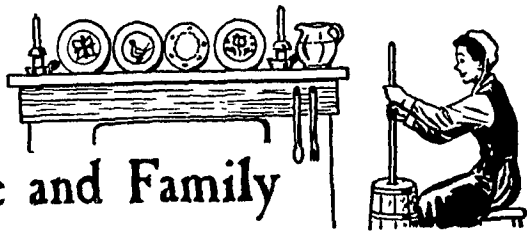


For the
Farm Wife and Family



Maple Syrup Sparks Meals

We usually think of maple syrup as a dressing for pancakes or waffles and forget that it can be used as a sweetening substitute in a lot of recipes. Today we have some recipes for you that were especially developed for the use of maple syrup.

If you wish to substitute maple syrup for the sugar in a recipe you simply substitute one and one-half cups maple syrup for each cup granulated sugar and add one-fourth teaspoon soda to recipe for each cup maple syrup used. When maple syrup is substituted for all sugar in recipe, cut down on liquid one-half. When maple syrup is substituted for half the sugar in recipe, cut down liquid one-fourth.

Use maple syrup to:

1. Sweeten your prunes or apple sauce
2. Make a delicious maple milk shake or eggnog
3. Baste your baked ham
4. Pour on grapefruit
5. Mix with butter and glaze baked squash, sweet potatoes or carrots

MAPLE SYRUP COOKIES

- 1/2 cup maple syrup
- 3 tablespoons butter or margarine
- 1 egg beaten
- 1/2 teaspoon baking soda
- 2 tablespoons milk
- 1 cup flour
- 1 teaspoon cream of tartar
- 3/4 cup chopped nuts

Melt butter or margarine and add maple syrup, beaten egg, and milk. Sift baking soda, flour, and cream of tartar into maple syrup mixture and mix thoroughly. Add chopped nuts. Drop onto a greas-

ed cookie sheet and bake in a preheated 400 degree oven for 10 minutes. Makes about 24 cookies.

MAPLE SYRUP CAKE

- 1/4 cup melted shortening
- 3/4 cup cake flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup maple syrup
- 1 egg beaten
- 3/4 cup milk

Cool melted shortening and then add maple syrup. Sift flour, salt, and baking powder into the maple syrup mixture and mix slightly. Add remaining ingredients and beat until smooth (do not over-beat). Pour batter into two 8-inch cake pans, lined with wax paper. Bake for 20 to 25 minutes at 350-375 degrees. Remove from pans immediately after taking from oven. Cool and frost with maple syrup frosting.

MAPLE SYRUP FROSTING

- 2 tablespoons shortening, butter, or margarine
 - 1 1/2 cups confectioners' sugar
 - 3/8 cup maple syrup
 - 1/3 cup chopped walnuts
- Cream shortening and add confectioners' sugar. Beat until the shortening is evenly distributed throughout the sugar. Add maple syrup until desired consistency is



CHILI CON CARNE FANS will go for the new Chili Soup with Beef. It's a hearty meal-in-a-bowl combining tender small red beans and beef in a rich broth of red-ripe aristocrat tomatoes and selected spices. The

seasoning of this chili soup is "warm" and satisfying, not too hot for children's taste, but still in the tradition of the chili Dad likes so well.

achieved, beat until smooth and glossy. Frost cake and then sprinkle chopped nuts on top of frosting. This makes enough frosting to frost one layer cake.

MAPLE SYRUP GINGERBREAD

- 1 cup maple syrup
 - 2 cups flour
 - 1/2 teaspoon salt
 - 1 teaspoon soda
 - 1 cup sour cream
 - 1 egg
 - 1 teaspoon ginger
- Sift the ginger, salt and soda with the flour; mix beaten egg, cream and syrup and combine the

two mixtures. Bake in nine-inch square pan 40 to 50 minutes in 350 degree oven.

MAPLE CHIFFON PUDDING

- 1 tablespoon gelatin
 - 1/4 cup cold water
 - 1 cup maple syrup
 - 1/2 teaspoon salt
 - 3 egg yolks
 - 3 egg whites
 - 1 cup chopped nuts (optional)
- Soften the gelatin in cold water. Stir salt and maple syrup together. Beat egg yolks; add to maple syrup mixture and cook

over hot water, stirring until slightly thickened. Add gelatin solution and stir until dissolved. Remove from heat and chill until syrupy. Beat until fluffy — 5 minutes by electric beater. Beat egg whites until stiff; fold into maple syrup mixture. Chill until firm. Serve with whipped cream. Makes 4 to 6 servings.

BAKED MAPLE SYRUP CUSTARD

- 1 cup maple syrup
- 2 eggs, well beaten

(Continued on page seven)

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