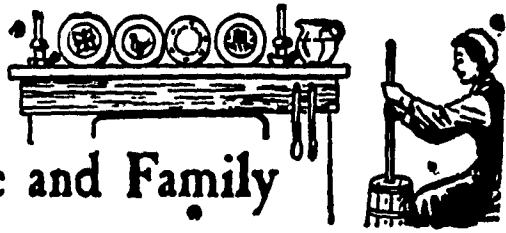


# For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

## Nutrition Plus With Macaroni, Bread And Cereals



SPENCE

Since each family member needs four servings of whole grain or enriched bread or cereals each week, it's important to make wise choices. Bread, rice, cereals or the whole category of macaroni offers a wide choice. In the category of macaroni comes the spaghetti, vermicelli and noodles in all the shapes and sizes. Not all macaroni products are enriched so you need to read the labels. If they are, the nutrients added are iron, thiamine, riboflavin and niacin.

Bread may be either enriched or restored which means those same four ingredients are added. Or it may be fortified with vitamin D.

Cereals, too, may be enriched. Again, read the label to be sure. Some of the sweetened cereals aren't enriched with added nutrients. Others are promoted as extra high in certain nutrients and these are often higher priced.

You don't have to eat a bowl of cereal to get the benefits of its nutrition. Cereals can be added to other foods to make them extra nutritious and delicious.

### MOLASSES BRAN COFFEE RING

- 2 cups all-bran
- 3/4 cup milk
- 1 egg
- 1/2 cup molasses
- 1/4 cup soft shortening
- 1/2 cup seedless raisins
- 1 cup sifted flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1 tablespoon grated orange rind
- 1/4 cup orange juice

Combine cereal and milk; let stand until most of moisture is taken up, about 5 minutes. Add egg, molasses and shortening; beat well. Stir in raisins. Sift together flour, soda and salt. Add to cereal mixture stirring only until combined. Mix sugar, orange rind and orange juice; pour into greased 8 1/4 inch ring mold. Spread batter evenly over mixture. Bake in moderate oven (375 degrees) about 30 minutes. Invert pan and let stand a few minutes before removing. Serve immediately.

NOTE: A greased 8x8-inch baking pan may be used in place of ring mold.

\* \* \* \*

## SEED POTATOES

- Bliss
- Katahdins
- Green Mountain

## Groff's Hardware

S. Railroad Ave.  
New Holland, Pa.

- 2 eggs
- 1 cup (6 oz.) butterscotch morsels
- 1/2 cup peanut butter

Sift together flour and baking powder. Blend shortening and sugar until light and fluffy. Add eggs; beat well. Add sifted dry ingredients together with butterscotch morsels; mix well. Shape dough into 1-inch balls; roll in cornflake crumbs. Place 1 inch apart on lightly greased baking sheets and make indentation with thumb in the center of each ball. Place about 1/4 teaspoon peanut butter in each indentation. Additional cornflake crumbs may be sprinkled over peanut butter. Bake in moderate oven (375 degrees) about 10 minutes. Makes about 3 1/2 dozen cookies.

### RICE KRISPIES DATE Dainties

- 1 cup sugar
  - 1 cup finely cut, pitted dates
  - 1 teaspoon vanilla flavoring
  - 2 eggs
  - 3 cups rice krispies
- Combine sugar, dates and eggs in cold frypan. Cook about 10 minutes over medi-

### THUMBPRINT COOKIES

- 3/4 cup cornflake crumbs
- 2 cups sifted flour
- 1 teaspoon baking powder
- 1 cup soft shortening
- 1 cup brown sugar, firmly packed

Holland Stone Concrete Ready-Mixed Concrete

Concrete Blocks Metal Windows

## New Holland Concrete Products

New Holland, Pa. 354-2114

FOLLOW THESE 5 POINTS FOR GREATER CORN PROFITS

More Farmers Plant DeKalb than any Other Brand.



- 1 PLANT EARLY AND THICK.
- 2 APPLY MORE FERTILIZER.
- 3 CONTROL WEEDS.
- 4 CONTROL INSECTS.
- 5 PLANT ALL DEKALB!

"DEKALB" is a Registered Brand Name

## P. L. ROHRER & BRO., INC.

Smoketown, Pa. Ph. 397-3539

um heat, stirring constantly, until mixture starts to thicken and sugar is dissolved. Remove from heat. Stir in vanilla and cereal. Dip teaspoon in ice water, then drop teaspoonfuls of mixture onto waxed paper. Chill before serving. Makes 3 dozen balls.

### SAUCY SPICY TREATS

- 1 can (1 lb.) applesauce
  - 1/2 teaspoon cinnamon
  - 1/2 teaspoon nutmeg
  - 6 shredded wheat biscuits
- Heat applesauce and spices together in saucepan. Spoon over biscuits. Serve with milk or cream. Makes 6 servings.

### MARVELOUS MALTED BARS

- 4 cups puffed rice
- 24 large marshmallows
- 3 tablespoons butter or margarine
- 1/2 cup natural-flavored instant malted milk

- 20 caramels
- 2 tablespoons water
- 1 cup (6 oz.) semi-sweet chocolate pieces

Heat puffed rice in shallow pan in preheated moderate oven (350 degrees) for 10 minutes. Pour into greased bowl. Melt marshmallows, butter and malted milk in top of double boiler over hot water. Pour over cereal, stirring until evenly coated. With greased hands, press firmly into greased 7x11-inch baking pan.

Melt caramels and water in small saucepan over low heat, stirring frequently. Spread over cereal base. Sprinkle chocolate pieces over hot caramel layer. Place in preheated oven (350 degrees) about 3 minutes; spread chocolate with spatula. Refrigerate until chocolate is set. Cut in bars. Makes 18.

## Now Is The Time To Order



Ivan M. Martin, Inc.  
Blue Ball, Pa.

New Holland 354-2112  
Terre Hill 445-3455  
Gap 442-4148

## ALL THE POWER YOU NEED



### INTERNATIONAL® 424 TRACTOR high speed...hard-pull

Choose gas or diesel, get 36.9 pto horsepower with either... plus economy and reliability. Nimble, too. Come in and see what it can do for you today! As low as \$900 per month.

- Draft-controlled 3-point hitch
- Differential lock
- 8-2 transmission
- Constant-running pto
- 8 1/2-foot turning radius

Cope & Weaver Co. International Harvester  
NEW PROVIDENCE 786-7351 Sales and Service  
EPHRATA 733-2283

Kauffman Bros.  
MOUNTVILLE 285-9151

C. B. Hooper  
INTERCOURSE 768-3501

Messick Farm Equip.  
ELIZABETHTOWN 367-1319