



Recipe Exchange . . .

At Home On The Range

The new year is almost upon us, and with it resolutions to do more baking and try new recipes.

We here at Lancaster Farming wish to thank all our readers and contributors for making this our best year ever. Without you, "At Home On The Range" could never have succeeded.

If you have a favorite recipe you'd like to share, send it to "Recipes" Lancaster Farming, P.O. Box 266, Lititz, PA 17543.

Chicken Croquettes

- 2 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce (if desired)
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1 tablespoon chopped parsley
- 2 heaping cups chopped chicken
- 1 or 2 eggs

Melt butter in saucepan, add flour and blend well, then add milk slowly stirring until smooth and creamy. Add seasoning and parsley. Cook two or three minutes, add chicken, mix well and pour out on platter to cool. When cool enough to handle, take a large spoon of the mixture in floured hands and shape into oval cakes and put into cold place until firm. Roll into bread crumbs, then in eggs beaten with two tablespoons cold milk, then in bread crumbs. Let stand one hour to dry. Fry in cooking oil. One portion makes eight croquettes.

Mrs. Harvey E. Martin
RD2
Lititz, PA

Home Made Pizza

- Dough:**
- 2 1/2 to 3 cups unsifted flour
 - 1 1/2 teaspoon sugar
 - 2 teaspoons salt
 - 1 package active dry yeast
 - 1 cup very hot tap water
 - 2 tablespoons salad oil

In a large bowl thoroughly mix one cup flour, sugar, salt and undissolved yeast. Gradually add hot tap water and oil to dry ingredients. Beat one minute at low speed. Stir in enough additional flour to make soft dough. Cover and let rise 30 minutes in a warm place. Punch down, divide in half, press in greased pizza pans forming a standing rim of dough. Fill with filling.

Tomato Sauce

- 2 1/4 cups tomato juice
- 1 small onion
- 1 tablespoon oregano
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon vinegar
- 1 tablespoon flour, or desired thickness

Bring all ingredients to a boil.

Pizza Topping

It may consist of one pound ground beef or any kind of ground or chopped meat, grated onion or green pepper, and cheese (desired kind). Parmesan cheese

may be sprinkled on top. Bake at 350 degrees 30 to 35 minutes.

Lizzie Horst
Oxford RD1

Chili Con Carne

- 2 to 3 cups cooked dried soybeans
- 1 pound ground beef
- 1 1/2 teaspoons salt
- 1 tablespoons flour
- 1 1/2 teaspoons chili powder
- 1 minced onion
- 1 cup hot water
- 2 cups tomatoes

Brown onion and ground beef together. Add flour, salt and chili powder to meat and blend together. Add tomatoes and hot water. Cover and simmer slowly for one hour. Add more water if necessary. Add soybeans and bring to a boil. Serves six.

Mrs. T. Burkholder
Ephrata RD

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Tossed Salad Dressing

- 1 cup granulated sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 grated onion
- 1/2 cup catsup
- 1/2 cup oil
- 1-3 cup vinegar
- 1/2 teaspoon celery seed

Mix well with blender or mixer.

Mrs. Richard N. Myers
Elizabethtown RD4

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Beat 'N Eat Frosting

- 1 egg white, beaten
- 3/4 cup sugar
- 1/4 teaspoon cream of tartar
- 1 teaspoon vanilla
- 1/4 cup boiling water
- 1/2 cup flaked coconut

Place egg white, sugar, cream of tartar, and vanilla in small deep bowl and mix well. Add boiling water. Beat to stiff peaks with mixer or rotary beater. Spread on cake. Sprinkle with coconut.

Mrs. Elvin Zimmerman
New Enterprise RD1

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Carrot Salad

- 4 medium carrots
- 1 medium onion
- 1 stick celery
- Salt and Pepper
- 2 heaping tablespoons sugar
- 2 tablespoons vinegar
- 2 tablespoons mayonnaise

Peel and grate carrots, chop onion and celery. Mix and add sugar, salt and pepper. Add vinegar and mayonnaise. This keeps well overnight.

Mrs. Floyd Fenstermacher
Fleetwood RD2

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Grape Nut Pudding

- 2 1/2 cups milk
- 1/2 cup grape nuts
- 1/2 cup brown sugar
- 1 egg, beaten
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/2 cup raisins
- 1/2 cup chopped nuts
- 1 teaspoon vanilla

Scald two cups milk and add grape nuts. Combine sugar, salt and cornstarch. Add beaten egg and blend into mixture. Then add one-half cup milk and stir to a

smooth paste. Add this slowly to hot milk and stir until thickened. Dust raisins and chopped nuts with flour and fold into pudding. Remove from heat and add vanilla. Chill and serve plain or with whipped cream. Makes six servings.

Elva L. Fox
New Holland RD1

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Amish Pie

- 1 cup molasses
- 1 cup white sugar
- 2 heaping tablespoons flour
- 1 pint water and vanilla to taste

Boil and cool.

Crumbs:

- 2 cups flour
- 1 cup sugar
- 1/2 cup lard
- 1 teaspoon soda
- 1 teaspoon cream of tartar

Mrs. Wm. Graybill
New Providence

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Brownies

- 2 squares unsweetened chocolate (2 ounces)
- 1-3 cup shortening
- 1 cup sugar
- 2 eggs (beaten)
- 1/2 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup chopped nuts
- 1 teaspoon vanilla

Melt chocolate and shortening together. Beat eggs thoroughly and add sugar. Combine egg and chocolate mixtures and blend together. Sift flour. Measure and add baking powder and salt. Sift again. Add dry ingredients and blend into mixture.

Miriam Sensenig
New Holland, RD2

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Casserole Dinner

- 1 1/2 pounds ground beef, ham, or pork
- Brown with:
- Onion, salt and pepper
- Cook and drain:
- 1/2 pound noodles
- 1 can peas

Make a white sauce, using one quart milk and eight tablespoons flour. Grated cheese may be added.

In a greased casserole dish, arrange layers of noodles, meat, peas, grated cheese and white sauce. Put a layer of noodles at bottom, center, and top.

Bake one hour.

Mrs. Adam M. Miller
RD5
Dover, Del.

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Spruce Up For 2nd Showing

For a thrifty second-day dinner, cut leftover beef, pork or lamb in pieces and combine with a seasoned cheese or tomato sauce and any leftover or freshly cooked vegetables. Heat and serve on split and toasted English muffins or biscuits.

After-dinner speaker: gust of honor.



LADIES
HAVE
YOU
HEARD?



By Doris Thomas,

Doris Thomas

Extension Home Economist

**Creativity Renewed
In The Kitchen**

There once was a day when the American woman had to work with her hands. If she didn't know how to stitch up her family's clothes, grow and preserve her own vegetables and fruits, make her own home furnishings, she was really in trouble! All of that went the way of the bustle and the horse and buggy, when women finally became freed of having to provide the basic necessities almost from scratch. And that was when it became fun, rather than drudgery, to create something with your hands.

And what a revival has taken place! It's rare these days to meet a woman, particularly a young homemaker, who isn't involved with at least one home craft--sewing, embroidery, leather work, furniture refinishing, gardening or rug making.

Because this seems to be a busy, mechanical, and complex world, it's satisfying to work at all the "gentle arts." "It's a taste of time when life was simple and such a joy to be able to say: "I made it myself." It's not just the decorative home arts that are seeing such a revival. The kitchen, too, is getting a large share of the action. And cooking creatively is an area that interests many young women.

If you'd like to find a creative outlet for your time and talents you'll find many resources available--a talented neighbor, library books, adult education courses, Extension workshops, and women's magazines. You, too, can find the joy in saying "I did it myself."

Uses For Misfit Toys

While your children are busy playing with their new Christmas toys, it would be a good time to look through their toy box and remove any broken or unused toys.

How many of your child's toys are still in use or intact? Broken or unused toys may have been misfits. That is, the toy and your child just didn't match. The item may have been labeled "suitable for a three-year old." It's true that three-year-olds are alike in some ways, but each one is an individual. One likes to put things together and take them apart, while another child has little interest in how a toy works.

Also, some children can control and use their bodies and muscles earlier than others. A small, agile child may be able to make a toy do the things it was designed to do. And a larger, more vigorous

child may prefer a toy designed for a heavy duty.

If a toy seems too complicated or too old for your child, put it away for awhile. Let your child grow up to it. If the toys seem too simple or too young, wait awhile--then pass it on to someone else. Your child may feel possessive about a toy even if he doesn't use it. So don't give it away. Let your child help decide who should get the toy. On the other hand, if the toy has broken or fallen apart, it may be beyond repair. But the pieces may find their way into a new game. For your child's safety and protection, throw away pieces that may be a hazard, such as those with sharp points or edges. No toy needs to be a misfit. It may be just right for another child. Or your child may learn to use the toy in a different way than for what it was intended.

Types of Investments

Once you've decided you have some extra money to invest in something, remember to invest for tomorrow--not for today. Extension home management specialists at The Pennsylvania State University explain that a short-term investor or in-and-out trader speculates with day-to-day price fluctuations, and this can be costly. A long-term investor is relatively immune to the effects of short-term price fluctuations however sharp they may be. Historically, over a reasonably long investment period, the ups and downs of market price tend to even out. And even more important, long-term investors are likely to benefit from the increasing wealth and growth of American industry.

Removing Gravy Stains

Combination stains such as gravy are caused by materials that contain both greasy and nongreasy substances. For washable articles, sponge the stain with cool water. Or soak the stain in cool water for 30 minutes or longer. If the stain remains, Mrs. Ruth Ann Wilson, Extension clothing specialist at The Pennsylvania State University, suggests you work detergent into the stain then rinse thoroughly. Allow the article to dry. If a greasy stain remains, sponge with a grease solvent. Allow to dry. Repeat if necessary. If a colored stain remains after the fabric dries, use a chlorine or peroxygen bleach. For non-washable, follow the same procedures, but don't soak the fabric.