



For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Neat Treats For The Unslepy

PEPPER PUFF SNAX

- 3 cups puffed wheat
- 3 cups puffed rice
- 2 1/2 cup butter or margarine, melted
- 1/2 to 3/4 teaspoon liquid red pepper seasoning
- 1 teaspoon salt
- 1/2 teaspoon celery salt
- 2 teaspoons paprika
- 1/2 teaspoon chili powder
- 3 cups thin pretzel sticks

Place puffed wheat and puffed rice in shallow baking pan. Combine butter, pepper seasoning, salt, celery salt, paprika and chili powder, blending well. Pour over cereal, tossing until evenly coated. Stir in pretzels. Heat in preheated very slow oven (250 degrees) about 1 hour, stirring occasionally. Makes about 8 cups.

CRUNCHY DATE-NUT BARS

- 3 cups Cap'n Crunch cereal
- 1/2 cup chopped pitted dates
- 1/2 cup chopped pecans
- 2 1/2 cups miniature marshmallows
- 2 tablespoons butter or margarine
- 1 tablespoon milk

Pour cereal into large greased bowl. Stir in dates and chopped pecans. Melt marshmallows, butter and milk in top of double boiler over hot water, stirring occasionally. Remove from heat.

Pour over cereal mixture, stirring until evenly coated. With greased hands, press mixture firmly into greased 8-inch square baking pan. Refrigerate until firm. Cut in squares. Makes 25.

WEE-HOUR

WIENER WAFFLES

- 1/2 lb. finely-chopped wieners
- 1/2 cup sweet pickle relish
- 1/4 cup tomato paste
- 1/2 teaspoon celery salt
- 1 package frozen waffles

Combine wieners, pickle relish, tomato paste and celery salt, set aside. Prepare frozen waffles in toaster or oven according to package directions. Spread wiener mixture on each waffle. Place in preheated hot oven (400 degrees) 4 to 5 minutes. Serve immediately. Makes 6 servings.

CHEESE PILLOWS Prepare frozen waffles as directed above. Combine one 8-ounce jar pasteurized process cheese spread, 1/2 teaspoon onion juice, 1 teaspoon Worcestershire sauce and 1/2 cup minced green pepper. Spread on each waffle. Place in preheated hot oven (400 degrees) 1 to 2 minutes or until cheese mixture is melted. Makes 6 servings.

MEXICANA CHEESE SPREAD

- 3/8 cup grated Cheddar cheese

- 1/2 cup light cream or half 'n half
- 1/4 cup chopped pitted ripe olives
- 1 teaspoon chili powder
- 1 teaspoon finely chopped onions
- 1/2 cup Concentrate cereal

Combine cheese and cream in small saucepan; cook over low heat, stirring constantly, until cheese is melted. Remove from heat. Stir in olives, chili powder and onion. Mix in cereal. Serve with crackers or thinly sliced rye bread. Refrigerate any left over. Makes 1 cup spread.

CHEESE SNACKS

- 3/4 cup corn flake crumbs
- 1 6-oz. link sharp pasteurized process cheese food
- 1/2 cup soft butter or margarine
- 1 1/2 cups sifted regular all-purpose flour
- 1/2 teaspoon salt
- Dash cayenne

Beat cheese and butter together. Sift together flour, salt and cayenne. Add to cheese mixture together with corn flake crumbs, mix well. Roll to 1/2-inch thickness between sheets of waxed paper. Cut into 3/4-inch squares. Place on ungreased baking sheet, leaving spaces between the squares. Bake in slow oven (325 degrees) about 25 minutes or until lightly browned. When cool, store in tightly covered container. Makes about 8 dozen Cheese Snacks.

OKs SNACKS

- 2 cups OKs cereal
- 2 tablespoons vegetable oil
- 1 cup salted cocktail peanuts
- 1 cup Spanish-peanuts
- 2 tablespoons soy sauce
- 1/2-1 teaspoon onion salt
- 1/2-1 teaspoon garlic salt
- 1/2-1 teaspoon celery salt

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Magnesium Shortages Shown In Soil Tests For Vegetables

Shortages of magnesium, an essential plant nutrient, have been found among vegetable crops in 52 of Pennsylvania's 67 counties, it was reported at The Pennsylvania State University recently during the annual Lime and Fertilizer conference.

Such magnesium shortages can now be detected better in a new improved soil testing procedure available from Penn State at no extra cost over the usual charge for analyzing potassium and phosphorus, stated Ernest L. Bergman, of the Agricultural Experiment Station.

Scope of magnesium shortages was evident in a survey of 1500 soil samples wherein 27 percent were deficient in magnesium, 17 percent were low in magnesium, and 5 percent were extremely deficient. The other soil samples were either sufficient or high in magnesium levels.

In most experiments, yields of snap beans were increased where magnesium was applied before planting. When 76 pounds of magnesium were applied per acre, snap bean yields increased by 675 pounds per acre over fields where no magnesium was used. Where only 38 pounds of magnesium were applied per acre, yields increased by 110 pounds.

Dr. Bergman said crops such as cauliflower, broccoli, potatoes, raspberries, and sweet corn need more magnesium to produce good quality, high yields than generally realized. Damage from too much magnesium is practically unknown, he claimed. High rates of magnesium help vegetable plants develop large healthy root systems and produce vigorous, green plants.

Snap bean seeds of different varieties were found to contain large differences in magnesium content. While growth was sometimes slowed in early stages, no differences in growth existed later when the plants received adequate levels of magnesium.

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