# For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

## Neat Treats For The Unsleepy

PEPPER PUFF SNAX

- cups puffed wheat cups puffed rice
- 2, cup butter or margarine, melted
- to ¾ teaspoon liquid red pepper seasoning
- teaspoon salt
- teaspoon celery salt
- teaspoons paprika teaspoon chili powder
- 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 oven (250 degrees) about 1 hour, stiring occasionally about 8 cups

### CRUNCHY DATE-NUT BARS

- 3 cups Cap'n Crunch cereal
- cup chopped pitted dates
- 2. eup chopped pecans 212 cups miniature marshmal-
- lous tablespoons butter or mar-
- garine
- 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

ring until evenly coated With rye bread. Refrigerate any left 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 Ib. finely-chopped wieners
- cup sweet pickle relish cup tomato paste
- teaspoon celery salt 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 evenly coated Stn in pretzels - wiener mixture on each waffle Heat in preheated very slow Place in preheated hot oven (400 degrees) 4 to 5 minutes Makes Serve immediately Makes 6 servings

CHEESE PILLOWS Prepare frozen waffles as directed above Combine one 8-ounce jar pasteurized process cheese spread, ½ teaspoon onion juice, 1 teaspoon Worcestershire sauce and ½ cup minced green pepper 2 Spread on each waffle Place in 2 preheated hot oven (400 degrees) 1 1 to 2 minutes or until cheese 1 mixture is melted Makes 6 2

MEXICANA CHEESE SPREAD 1/2-1 2/3 cup grated Cheddar cheese

- cup light cream or half 'n
- cup chopped pitted ripe 1/4 olives
- teaspoon chili powder teaspoon finely chopped
- 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 over Makes 1 cup spread.

#### CHEESE SNACKS

- cup corn flake crumbs 6-oz. link sharp pasteurized process cheese food
- 1½ cups sifted regular all-purpose flour
- teaspoon salt Dash cayenne

Beat cheese and butter togeth-Sift together flour, salt and together with corn flake crumbs, mix well Roll to 1/2-inch thickness between sheets of waxed paper Cut into %-inch squares cool, store in tightly covered con- pounds. tainer Makes about 8 dozen Cheese Snacks.

#### OKs SNACKS

- cups OKs cereal tablespoons vegetable oil cup salted cocktail peanuts cup Spanish-peanuts tablespoons soy sauce
- ½-1 teaspoon onion salt
- ½-1 teaspoon garlic salt

teaspoon celery salt (Continued on Page 15)

### Maganesium Shortages Shown In Soil Tests For Vegetables

and Fertilizer conference

at no extra cost over the usual plants 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 cup soft butter or margarine soil samples wherein 27 percent percent were low in magnesium, adequate levels of magnesium and 5 percent were extremely deficient The other soil samples were either sufficient or high in magnesium levels

In most experiments, yields cavenne. Add to cheese mixture of snap beans were increased where magnesium was applied before planting When 76 pounds of magnesium were applied per acre, snap bean yields increased Place on ungreased baking by 675 pounds per acre over sheet, leaving spaces between fields where no magnesium was the squares Bake in slow oven used. Where only 38 pounds of (325 degrees) about 25 minutes magnesium were applied per or until lightly browned. When acre, yields increased by 110

Shortages of magnesium, an Dr. Bergman said crops such essential plant nutrient, have as cauliflower, broccoli, pota-been found among vegetable toes, raspbernes, and sweet corn erops in 52 of Pennsylvania's 67 need more magnesium to procounties, it was reported at The duce good quality, high yields Pennsylvania State University than generally realized. Damrecently during the annual Lime age from too much magnesium is practically unknown, he Such magnesium shortages claimed. High rates of magnesican now be detected better in a um help vegetable plants develnew improved soil testing proce- op large healthy root systems dure available from Penn State and produce vigorous, green

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 were deficient in magnesium, 17 later when the plants received



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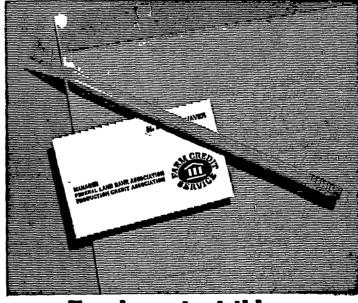
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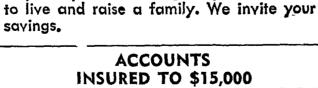


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