

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



SPENCE

RAISINS— Ready To Eat Energy

Raisins are a good choice for the thrifty family. They are a ready-to-eat energy food that helps to build blood. Raisins can be used in so many ways — as snacks; with cereal; in salads, desserts, main dishes. They add tastiness and texture to cookies and cakes. Check the following recipes and you'll see what we mean.

QUICK RAISIN BREAD

- 1/2 cup fat (shortening, margarine or butter)
- 1/2 cup sugar
- 2 eggs
- 3/4 cup milk
- 2 cups flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1 teaspoon cinnamon, if you like
- 1 cup raisins

Soften fat. In a large bowl, mix fat and sugar until smooth. Add eggs and beat well. Stir in half the milk. Mix flour, salt, baking powder and cinnamon, if used. Add half of flour mixture to egg mixture and mix well. Pour into a well greased loaf pan. Bake at 350 degrees (moderate oven) 40 minutes.

PEANUT BUTTER-RAISIN CHEWS

- 1 cup peanut butter
- 1 cup corn sirup
- 1 cup nonfat dry milk
- 1 cup powdered sugar
- 1 cup raisins

Mix all ingredients except raisins. Add raisins and mix well. Press out 1/2 inch thick in a pan. Cut into pieces. Chill before serving. Makes about 25 pieces.

RAISIN FRITTERS

- 2 eggs
- 1/2 cup milk
- 2 teaspoons melted fat or oil
- 1 3/4 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 cup raisins
- Fat or oil for frying

Beat eggs in large bowl. Stir in milk. Add fat, salt and baking powder and mix well. Stir in raisins and mix well. Drop batter by teaspoonfuls into 1 inch of hot fat or oil in a fry pan. Fry until golden brown on all sides. Remove from fat and drain. Makes about 24 fritters.

APPLE-RAISIN SALAD

- 2 medium-size apples
- 2 tablespoons lemon juice
- 1/2 small head cabbage

- 1 cup raisins
- 1/4 cup mayonnaise or cooked salad dressing
- Salt to taste

Wash apples well. Core apples and cut into small pieces. Add lemon juice and mix well. Finely chop cabbage. Mix apples with raisins and cabbage. Add mayonnaise or salad dressing and salt. Mix lightly. Chill before serving. Makes 6 servings. 2 1/2 cup each.

CARROT-RAISIN SALAD

- 6 medium-size carrots
- 1 cup raisins
- 1/4 cup mayonnaise or cooked salad dressing

Finely cut up carrots. Mix all ingredients well. Chill. Makes 6 servings. 1/2 cup each.

GLAZED CARROTS & RAISINS

- 6 medium-size cooked carrots
- 1/2 cup water
- 2 tablespoons fat (margarine or butter)
- 2 tablespoons sugar
- 1/2 cup raisins

Cut carrots into strips. Mix water, fat, sugar and raisins in a pan. Bring to boiling. Add carrots. Lower to medium heat. Gently stir and cook until carrots are hot, about 10 minutes. Makes 6 servings. 1/2 cup each.

SWEET POTATO-RAISIN PATTIES

- 4 medium-size cooked sweet potatoes
- 1 egg
- 1/2 teaspoon salt
- 3 tablespoons flour
- 1/2 cup raisins
- 2 tablespoons fat

Mash sweet potatoes. Beat in

egg, salt and flour. Stir in raisins and mix well. Melt fat in fry pan. Put sweet potato mixture by tablespoonfuls in heated fry pan. Brown on both sides. Makes about 24 patties.

RAISIN-STUFFED BAKED APPLES

- 6 baking apples
- 1 cup raisins
- 1/2 cup honey
- 1 tablespoon fat (margarine or butter)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg, if you like
- 1 cup water

Wash apples well. Core apples and put in baking pan. Mix raisins, honey, fat and cinnamon. Add nutmeg, if used. Fill apples with raisin mixture. Pour water into pan. Bake at 375 degrees 45 minutes or until apples are tender. Makes 6 servings. 1 apple each.

RAISIN SIRUP

- 1 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon cinnamon
- 1/2 cup corn sirup
- 1 cup water
- 1/4 cup fat (margarine or butter)
- 1 cup raisins

Mix all ingredients except raisins in a pan. Bring to boiling. Lower to medium heat. Cook 3 minutes. Stir in raisins. Serve over pancakes, French toast, or fritters. Makes 2 1/2 cups sirup.

5% MORE CATTLE ON FEED IN PENNA.

Cattle feeders in Pennsylvania had 80,000 cattle and calves on feed for slaughter market on April 1, 1968, according to the Pennsylvania Crop Reporting Service. This was 5 percent more than the 76,000 on feed for slaughter a year earlier and fourteen percent more than the 5-year (1962-66) average of 70,000. Fed cattle marketed during the past quarter totaled 26,000 compared with 27,000 during the same quarter a year earlier. Placements during the quarter totaled 21,000 the same as a year ago. Cattle on feed less than 3 months April 1 numbered 20,000, 3 to 6 months, 46,000 and more than 6 months 14,000. Expected marketings for the April-June quarter at 42,000 if realized would be 8 percent greater than the 39,000 marketed during the same quarter a year ago.

RAISIN SAUCE FOR MEAT

- 3 cups raisins (1 pound)
- 2 1/2 cups water
- 1/2 cup brown sugar, packed
- 1/2 cup vinegar

Put raisins in a pan. Add water and let soak for 2 hours. Boil slowly 30 minutes or until half the water has boiled away. Add sugar and vinegar and boil slowly 45 minutes. Serve hot with baked canned chopped meat, luncheon meat, ham or other meat. Makes 3 cups sauce.

TERMITES!

Are They Eating Your Home From Under You?

Termites attack joists, beams, siding, flooring! Destroy wood! Save yourself money! Get free, competent inspection now! And for thorough termite extermination, guaranteed protection of your property—backed by nearly 40 years' experience . . .

Call **EHRlich**

J.C. EHRlich INC.

736 E. Chestnut St., Lancaster



397-3721

Spring Sale Happy Home Values

SPECIALS IN HARDWARE
AND HOUSEWARES

HOTPOINT APPLIANCES

GROFF'S Hardware

New Holland, Pa.

Phone 354-0851

SUPER Self Service SHOES

2750 Columbia Ave.
Lancaster

Lanc. Co.'s Largest
Shoe Store
All 1st Quality
Super Low Prices

SAVE AT

SAVE RITE MARKET

743 S. BROAD ST.
LITITZ, PENNA.

ROOM BEAUTY BEGINS

with a visit to

IRIS Drapery Shop

9 South Duke St., Lancaster

Our assortment of curtains, draperies, cafes, cottage sets, window shades, etc., are meant for your home.

Complete selection of Kirsch Drapery Hardware.

Estimates on custom made draperies.

For appointment call 392-1221

SPECIAL VALUES

Port Austin Wood Levels 48 inches \$3.60

Grass Shears 50c each

Benz-O-Matic Propane 14.01 oz. \$1.15

10 Qt. Galvanized Pails 2 for \$1.35

STORE HOURS: 7:30 A.M. to 9 P.M. except
Wed. and Sat. 7:30 A.M. to 5 P.M.
Closed Sunday

Clothing and Shoes
Houseware and Hardware
General Merchandise

GOOD'S STORE

R. D. 1, East Earl, Penna.

Ph. 445-6156

HOLLAND STONE

a luxury you can afford

Inside, outside, you'll find the rich quarried look of HOLLAND STONE adds a touch of real elegance to your building designs. And yet, HOLLAND STONE is one of the most economical building materials today. Its unique versatility in size and shape lends a structural freedom to builders, meeting new ideas, as well as cost problems. Comes in a wide choice of naturally warm, distinctive colors, plus Colonial white.

NEW HOLLAND
CONCRETE PRODUCTS, INC.
NEW HOLLAND PENNSYLVANIA

