

Recipe Exchange. . .

# Home On The Range

The Cooperative Extension Service reminds us that while thinking spring, we should think garden. Remind yourself of the nutrients you will get as you plan what vegetables you want to plant. Try planting a new vegetable or two.

Explore the climbing varieties of strawberries. They taste great, are pretty, and are rich in vitamin C. There should be a big enough harvest of these berries for you to freeze some.

Several varieties of vegetables grow in this area which are rich in Vitamin A. Some of these vegetables include carrots, sweet potatoes, acorn and butternut squash, Hubbard squash and pumpkin, and kale, which will stay green under winter's snow. Plant now, and get ready for some delicious eating, come harvest time.

**Three-Bean Salad**

- 1 can green beans
- 1 can yellow beans
- 1 can kidney beans
- Wash and drain beans.
- 1/2 cup celery, chopped
- 1/2 cup red and green peppers, chopped
- 3/4 cup onions, chopped
- 3/4 cup sugar
- 1/2 cup vinegar
- 1/2 cup salad oil
- 1/8 teaspoon pepper
- 1 teaspoon salt

Mix all together.  
Mrs. Marlin G. Martin  
Myerstown, RD3

**Three Layer Dinner**

- 1 pound hamburger
  - 1 small head cabbage
  - 3 cups diced raw potatoes
  - 1 1/2 teaspoons salt
  - 1/8 teaspoon pepper
  - 1 cup milk
- Shred cabbage and put half in the bottom of a greased casserole. Next add half of the diced potatoes and then half of the hamburger. Sprinkle salt and pepper over each layer. Add remainder in the same order, having hamburger on top. Add milk and bake at 350 degrees for two hours. Serves six to eight.

Carol Hursh  
Ephrata RD1

**Knepp with Peas or Lima Beans**

- 1 heaping teaspoon baking powder, add cold water, stirring till foamy
- 1 egg, beaten
- 1 cup flour
- Pinch salt
- 3/4 cup milk

Cook vegetables 10 minutes, add knepp and cook additional 10 minutes.

Mrs. D.S. Stoltzfus  
Kinzers

**Granola**

- 4 cups quick cooking oatmeal
- 3 cups whole wheat flour
- 1 cup wheat germ
- 1 cup chopped nut meats

- 1 cup cooking oil
- 1/2 or 3/4 cup water
- 1 cup white flour
- 1 cup fine coconut
- 1 tablespoon salt
- 1 cup brown sugar

Mix dry ingredients, add water and oil and mix well. Mixture should be crumbly. Put into two large flat pans and bake in slow oven (250 to 300 degrees). Turn every 20 minutes to keep from becoming too brown around edges. This takes one and one-half hours, or until crisp and brown. Cool, and store in air tight containers. Eat with milk as cereal, or use as graham cracker crumbs.

Mrs. Ammon H. Weaver  
Lititz, RD1

**Fresh Strawberry Pie**

- 1 cup sugar
- 1 1/2 tablespoons redisol
- 1 1/2 cups strawberries

Mix redisol and sugar together. Mix in one-half cup crushed strawberries, then one cup whole berries. Chill and put together in a baked pie shell when ready to eat. Top with whipped cream.

Mrs. Daniel L. Esh  
Intercourse

**Apple Pies**

- 2 cups water
- 1 1/2 cups brown sugar

- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 2 tablespoons tapioca

Enough apples for two pies Boil above ingredients together for three minutes, then add sliced apples. Boil two minutes, put in two unbaked pie crusts and put following crumbs on top:

**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 butter or shortening
- Mix till crumbly, then add one beaten egg. Put on top of pies.

Mrs. Ivan G. Martin  
Ephrata RD2

**Cranberry Delight**

- Heat till boiling:
- 2 cups cranberry juice

Add:  
1 cup lemon gelatine  
Stir to dissolve. Then add three-fourths cup cold cranberry juice.  
Chill till slightly thickened and add one quart whipped cream. Add a few tablespoons of sugar if too tart. Beat well and chill.

Mrs. A. B. Zimmerman  
Manheim RD1

**Grape Nut Shortcake**

- 1 pound granulated sugar
- 1 pound whole wheat flour
- 1 pound pastry flour
- 1 teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons butter
- 1 tablespoon baking soda
- 1 quart buttermilk or sour milk

Put dry ingredients in a bowl, except soda, which should be added to milk just before adding milk to the dry ingredients. Add butter and flavoring last. Dough should not be too stiff, if so add a little more milk. Mix well, put into two 9x12 cake pans. Bake in 350 degree oven until done. Delicious with milk and fruit, if desired.

Mrs. Amos Burkholder  
Mifflinburg, RD1

**Peanut Butter Brownies**

- 1 cup all purpose flour
- 1 teaspoon baking powder
- 1 1/2 cups sugar
- 1/2 cup peanut butter
- 1/2 cup shortening
- 3 eggs
- 1 teaspoon vanilla
- 1 cup chopped peanuts
- 1 cup (6 ounce package) chocolate bits

Spoon flour (not sifted) into dry measuring cup, level off and pour measured flour into bowl. Add baking powder and salt to flour. Stir

to blend. Cream sugar, peanut butter, shortening, eggs and vanilla thoroughly. Add blended dry ingredients to creamed mixture, mix until smooth. Stir in bits and peanuts.

Spread in well greased 9x12 pan. Bake at 350 for 30 to 35 minutes. Cut into bars while warm. Cool in pan. Makes about three dozen bars.

Mrs. Amos Burkholder  
Mifflinburg, RD1

**Brownie Pudding Cake**

- 1 1/2 cups sifted flour
- 1 cup sugar
- 3 tablespoons cocoa
- 3 teaspoons baking powder
- 3/4 teaspoons salt
- 3/4 cup milk
- 1 1/2 tablespoons melted butter
- 2 teaspoons vanilla
- 3/4 cup chopped walnuts
- 5 drops red food color
- 1/2 cup brown sugar, firmly packed
- 1/4 cup sugar
- 1 1/4 cup boiling water
- 3 tablespoons cocoa
- Vanilla ice cream

Sift together flour, 1 cup sugar, 3 tablespoons cocoa, baking powder and salt into a bowl. Add milk, butter, and vanilla. Beat well. Stir in walnuts and food color. Spread batter into a greased pan.

Combine brown sugar, 1/4 cup sugar and 3 tablespoons cocoa. Sprinkle over batter. Pour boiling water over all. Bake at 350 degrees for 40 minutes or until cake tests done.

Serve warm topped with vanilla ice cream. Makes 12 servings.

Ruth Wenger  
Lititz RD2

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**Summertime Cookies**

- 3 cups graham cracker crumbs
- 1 package (6 ounce) semi sweet chocolate chips
- 1 can (15 ounce) sweetened condensed milk
- 1 can (3 1/2 ounce) flaked coconut (1 cup)

Form in small balls and roll in coconut. Refrigerate until firm, one to two hours.

Norma B. Sensenig  
New Holland, RD2

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**Play Safe**

An electrical wiring system is no better than its poorest part, says Joseph A. McCurdy, Extension agricultural engineer at The Pennsylvania State University. Having periodic inspections of wiring extensions and the original system made by a qualified person is a good practice.

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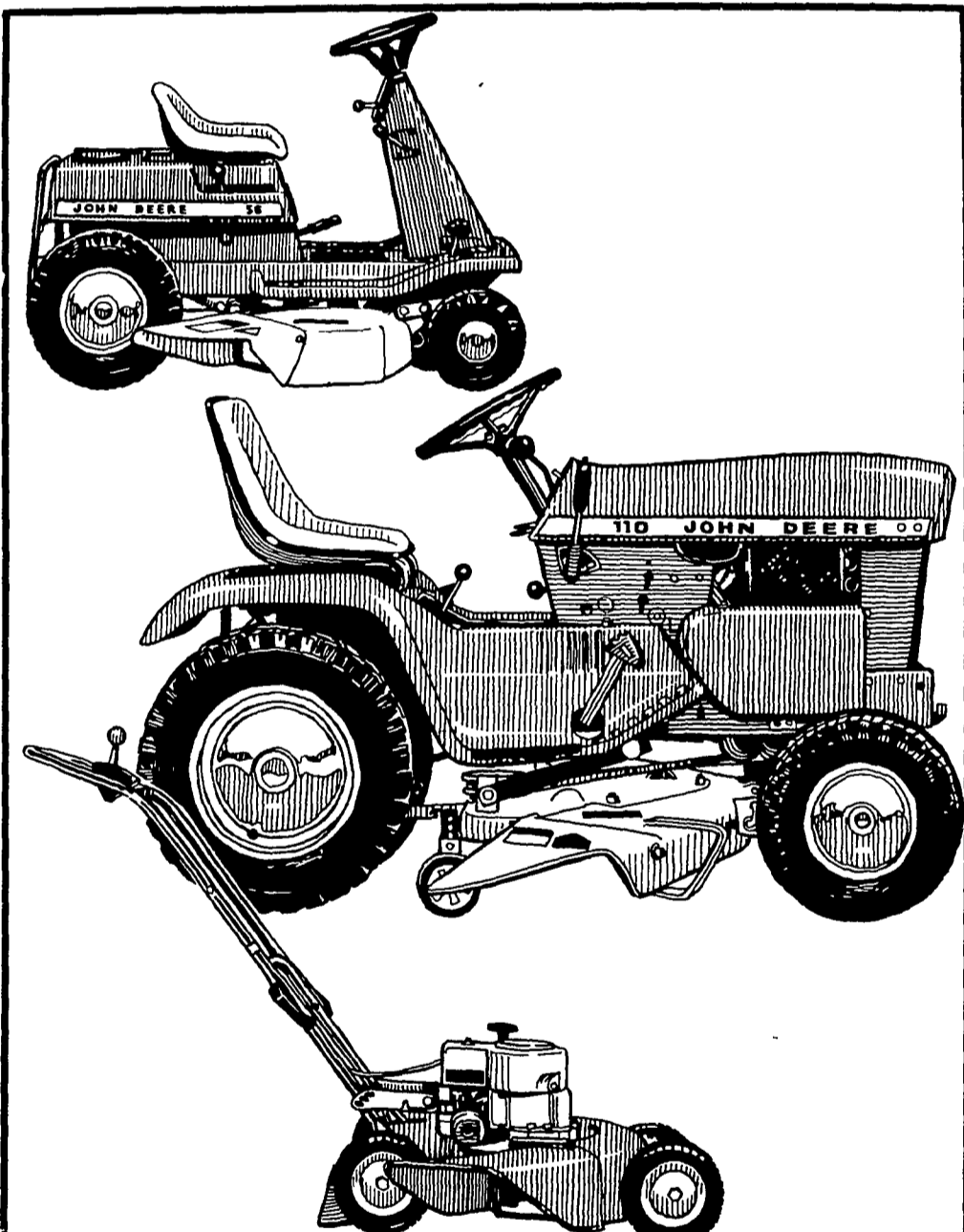
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