

# HOME ON THE RANGE

Readers, here's an S.O.S. We had a chat with a faithful reader this week. They bought a property in the southern end of the county last spring that has, among other things, a dozen wild persimmon trees. They're loaded with fruit and she says in the last week or so the flavor has changed and they are delicious to eat. Like most of us having fruits and vegetables on hand, she would like to preserve some of the excess vegetables on hand, she would like to preserve some of the excess but doesn't know what to do with them. So who can advise her on this? She is quite

anxious for all kinds of suggestions. And here's another problem for you to help with. Another of our readers says she enjoys reading the recipes but she can't use most of them because of her weight. She'd like recipes for the overweight or low calorie recipes. Most of us, women particularly, fall into the category where we can use help on preparing meals with far less calories. So how about it, who can help with tasty recipes or hints? Send your replies on either or both subjects to: Recipes, Lancaster Farming, Box 266, Lititz, PA 17543. Those in need will be anxiously awaiting your replies.

four tablespoons sugar, and salt. Stir some of the rice mixture into beaten yolks. Then add yolks to hot mixture and cook two minutes. Stir constantly. Remove from heat and add vanilla. Beat egg whites until stiff. Add two tablespoons sugar. Fold beaten whites into custard. Chill and serve. One cup raisins may also be cooked in pudding if desired.

xxx  
Mrs. Isaac Shirk and  
Mrs. Willis Wenger  
Lititz RD4

xxx  
Pie Crumbs  
1/4 cup packed brown sugar  
1/2 cup flour  
1/4 cup soft butter  
Mix brown sugar, flour and butter until crumbly. Sprinkle crumbs over fruit in pie pan. Enough crumbs for one 9-inch pie.

xxx  
Mrs. Isaac Shirk  
RD1  
Narvon

xxx  
Pie Crumbs  
2 cups sifted flour  
1/2 cup shortening  
1 cup granulated sugar  
1/2 teaspoon soda  
1/2 teaspoon cream of tartar.

Mix. Put in jar to use any time. Will keep a long time on pantry shelf.

Mrs. Martin says, in answer to the inquiry of what clear jelly is, that it is a thickening agent. While it cannot be purchased at supermarkets, she says many country stores have it. They buy it in large quantity and re-bag it into smaller amounts. She says to use it pour the juice off, then thicken to desired thickness, then add fruit and bake. It will stay thickened. She says there is a slight taste if not cooked very long or not baked afterwards.

Alma Martin  
Ephrata RD2

xxx  
Crums for Grape Pies  
1 cup sugar  
2 cups flour  
1/2 cup lard  
1 teaspoon soda  
Pinch of salt

Ellen Zimmerman  
Ephrata RD2

xxx  
Creamy Rice Pudding  
3/4 cup rice  
3/4 cup sugar  
1 tablespoon cornstarch  
1 quart milk  
2 eggs  
1 teaspoon vanilla

Boil rice in salt water until soft. Add milk; bring to boil. Mix eggs, sugar and cornstarch together. Add rice and milk. Boil until thick. Remove from heat and add vanilla.

xxx  
Pie Crumbs  
2 1/2 cups flour  
1 teaspoon cream of tartar  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 cup brown sugar  
1/2 cup of butter or shortening  
Mix crumbs as pie crust.  
Mrs. Dean Tracey  
Felton RD2

xxx  
Apple Goodie  
1 1/2 cups sugar  
2 tablespoons flour  
Pinch of salt  
1 teaspoon cinnamon  
1 1/2 quarts sliced apples  
Top part:  
1 cup oatmeal  
1 cup brown sugar  
1 cup flour  
1/4 teaspoon soda  
1-3 teaspoon baking powder  
2-3 cup butter  
Mix sugar, flour, salt and cinnamon. Add to apples and mix. Put on the bottom of a greased pan.

Mix the ingredients of top part until crumbly, then put on apples and pat firmly. Bake until brown and crust is formed. Serve with milk or cream.

xxx  
Creamy Rice  
1 1/2 cups rice  
1 quart water  
1 teaspoon salt  
2 cups milk  
2 eggs, beaten with beater  
Sugar to sweeten  
Cook rice, water and salt until water is absorbed. Stir occasionally. Then add milk and sugar and boil about two minutes and stir. Beat egg in rice with spoon and bring to boil. Eat hot or cold.

Mrs. Amos Burkholder  
Mifflinburg RD1

xxx  
Apple Crisp  
4 cups sliced cooking apples  
1 tablespoon lemon juice  
1-3 cup sifted all-purpose flour  
1 cup oats, uncooked  
1/2 cup brown sugar (scant)  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1-3 cup melted butter

Place apples in greased baking dish. Sprinkle with lemon juice. Combine dry ingredients, add melted butter, mixing until crumbly. Sprinkle crumb mixture over apples. Bake in moderate oven (350 degrees) for 45 minutes.

Mrs. Willis Wenger  
Lititz RD4

Custard Pumpkin Pie  
1/2 cup sugar  
1/2 teaspoon salt  
2 eggs  
1 tablespoon flour (level)  
1 cup pumpkin  
1 1/2 cups milk  
Beat eggs, sugar, salt and flour together. Add pumpkin and milk. Sprinkle with cinnamon. Bake at 425 degrees for 25 minutes or until done. Test with silver knife.  
"This is also my mother's favorite recipe, who is now 78 years old."

Mrs. Dean Tracey  
Felton RD2

xxx  
Eggs  
1 small onion (sliced)  
2 apples, sliced thin  
5 eggs  
Melt butter in pan. Add onion and apples. Simmer about 10 minutes. Add eggs to mixture and fry till eggs are done.  
This makes a delicious breakfast.

Mrs. E. Marvin Hursh  
Ephrata RD1

xxx  
Tomato Cocktail  
46 ounces tomato juice  
6 whole cloves  
2 whole allspice  
1 bay leaf  
1 tablespoon instant minced onion  
1/2 teaspoon black pepper  
1 teaspoon powdered horseradish  
1 packet artificial sweetener  
Dash of M.S.G.

3 tablespoons vinegar  
Combine all except vinegar and sweetener. Bring to a boil, simmer five minutes. Strain. Add vinegar and sweetener. Chill and serve cold. Makes six cups.

xxx  
Rice Souffle  
1 cup heavy white sauce  
4 eggs, separated  
1 cup cooked rice  
Combine white sauce with slightly beaten egg yolks and cooked rice. (I add about one cup cubed or grated cheese to the white sauce.) Beat egg whites until stiff but not dry. Fold into rice mixture. Pour into an ungreased two-quart casserole and bake for one hour in a 325 degree oven.

White Sauce  
Melt 1/4 cup butter (I usually use less) in a saucepan. Stir in 1/4 cup flour. Then blend in 1 cup milk and 1/2 teaspoon salt. Cook, stirring constantly, until thickened. (Or use your own version of making a white sauce.)

Mrs. Elam Rutt  
RD1  
Ephrata

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