

Recipe Exchange . . .

Home on the Range

One of America's favorite foods, the hamburger, is increasing in popularity when used in its raw form as ground beef.

Ground beef, or hamburger, is perhaps the most versatile and economical of all meats. It is quick and easy to prepare, and can be made in a number of ways. You can bake, broil, fry, barbecue and brown it for a variety of recipes. It is used for soups, stews, meat loafs, meat pies, casseroles, "Poor Man's Steak", in spaghetti sauce, and alas, our well-known hamburgers and cheese burgers.

Now available in supermarkets are vegetable protein mixes. When added to your meat with water, it stretches meat (and food dollars) from one pound to one and one-half pounds.

This week we salute ground beef by bringing you five ways to eat and enjoy your hamburger.

Hearty Hamburger Soup
2 tablespoons butter
1 cup sliced carrots
1 pound hamburger
½ cup chopped pepper or celery

1 cup diced potatoes
1 cup chopped onion
1½ teaspoons salt
½ teaspoon pepper
4 cups milk
1 teaspoon seasoned salt
1-3 cup flour
2 cups tomato juice

Melt butter in saucepan, brown meat. Add onion and cook till transparent. Stir in remaining ingredients except flour and milk. Cover and cook over low heat until vegetables are tender. Combine flour with one cup milk. Stir into soup mixture. Boil. Add remaining milk

and heat, stirring frequently. Do not boil again. This makes a large amount.

Mrs. Harvey E. Martin
Lititz RD2

Macaroni with Hamburger
¼ pound macaroni
1½ quarts boiling water
2 teaspoons salt
¼ cup minced onion
1 green pepper, chopped
1 cup canned tomatoes
½ cup grated cheese
4 tablespoons butter or fat
½ pound hamburger
2 tablespoons flour

Cook macaroni in boiling salt water until tender; drain.

Melt butter and add onion, green pepper and hamburger. When brown add flour and tomatoes and cook for five minutes. Add macaroni and grated cheese; season. Place in a greased casserole and top with buttered bread crumbs.

Bake at 375 degrees for 25 minutes. Makes six servings.
Ruth Wenger
Lititz RD2

Juicy Meat Loaf
1½ pounds ground beef
¾ cup oatmeal
2 eggs, beaten
¼ cup chopped onion
1 teaspoon salt
¼ teaspoon pepper
1 cup tomato juice

Mix ingredients together and put into a loaf pan.
Lena R. Martin
Narvon RD2

Hamburg Casserole
1 pound hamburger
1 teaspoon salt
1 onion
1 piece celery
1 can kidney beans
Potato cubes
Brown hamburger. Add

salt, onion, and celery. Heat till red color is gone. Add beans. Put mixture in casserole alternating with cubed potatoes. Pour 1 can tomato soup on top. Bake 1½ hours.

Lizzie Sensenig
Ephrata RD2

Poor Man's Steak
3 pounds hamburger
1 cup cracker crumbs
1 cup water
2 teaspoons salt
Pepper to taste

Mix together and press one half inch thick on cookie sheet. When firm cut into squares, roll in flour and brown in pan. Place on a baking dish. Pour a can of onion and mushroom soup over and bake one hour at 350 degrees.

Mrs. Amos Zimmerman
New Holland RD1

Tomato Cakes
2 eggs
2 cups cracker crumbs
3 tablespoons flour
1 teaspoon soda
1½ cups tomatoes, stewed or juice

Pinch salt and a little milk to thin like pancakes. Fry like pancakes in butter or shortening.

Mrs. Levi S. Nolt
Leola RD1

Twenty-four Hour Salad
½ pound marshmallows (diced)
1 no. 2 can pineapple tid-bits
1 cup cut grapes
2 oranges, sectioned
Dressing:
3 egg yolks
3 teaspoons pineapple juice
1 tablespoon vinegar
2 tablespoons sugar
½ pint whipping cream

Cook egg yolks, pineapple juice, vinegar and sugar until thick. Cool. Add whipped cream. Mix well with fruit. Allow to stand at least 24 hours in the refrigerator. For variations substitute canned sweet cherries for the grapes. Mandarin oranges and canned pears can also be used.

Mrs. Willis Nolt
Peach Bottom RD1

Lemon Sponge Pie
¼ cup melted butter
3 tablespoons flour
1 cup sugar
3 slightly beaten yolks
Juice and grated rind, 1 lemon
2 cups milk
3 beaten egg whites

Blend butter with flour and sugar. Add egg yolks, lemon juice, rind and milk. Fold in egg whites and pour into pastry lined pie pan. Place in a hot oven (450 degrees); immediately reduce to slow oven (325 degrees) for 45 minutes. This makes a 10-inch pie.

Pie Dough
1 cup flour
½ teaspoon salt
1-3 cup shortening
2 to 3 tablespoons water
Elizabeth Faus
Palmyra

Moist Chocolate Cake
3 cups flour
2 cups sugar
½ cup cocoa
2 teaspoons soda
1 teaspoon salt
2 teaspoons vinegar
2 teaspoons vanilla
1 cup salad oil
2 cups water

Farm Women Societies

Society 26

Farm Women Society 26 held their monthly meeting at the home of Mrs. Amos Landis, Lititz RD3. Co-hostess was Mrs. John Cassel.

Mrs. James Peters, R.N. at St. Joseph's Hospital, gave a report on the hospital's new Mobile Intensive Care Ambulance. Fifty dollars was donated to the Ambulance Fund.

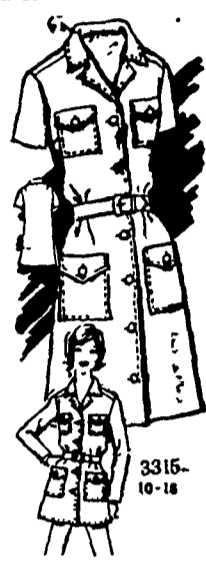
Reports on the State Convention were given by Mrs. Lloyd Esbenshade and Mrs. Clyde Buchen.

The next meeting will be held February 28 at the home of Mrs. Alvin Herr, Manheim RD2. The program will be a fondue party.

Miss Britt Ekedahl, a foreign exchange student from Sweden, spoke and showed slides. Miss Ekedahl attends Lampeter-Strasburg High School and lives with Mr. and Mrs. Warren Mylin, Willow Street.

The next meeting will be held February 28, at the home of Mrs. Roy Book.

SEW WHAT?



Safari Styling
Make this pocketed style in regulation length to cover the knee, or make it in tunic length to wear over the new short pants No. 3315 comes in sizes 10 to 18. In size 12 (bust 34) dress takes 3 yards of 44 inch fabric, tunic with long sleeve, 2½ yards of 44 inch



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Society 27

Farm Women Society 27 met recently at the Norlanco Family Health Center. Dr. S. M. Godshall lectured on the "Common Colds." Twenty two members and two guests were given a tour of the Health Center by Dr. Godshall.

Vice president, Mrs. Luke Brubaker gave recognition for perfect attendance for year 1973, to president Mrs. Albert Fry Jr., Mrs. Lester Good and Mrs. Robert Kauffman.

Mrs. Larry Miller and Mrs. Robert Fellenbaum, reported to the Society, high lights of the State Convention held at Harrisburg recently.

In February, members and husbands will be going to a Hockey Game at Hershey Sports Arena.

Society 28

Farm Women Society 28 met Thursday evening, Jan. 24, at the home of Mrs. Richard Hess. Mrs. Kenneth Kreider was co-hostess. Roll call was answered by telling an interesting snow storm experience.

State convention reports were given by Mrs. Jacob Bare and Mrs. Elvin Hess, Jr. A donation of \$10 was given to United Cerebral Palsy.

Preheat oven to 350 degrees. Get out a 9x13x2 inch pan but do not grease.

Sift together the flour, sugar, cocoa, soda and salt right into the pan. Make three holes in these ingredients. Pour the vinegar into the one, vanilla into the second, and oil into the third. Pour the water over all and mix.

Bake for 30 to 40 minutes.
Mrs. Robert Sechrist
Fawn Grove

Tasty -Topic

Liver and Onion Fromage
1 pound beef liver, sliced
½ inch thick
3 tablespoons flour
½ teaspoon salt
½ teaspoon garlic salt
½ teaspoon pepper
2 tablespoons cooking fat
¼ cup grated cheese
2 tablespoons thinly sliced green onions

Mix together flour, salt, garlic salt and pepper, lightly dredge liver in seasoned flour and brown on both sides in cooking fat. Sprinkle grated cheese and onion over liver, turning off heat and cover. When cheese is slightly melted, remove liver to hot platter and serve immediately 4 servings.

Society 29

On Jan. 21, 1974, 22 members of Farm Women Society 29 and three guests met at the Elizabethtown Brethren Church.

Under new business, reports were given from the State Convention and six members volunteered to help during the Cancer Drive Apr. 15 to 20 in the East Donegal Twp. The remainder of the evening was spent enjoying a six course gourmet dinner demonstrated and prepared for us by Dr. Edward Hitz. Assisting him were the hostess and the co-hostess for the evening - Marty Bixler and Mary Herr.

Farm Women Calendar

Thursday, February 7
1:30 p.m. - Farm Women Society 20 meeting, Farm Show reports, with Vera Herr and Jean Ressel as hostesses.

Saturday, February 9
2:00 p.m. - Farm Women Society 8 meeting at St. Marks United Methodist Church, Mt. Joy.

Farm Women Society 2 meeting at the home of Lillian Eberly, 106 East High St., Manheim.

Farm Women Society 19 meeting at the Coca Cola Building. Mrs. Clayton Geib, hostess.

Farm Women Society 25 meeting, at the Grace Evangelical Church, Kready Ave., Millersville. Bea Newswanger, hostess.

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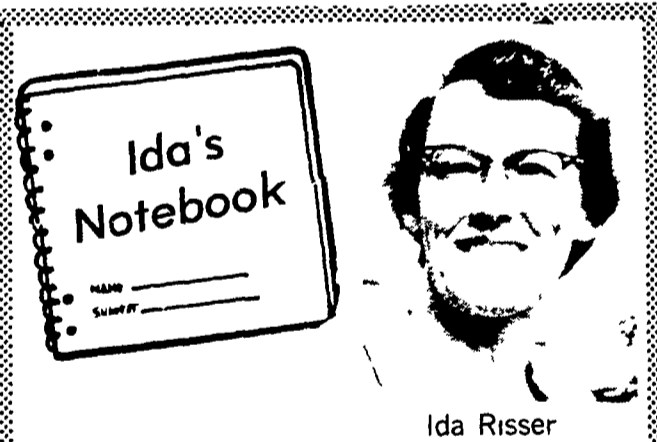
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Ida Risser

The beginning of February and a few more weeks of winter. A few more weeks of getting up to meet school buses in the cold and dark mornings.

Recently I was surprised to read that "Mamie Eisenhower adhered to the belief that a woman over 50 should never get out of bed until noon." Now that is stretching leisure a bit too much, but a few extra winks would be nice.

Over the years I've been writing this article, I have been pleased many times to hear comments on it. As I cover a variety of subjects, some are of interest to one person and some to others.

There have been phone calls telling me that their families enjoy beautiful sunsets and always comment on them. Others have written to say that their family also enjoys hiking on wooded trails. Some have written to tell me of their farm life and missionary

children.

A young Amish girl has shared her philosophy of life and working day experiences with me. Another young lady told me her father read "Ida's Corner" to his family every Saturday. She expressed concern for her brother Paul, who had open-heart surgery.

It is pleasant to know that others have similar backgrounds and are interested in the same things.

Many people love horses. But some farmers have unpleasant memories of days in the fields with work horses and mules when they were children.

They always seem so BIG to me, especially when they stepped on my bare feet.

Little boys got hot and dry during a long afternoon and even shed a few tears from sheer loneliness. Some animals were unmanageable for children and at noontime they simply headed for the barn and food.