



For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Reasons For Raisins



SPENCE

Raisins keep well and combine well with salads, main dishes, fruit and desserts, and add flavor, color and nutrition to meals. Raisins also rate well as energy food. Uncooked, natural (unbleached) raisins have 289 calories per 100 grams, or approximately 460 calories per cup. They are rich in iron — a nutritive that's often difficult to work into daily menus, but one that's particularly important in maintaining the nutritional health of women and girls.

White raisins and dark raisins are similar in flavor, and are interchangeable in recipes except for color effect.

SOUR CREAM AND RAISIN PIE

- 1 cup sugar
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon cloves
 - 2 eggs, beaten light
 - 1 cup seedless raisins
 - 1 cup sour cream
 - 1 Salt
 - 2 tablespoons vinegar
 - Baked 9-inch pastry shell
- Mix all ingredients stirring until sugar is dissolved. Pour mixture into shell and bake at 350 degrees, 25 to 30 minutes.

RAISIN CREAM CHEESE FILLING

- 3 ounces cream cheese (6 tablespoons)
- Cream or milk
- 1/2 cup seedless raisins
- 1/2 cup chopped nuts
- 1/4 teaspoon salt

Bring cheese to room temperature and mash with enough cream to make a soft mixture. Add other ingredients; mix thoroughly. Refrigerate filling or filled cake until served. Makes enough filling for a 9-inch cake or 6 to 10 cup cakes.

HONEY-RAISIN SPICE CAKE

- 1/2 cup shortening
- 1/2 cup sugar
- 1/2 cup liquid honey
- 1 egg yolk

- 1/2 cup coarsely chopped raisins
- 2 cups sifted cake flour
- 2 teaspoons baking powder
- 1/4 teaspoon soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 1/2 cup water
- 1 egg white

Cream shortening and sugar until well blended. Add honey, egg yolk, and nuts; beat 1 minute. Sift together the flour, baking powder, soda, salt, cinnamon, cloves, and nutmeg. Add dry ingredients alternately with the water to the creamed mixture; beat thoroughly. Beat egg white until stiff but not dry. Add to cake mixture and fold in carefully. Pour into two greased and floured 8-inch layer pans. Bake at 350 degrees 25 minutes. Put layers together with lemon cream frosting or other preferred frosting.

HONEY-RAISIN BREAD

- 2 tablespoons shortening
- 1/2 cup liquid honey
- 3 tablespoons sugar
- 2 eggs
- 1 cup sifted all-purpose flour
- 3/4 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1/2 cup sour milk
- 1/2 cup scalded raisins
- 1/2 cup chopped pecans
- 1/2 teaspoon grated lemon rind

Cream shortening, honey, over shortening, sugar and and sugar thoroughly. Add salt; stir occasionally until eggs; beat until well mixed. Shortening melts. Cool to Sift together flour, whole-wheat flour, baking powder, salt, and soda. Add dry ingredients and sour milk alternately to the creamed mixture and beat until well blended. Stir in scalded raisins. (pour boiling water on raisins then drain it off), pecans and lemon rind. Pour into greased loaf pan (8 1/2 x 4 1/2 x 2 1/2 inches). Bake at 350 degrees for 1 hour 10 minutes. Makes 1 loaf, about 36 1/4-inch slices.

RAISIN OATMEAL BREAD

- 2 cakes compressed or 2 packages dry yeast
 - 1/2 cup lukewarm water
 - 1 cup milk, scalded
 - 1/2 cup shortening
 - 1/2 cup sugar
 - 2 teaspoons salt
 - 2 eggs
 - to 4 1/2 cups sifted all-purpose flour
 - 1 1/2 cups rolled oats (quick or old fashioned, uncooked)
 - 1 cup raisins
- Soften yeast in lukewarm water (Use warm water for dry yeast). Pour scalded milk

(Continued on Page 18)

SUPER SHOES

Self Service
2750 Columbia Ave.
Lancaster
Lanc. Co.'s Largest
Shoe Store
All 1st Quality
Super Low Prices

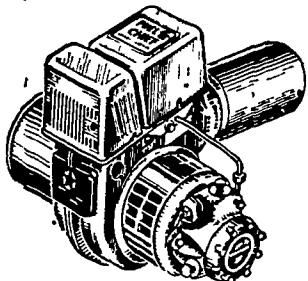
CERTIFIED GEORGIA TOMATO PLANTS

Rutgers and other popular varieties
FRESH PLANTS TRUCKED FROM GEORGIA
Also — Egg plants, Cabbage plants,
Onion plants, Pepper plants, etc.
To place orders, Call:
Quarryville 786-2166 — Lancaster 687-6603

HOWARD E. GROFF

COAL, GASOLINE & FUEL OIL
111 East State Street QUARRYVILLE, PA.

QUIET... ECONOMICAL!



Texaco Fuel Chief Oil Burner

with the new exclusive Jet Flame Booster. This may be the time to think about replacing your old burner with a brand-new, high-efficiency burner from Texaco. Ideal for use with warm air, hot water, or steam-heating systems. Contains the latest research development, Texaco's new Jet Flame Booster — the scientifically designed end cone and stabilizer that provides the most heat from the least fuel.

We also carry the complete line of Texaco Fuel Chief furnaces and hot-water heaters — plus Texaco Fuel Chief Heating Oil, the best your money can buy. We pride ourselves on giving top service in this area. Give us a call.



We Give S & H Green Stamps

Garber Oil Co.

Texaco Fuel Chief Heating Oil
105 Fairview St.
MOUNT JOY, PA.
Ph. 653-2021

Need . . .

HAY — STRAW — EAR CORN

Buy Now and Save!

More and more farmers are buying from us for better value and all around satisfaction.

Delivered — any quantity

Phone Area Code 717 687-7631

Esbenshade Turkey Farm

Since 1890
PARADISE, PA.

Short of cash for

Fertilizer

See Farm Credit first for

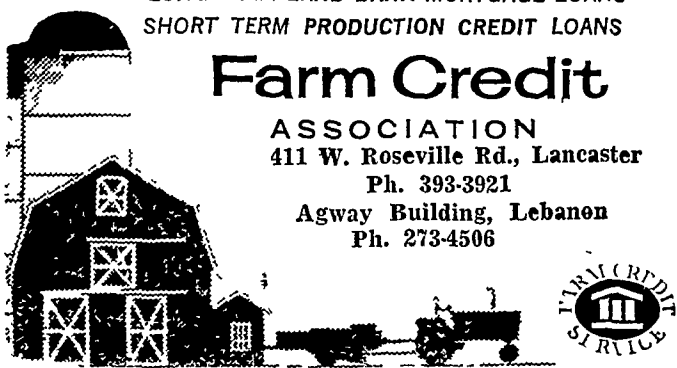
Money

Don't skimp on fertilizer, or any other essential farm supply, because you're short of cash. Farm Credit loans are readily available (even to part time farmers) to meet seasonal operating expenses. Repayment can be arranged for periods when you have peak farm income. Call on Farm Credit first for operating funds.

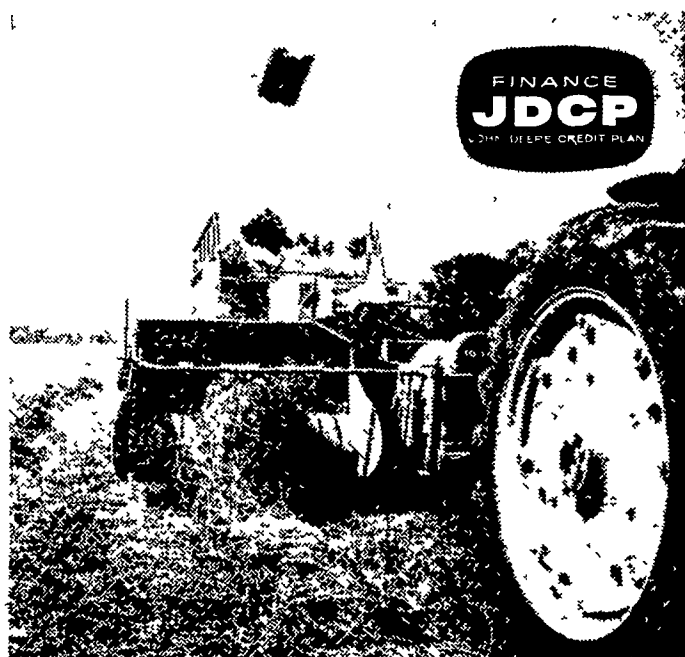
LONG TERM LAND BANK MORTGAGE LOANS
SHORT TERM PRODUCTION CREDIT LOANS

Farm Credit

ASSOCIATION
411 W. Roseville Rd., Lancaster
Ph. 393-3921
Agway Building, Lebanon
Ph. 273-4506



Your capital can remain untouched when you finance with John Deere



Buy with no down payment — full protection — terms conveniently scheduled to your income

That's right! Equity in paid-for equipment of any make, and in John Deere Equipment you're financing, can be all or part of your down payment. Ask us about waiving of finance — another John Deere Credit Plan feature.

A. B. C. Groff, Inc.
New Holland 354-8001

Landis Bros. Inc.
Lancaster 393-3968

Shotzberger's
Elm 665-2141

Alan Beyer
Christiana LY 3-5687

Wenger Implement Co.
Buck BU 4-4467

M. S. Yearsley & Sons
West Chester 696-2990