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**Recipe Exchange**

**Home on the Range**

Now that the Farm Show is over and probably most tobacco is stripped, are you breathing a sigh of relief until spring?

One thing that doesn't change too much is the daily cooking and planning. Do you have some ideas or recipes to share with other readers? We'd all enjoy hearing from you. Send your choices to: Recipes, Lancaster Farming, Box 266, Lititz, Pa. 17543. We'll send a potholder to each contributor.

Recipe use and meal planning has taken on a whole new

dimension at our house recently with Mom's inability to eat many foods. The job isn't so difficult on the do-it-yourself-basis. The problem comes when invited out. First a dish is examined critically, then given the sniff test. Finally, the hostess is asked what is in a particular dish. The consequences come when a forbidden ingredient is innocently forgotten to be mentioned.

Recent weekend guests brought along a luscious-looking German Chocolate Cake. That one we thought we could slide by gracefully, thanking the giver profusely. Our youngest daughter upset the apple-cart, though, by piping up 'Mother can't eat chocolate'.

Oh, for the truthfulness of a child! Isn't there a lesson there for all of us?

**Cereal**

- 8 cups oatmeal
- 3 cups wheat germ
- 1/2 cup sunflower seeds
- 1 cup honey
- 1 cup safflower oil
- 2 cups currants
- 1 cup coconut

Mix together honey and safflower oil. Toss over oatmeal mixture and toast a golden brown in oven.

Miss Marion Burkholder  
R D 3  
Kutztown

xxx

**Quiche Lorraine**

1—8 or 9 inch pie crust

**Filling:**

1/2 pound cooked ham, crumbled into unbaked pie crust. Arrange 1/4 pound shredded swiss cheese over ham. Beat 3 eggs; add 2 cups milk or light cream, 1/2 teaspoon salt, dash of pepper, and pour over ham and cheese.

Bake at 400 degrees about 35 minutes. Do not overbake. Cool 5 minutes; serve.

Alma Z. Martin  
R.D. 2  
Ephrata

xxx

**Shredded Beets**

Shred one large beet. Put in saucepan. Add about 1/4 cup water, salt to taste, and 1 tablespoon butter. Cook 15 minutes.

If beets are stored for winter

and used, add a teaspoon sugar and cook longer if necessary.

Alma Z. Martin  
R.D. 2  
Ephrata

xxx

**Puffed Rice Candy**

Boil together:

- 1 cup granulated sugar
  - 1/2 cup water
  - 1 teaspoon vinegar
- Boil for 5 minutes. Then add:
- 2 tablespoons molasses
  - 1 tablespoon butter
  - 1/2 teaspoon salt

Boil until a few drops in cold water become hard and brittle. Stir in one-half package puffed rice and spread on a dish to cool.

Mrs Martin S Zimmerman  
R.D. 1  
East Earl

xxx

**Broken Glass Cake**

3 packages fruit-flavored gelatin (raspberry, lime, orange)

- 3 cups boiling water
- 1 1/2 cups cold waer
- 1 cup pineapple juice
- 1/2 cup water
- 1/4 cup sugar
- 1 packate lemon flavored gelatin
- 1 pint whipping cream

Sugar

1 teaspoon vanilla

Shredded coconut

Dissolve each of flavored gelatins in one cup boiling water and 1/2 cup cold water. Pour into three 8-inch square pans and chill until firm.

Blend pineapple juice, water, and sugar and bring to boil. Add lemon gelatin and stir until dissolved. Chill until mixture is consistency of unbeaten egg white.

Fold in one cup of cream which has been whipped until stiff and still shiny.

Cut the three gelatin layers into one-half inch cubes and fold through the lemon gelatin. Pour into a 9-inch tube or spring form pan and chill until firm.

Unmold and frost with remaining cream, slightly sweetened and flavored with vanilla. Sprinkle with coconut and keep refrigerated until ready to serve. Serves 15.

Ella Mae Zimmerman  
Route 3  
Ephrata

**Oatmeal Pancakes**

- 1 1/2 cups rolled oats
- 1 tablespoon salad oil
- 2 cups buttermilk
- 1 teaspoon soda
- 1 teaspoon salt
- Beat in 1/2 cup flour
- 3 beaten eggs

Serve with molasses or honey

Miss Lucy S Brubaker  
R D 1  
Denver

xxx

**Whoopie Pies**

- 1 1/2 cups lard
  - 3 cups sugar
  - 3 eggs
  - 1 1/2 cups cocoa
  - 3 teaspoons sada
  - 1 1/2 cups sour milk or buttermilk
  - 3 teaspoons vanilla
  - 6 cups flour
  - 2 teaspoons salt
  - 1 1/2 cups hot water
- Cream lard and sugar, add well-beaten eggs and vanilla. Sift together flour, cocoa and salt. Add alternately with sour milk. Dissolve soda in hot water and add to mixture. Drop on ungreased cookie sheets.

**Filling**

- 3 egg whites
- 3 teaspoons vanilla
- 1 1/2 cups vegetable shortening
- 2 tablespoons milk
- 6 cups powdered sugar
- Beat egg whites stiff. Mix milk, powdered sugar and vanilla.
- Makes 50 to 60 cookies

Vera Z Martin  
R D 1  
New Holland

xxx

**Spice Cookies**



- 2 cups brown sugar
- 2 eggs
- 1 cup lard
- 1 teaspoon vanilla
- 1 cup Brer Rabbit Molasses
- 2 cups evaporated milk
- Sift together:
- 6 cups flour
- 3 teaspoons soda
- 2 teaspoons ginger
- 2 teaspoons cinnamon

(Continued On Page 30)

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**FEED LETTER**  
**3,677,767**

Just in case you're wondering the above is not my prison number. What it is, is a patent number granted to Larry McNeff, who fortunately for us is a chemist on the Cargill staff. Larry is the brains behind a new process for making a liquid supplement for dairy and beef cattle.

Did I just hear somebody say, "Oh no, another commercial." Well not on your life fellow, just a point of information. There just isn't too many times that something comes along in the feed business that can get a patent. To get a patent, the process must be new and useful. A patent will not be granted if the invention lacks utility. We're ok there. Plenty of customers using the supplement say it's quite useful. It won't be granted if the invention has been in public use before the date the invention was made. We're ok there too. Nobody, but nobody, was making a supplement like this before us. Nobody is likely to either. At least not for the next 17 years.

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