookie recipe for children is called the Big Seven Cookie, because it contains seven ingredients high in nutritive value. Here are the ingredients for making five dozen two-inch cookies.

BIG SEVEN COOKIES

- 1/3 cup shortening
- 1/3 cup brown sugar
- 1/2 cup molasses
- 1 egg
- 1/4 cup dry milk
- 1 cup sifted enriched flour
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon soda
- 1 teaspoon baking powder
- 1 cup grated carrots or grated raw sweet potato
- 1 teaspoon lemon rind, if desired
- 1/2 cup ground raisins
- 1 and 1/4 cup quick-cooked rolled oats

Heat shortening, sugar and molasses together over a low heat until shortening is partly melted, or cream shortening and sugar and then add molasses. Add slightly beaten egg. Stir to blend. Sift together dry milk solids, flour, spices, salt, soda and baking powder. Stir into creamed mixture. Add grated carrot or sweet potato, lemon rind, raisins and rolled oats. Stir until well mixed. (The dough should be stiff enough to hold its shape on the baking sheets. If dough needs stiffening, chill it a short time.) Grated sweet potato is drier than grated carrot so if dough is too stiff, add a little milk, as needed. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake in hot oven (400 degrees) for 15 minutes until brown.

BLUBARB JAM — There's something new bubbling in the jam pot. It's a combination of rhubarb and blueberries — blubarb jam. This new sweet was developed experimentally in the U. S. Department of Agriculture's Western Utilization and Research Development Division to expand the market for northwestern blueberries and rhubarb.

Neither fruit used alone is well suited for commercial jams. Blueberries are too bland for really flavorful preserves, and too expensive for moderately priced

ones. Rhubarb jams are inexpensive, but too tart for wide popular appeal. Researchers found that combining the two, in equal parts by weight, blends the best qualities of both. Rhubarb and blueberry flavors compliment each other and give blubarb jam a tempting wild-berry flavor. Because rhubarb is generally inexpensive, the blended jam is expected to be reasonably priced.

Blubarb products are not yet on the market. But when they appear on your grocer's shelves, you may see pancake syrup and pie mix, as well as jam, of this combination.

When we are making sandwiches, meat and meat combinations are not too much of a problem. It's the non-meat sandwich problem that sometimes brings out the cookbooks, recipe files and what have you. We have here a few suggestions for sandwich fillings that do not use any meat.

1. Chopped hard-cooked eggs with chopped cabbage, carrots, celery or pickle and mayonnaise.

2. Flaked cooked fish or canned fish, minced cabbage and salad dressing. Add chopped hard-cooked eggs, if desired.

3. Soft sharp-flavored cheese, mashed with tomato catsup, onion juice and chopped nuts.

4. Baked beans with thick chili sauce or catsup, or plain cooked dry beans with chopped pickle or onion—good in a brown bread sandwich.

5. Equal parts of peanut butter and chopped raisins or other dried fruits. Or coarse-grind peanut butter with chopped pickle and minced onion.

Men doing heavy physical work often prefer a good thick sandwich. A bun or biscuit filled with egg or fish salad mixture is frequently a popular choice. To make bun sandwiches held together, well slice the bun not quite through, fill with salad mixture, and pin together with a couple of toothpicks before wrapping. For he-man sandwiches, select special bread as well as fillings. Nut bread, cheese bread, firm rye bread, oatmeal bread and whole-wheat bread are possible suggestions.

Two ladies have sent up recipes but do not wish their names used so we will give you their recipes. The first is for

SCRAPPLE

- 1 quart meat broth
 - 1 pound puddings
 - Melt together the above two ingredients
 - Wet with three pints of water the following:
 - 2 cups cornmeal
 - 1 cup buckwheat flour
 - 3 teaspoons salt
 - 1/2 teaspoon pepper
- Bring to a boil, then allow to simmer for 1/2 hour or longer.

CUP CHEESE

Let milk get real thick, scald, 140 degrees, put in a bag and squeeze whey out. Let crumbs stand one day or more if you don't want the cheese so mild. Then add one heaping teaspoon soda to every pound. Let stand overnight; add salt to taste and add one pint water for every pound and melt.

We want to acknowledge two recipes for Smear Case that have come in from Mrs. Jacob Snyder, Quarryville and Mrs. Cynda Fox, R1 Conestoga. Their recipes were so much like some that have been printed that we will not re-print them but do want to thank them for being interested enough to send them in to us.

Are you one of the many people who had roast leg of lamb for Easter and are trying to use up the left-overs in a tasty way. Why not try this

LAMB LUNCHEON QUICKIE

- 2 cups chopped cooked lamb
 - 1 10 1/2 ounce can condensed cream soup—mushroom, celery, tomato or chicken
 - 1/4 cup cheese spread
 - 1 seven-ounce package elbow macaroni, cooked
- Combine lamb, soup, and cheese spread in a skillet. Add cooked macaroni. Simmer about five minutes. Serve hot.

LAMB PATTIES

- 2 cups ground cooked lamb
- 1 egg, slightly beaten

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