

For Farm

Women . . .

(Continued from page eight)

1 teaspoon soda
1 egg
1 cup granulated sugar (some brown may be used)
1 tablespoon cooled melted butter
½ teaspoon vanilla
½ teaspoon almond flavoring
2 cups flour
1 cup chopped nuts
Pour boiling water over dates and soda and set aside to cool. Beat egg and mix with sugar. Add butter and flavorings. Beat well. Add flour and date mixture alternately. Add nuts last. Bake in loaf pan for one hour in moderate oven.

Mrs. Arthur Groff, RD7 Lancaster shares a salad recipe with us. It is for

FROZEN PINEAPPLE AND CHEESE SALAD

Mrs. Arthur Groff, RD7 Lancaster
1 8-ounce package cream cheese
Mash with fork to soften
2 tablespoons mayonnaise
2 tablespoons pineapple juice
Mix
1 cup small marshmallows
1 No. 2½ can pineapple tidbits, drained
Fold in
1 cup cream, whipped
2 cups small whole white grapes
1 cup nuts
Pour in square pan. Put in freezer until frozen. Serve on lettuce.

This Ham Loaf is bound to bring you many compliments —

HAM LOAF

Mrs. Maurice G. Herr, Refton
3 pounds salt pork
3 pounds fresh pork
1 cup corn flakes
1 cup milk
2 eggs
Note. Do not add any salt. Bake at 350 degrees.

A special summer drink —

FRUIT-ADA

Mrs. J. Lloyd Harnish, RD6 Lancaster
3 quarts meadow tea
3 cups sugar
Strain and cool
1 large can pineapple juice
2 large cans orange juice
2 large bottles ginger ale
Pour over ice cubes. Makes 8 quarts.

EXTRA

VITAMIN VALUE IN VEGETABLES

Keep vegetables from wilting if you want the most in vitamin value from them. Many vegetables, especially those that are deep green, offer a good measure of both vitamin A and vitamin C when harvested. What happens between harvest and the time vegetables reach the family meal table decides how much vitamin C they still have to offer. If they have wilted, it's a safe bet that not much of this fragile vitamin is left. Even if they are revived or "crisped" in ice water or in the refrigerator, their vitamin C is not restored.

Market vegetables that are limp or wilted may still "rate" for vitamin A and minerals, but not for vitamin C. Those that show signs of bruising, probably have lost considerable vitamin A as well as vitamin C. As for home garden vegetables, it pays to treat them gently, wash as necessary and get into the refrigerator as promptly as possible.

Green vegetables which are naturally high in vitamin C include green peppers, broccoli,

raw cabbage, collards, garden cress, kale, kohorabi, mustard greens spinach and turnip greens. Those to be cooked need to be in good condition beforehand, then should be cooked in a covered pan in a small amount of boiling water until just tender if they are to offer highest vitamin value.

BARBECUED LAMB ROLL

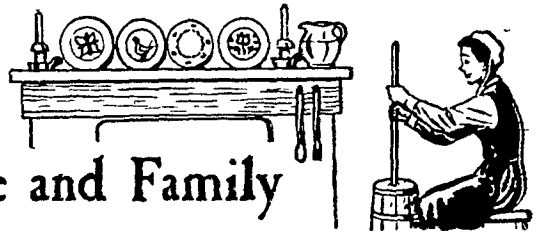
4 to 5 pounds boned and rolled lamb shoulder
2 cans (8 ounces each) tomato sauce
1 tablespoon onion juice
½ cup lemon juice
¼ cup brown sugar
2 teaspoons dry mustard
¼ cup Worcestershire sauce
Place roast on a rack in a shallow pan; insert a meat thermometer in the center of the roast. Roast, uncovered in a 325 degree oven for 45 minutes. Combine tomato sauce, onion juice, lemon juice, brown sugar, mustard, and Worcestershire sauce; pour over meat. Continue roasting and baste every 20 minutes during the last hour of cooking, spooning sauce from bottom of pan. If sauce begins to stick, add a little water. Cook meat 40 to 45 minutes per pound (180 degrees on meat thermometer). Slice lamb and serve hot with barbecue sauce. 12 to 15 servings.

Tarragon, a favorite salad herb, as an ideal flavoring agent for veal. It takes only a pinch of the herb to flavor a couple of pounds of the meat.

VEAL TARRAGON

2 lbs veal round steak, cut 1-inch thick
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
1 tablespoon paprika
2 tablespoons lard
3 medium onions, sliced
½ teaspoon tarragon
1 cup water
1 tablespoon lemon juice or vinegar

For the Farm Wife and Family



Cut veal in serving-size pieces. Combine flour, salt, pepper, and paprika; rub into cut surfaces of veal. Brown meat in hot fat; add onions and brown thoroughly. Sprinkle in tarragon; add water and vinegar. Cook, covered, over low heat until tender, about 1 hour. Makes 6 servings.

Turning from meats to fruits here is a peach topping you might like to prepare while peaches are plentiful and store in your freezer.

For peach sundies and short-cakes, for peach cobbler or flavoring homemade ice cream, for a fresh-flavor topping for cakes and other desserts, this blend of sliced peaches and fresh peach puree can't be beat. Here's the recipe:

Sort peaches in two containers.

For the puree use the ripest, softest peaches. Peel, mash, and strain if desired. (Use a mesh-type hand potato masher.) Four or five average-size peaches will make about three cups of puree. For every three cups of puree, add a quarter teaspoon of powdered ascorbic acid to prevent the puree from browning. Next add one package of powdered pectin. Stir well. Let stand 15 minutes with occasional stirring. Add three cups of sugar and stir enough to dissolve the sugar. Now peel the firm-ripe peaches, cut each in 12 slices, then run the knife around the circumference to halve each slice. Full pint-size glass or other rigid freezer containers with about a cup of sliced peaches and a cup of puree.

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George E. Hoar

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