For the Farm Wife and Family



cup raisins

salad dressing

lemon juice and mix well. Fine-

ly chop cabbage. Mix apples

with raisins and cabbage. Add

mayonnaise or salad dressing

and salt. Mix lightly. Chill be-

fore serving. Makes 6 servings,

CARROT-RAISIN SALAD

cup mayonnaise or cooked

Finely cut up carrots. Mix all

tablespoons fat (margarine

rots are hot, about 10 minutes

SWEET POTATO-

RAISIN PATTIES

medium-size cooked sweet

ingredients well. Chill, Makes 6

medium-size carrots

cup raisins

salad dressing

servings, ½ cup each.

tablespoons sugar

cup water

or butter)

cup raisins

potatoes

cup raisins

teaspoon salt

tablespoons fat

tablespoons flour

egg

Salt to taste

², cup each.

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

QUICK RAISIN BREAD

- t. cup fat (shortening, margarine or butter)
- 12 cup sugar eggs
- cup milk cups flour
- teaspoon salt
- tablespoon baking powder teaspoon cinnamon, if you
- like
- 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, loaf pan Bake at 350 degrees inch of hot fat or oil in a fry (moderate oven) 40 minutes '

PEANUT BUTTER-RAISIN CHEWS

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

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

RAISIN FRITTERS

- eggs
- cup milk
- teaspoons melted fat or oil Makes 6 servings, ½ cup each cups flour
- teaspoon salt
- teaspoons baking powder
- cup raisins Fat or oil for frying

Beat eggs in large bowl Stir 1 baking powder and cinnamon, in milk Add fat, salt and bak- 1/2 if used. Add half of flour mix-ing powder and mix well Stir 3 ture to egg mixture and mix in raisins and mix well Drop 1/2 well. Pour into a well greased batter by teaspoonfuls into 1 2 pan Fry until golden brown on all sides Remove from fat and drain. Makes about 24 fritters

APPLE-RAISIN SALAD

- medium-size apples tablespoons lemon juice
- small head cabbage

Mash sweet potatoes Beat in

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egg, salt and flour. Stir in rai- 5% MORE CATTLE cup mayonnaise or cooked sins and mix well. Melt fat in ON FEED IN PENNA. fry pan. Put sweet potato mixture by tablespoonfuls in heated had 80,000 cattle and calves on Wash apples well. Core apples fry pan. Brown on both sides. feed for slaughter market on and cut into small pieces. Add Makes about 24 patties.

RAISIN-STUFFED **BAKED APPLES**

- baking apples cup raisins cup honey
- tablespoon fat (margarine or butter)
- teaspoon cinnamon
- cap 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 anto pan. Bake at 375 degrees 45 GLAZED CARROTS & RAISINS minutes or until apples are tender Makes 6 servings, 1 apple medium-size cooked carrots each

RAISIN SIRUP

- cun sugar
- tablespoons cornstarch teaspoon cinnamon
- Cut carrots into strips. Mix 12 cup corn sirup water, fat, sugar and raisins in 1 cup water
- a pan Bring to boiling Add 14 cup fat (margarine or butcarrots. Lower to medium heat.
- ter) Gently stir and cook until car- 1 cup raisins

Mix all ingredients except rai

Cattle feeders in Pennsylvania 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 teaspoon nutmeg, if you like 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, 46.4 000 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

RAISIN SAUCE FOR MEAT 3 cups raisins (1 pound)

- 2½ cups water
- 24 cup brown sugar, packed
- 4/2 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 sins in a pan. Bring to boiling sugar and vinegar and boil Lower to medium heat. Cook 3 slowly 45 minutes. Serve hot minutes. Stir in raisins Serve with baked canned chopped over pancakes, French toast, or meat, luncheon meat, ham or fritters. Makes 2½ cups sirup other meat. Makes 3 cups sauce.

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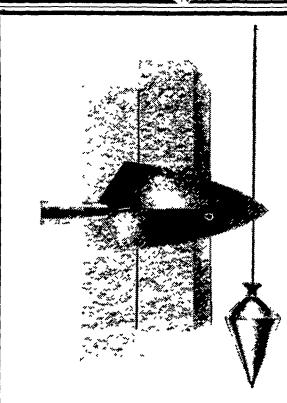
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