

8-Lancaster Farming, Friday, April 11, 1958

Out in Iowa this Mulligan Stew is served on Hobo Day. It's savory with bay leaf and succulent with a great variety of vegetables. We're sure that once you've tasted this nourishing dish, you'll want to have it often.

To Thrill Kiddies

MULLIGAN STEW

- 2 tablespoons cooking fat 1 to 11/2 pounds stew beef, cut
- in 1/2 inch cubes cups water
- 3 teaspoons salt
- 1/2 bay leaf
- ¼ teaspoon chili powder
- 2 medium carrots, sliced (about 1 cup)
- 1 medium potato, diced (about 1 cup)
- 1 large turnip, diced (about 1¼ cups)
- 2 cups chopped cabbage
- 1 cup diced celery 1/2 a green pepper,
- (about ½ cup) can tomatoes and juice (1
- pound), broken up ½ cup uncooked white rice

Melt fat in a soup kettle or Dutch oven. Add the beef and cook slowly, until brown. Add additional fat only if necessary to keep from sticking. Add one cup of water and one teaspoon of the salt. Cover and simmer one and one-quarter hours. Add the rest of the ingredients and the remaining three cups water and two teaspoons salt. Cover and cook until the meat and vegetables are tender, about 45 minutes. Add water if a thinner mixture is desired. Season to taste with salt

and pepper. Serve piping hot in soup bowls. For an informal party meal, serve the soup from an iron soup kettle or Dutch oven. Use tin cups or pie pans for soup bowls and bandana handkerchiefs for napkins. Hot crusty French or Vienna bread

EGGS

is delicious with the soup. Serves eight.

We have had some very nice responses to our request for a soft spice cookie. Here are some of them.

Mrs. Eli Saylor, R3, Elizabeth town, says in her letter:

I have a recipe for spice cookies l like very much as follows. We like your paper very much.

SPICE COOKIES

Mrs. Eli Saylor R3, Elizabethtown

3 cups brown sugar 1 cup butter or lard

HEAR

The Mennonite Hour Each Sunday

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

- 4 eggs ½ cup sour milk
- 1 teaspoon soda 3 cups flour
- ½ teaspoon cloves
- ½ teaspoon cinnamon
- teaspoon nutmeg
- 1 cup raisins
- 1 cup chopped nuts Bake in hot oven on greased cookie sheet.

Another reader from Mt Joy

says in her letter: Here is a good recipe for Soft Molasses Cookies. Now to make spice cookies, simply omit the Brer Rabbit Molasses (green label) and substitute your table molasses. You have a fine paper.

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Keep on with the good work.

SOFT MOLASSES COOKIE

Mrs. Richard O. Binkley, RD#1, Mt. Joy.

Mix together:

- 1 cup shortening
- 1 cup light brown sugar Add and mix:
- 34 cup Brer Rabbit Molasses Sift together:
- 21/2 cups flour (or a little more, until of nice baking qual-
 - 1 teaspoon soda
- 2 teaspoons baking powder
- 1 teaspon cinnamon ½ teaspoon nutmeg
- ½ teaspoon ginger ½ teaspoon salt
- (Spices are flexible choice

or omit any to suit taste) Add flour mixture to creamed mixture alternately with.

34 cup sour milk

2 teaspons vanilla

A reader from Christiana who does not want her name used sends us a recipe with some variations.

SPICE DROPS

Mix together thoroughly:

- 1 cup soft shortening 2 cups brown sugar
- 2 eggs Stir in:
- ½ cup cold coffee or ½ cup
- sour milkk Sift together and stir in:
- 3½ cups flour
 - teaspoon soda
 - 1 teaspoon salt
 - (Continued on page ten)

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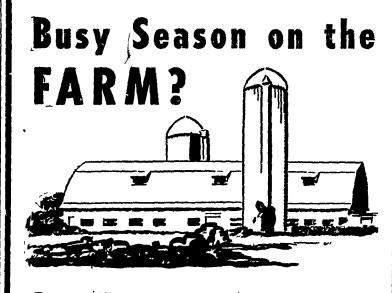
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