

Recipe Exchange . . .

Home On The Range

Ladies, we've had a few requests for popcorn recipes and so decided to devote this week's "Home on the Range" to snack foods.

Now is the time to experiment with these calorie-laden goodies, for in a few weeks we'll all be trying to squeeze into swim suits that we "knew" would fit this year.

If any of you have some low calorie main dish recipes, won't you share

them with us?

Any and all recipes are welcome. Send them to "Recipes", Lancaster Farming, P.O. Box 266, Lititz, Pa. 17543

Happy Easter!

xxx

Peanut Buttered Popcorn

2 cups warm, lightly salted popcorn
1/4 cup butter or margarine melted
3 tablespoons sugar

2 tablespoons peanut butter
Put popcorn in a large bowl. Blend remaining ingredients and pour over popcorn, tossing lightly. Delicious!

Carol Hursh
Ephrata RD1

xxx

Oven Caramel Corn

2 cups brown sugar
2 sticks butter or margarine
1/2 cup corn syrup
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon butter flavoring
Boil first five ingredients for five minutes, in two quart pan. Remove from heat and add flavoring. Stir well over six quarts popped corn, and divide on two cookie sheets (greased). Place in 200 degree oven for one hour, stirring every 15 minutes.

Remove from oven to cool, store in covered container to keep crisp. Nuts may be added if desired, at the same time as the popcorn is added.

Mrs. Martin Kilmer
Narvon RD1

xxx

Confetti Popcorn

2 quarts popped corn
2 cups sugar
2 tablespoons butter
1/2 cup cold water

Combine sugar, butter and water. Bring to a boil and cook until syrup begins to spin a thread, about 15 minutes. Remove from heat and add a little red or green food coloring. Pour over freshly popped corn and mix well.

Mrs. Elvin Zimmerman
New Enterprise RD1

xxx

Cracker Jack Popcorn

1 cup molasses
1 cup brown sugar
1 tablespoon vinegar
2 tablespoons water
Place over brisk fire. When it begins to boil add: 1 tablespoon butter.

Stir frequently and boil until a small amount tested in cold water becomes instantly hard and brittle.

Remove from fire and add one teaspoon soda. While forming, pour over about 6 quarts popped corn, stir until all is coated.

Mary Ann Horst
R1/4
East Earl

Peanut Loaf

2 pounds graham crackers, crushed
1 pound peanuts, ground
1 jar peanut butter
2 cans marshmallow creme
Mix together and dampen with cream. Put whipped cream on top.

Miss Emma Shirk
RD2
East Earl

xxx

Graham Cracker Fluff

1 package clear gelatine
1/2 cup cold water
Put in large bowl.
Mix:
2 egg yolks
A little salt
2-3 cup milk

Bring to boiling point, then add to gelatine mixture and set aside till it starts to thicken.

Whip:
1 cup whipping cream
Add:
1 cup sugar
Beat 2 egg whites, add vanilla.

Fold whipped cream into gelatine mixture, add egg whites.

Roll 12 graham crackers, add 4 tablespoons melted butter and 3 tablespoons sugar. Line bottom of pan with crumbs, and save some for top. Add cream mixture in between. Freeze. Cut in squares to serve.

Rachel Fisher
RD1

Kirkwood

xxx

Chocolate Covered Graham Crackers

1/4 pound paraffin
1 package chocolate chips, 10 or 12 ounces.

Melt in top of double boiler. Dip graham crackers in chocolate and lay on wax paper to harden. Plain graham crackers or two graham crackers spread with peanut butter in between may be used.

Catherine Shirk
Ephrata, RD3

xxx

Uncooked Fudge

1 pound 10x sugar
1/2 pound butter (melted)
1/2 cup cocoa
1/4 teaspoon salt
1 teaspoon vanilla
1 cup peanut butter

Mix all ingredients. Press in 8x8 inch pan. Cut into squares.

June Marie Sensenig
Stevens RD1

xxx

Nut Mallow Goodies

1 cup semisweet chocolate morsels

1 cup butterscotch morsels
1/2 cup peanut butter
3 cups small marshmallows
1 cup peanuts
Melt chocolate morsels, butterscotch morsels and peanut butter in top of double boiler. Place over hot water (not boiling) till morsels melt. Stir till blended. Remove from heat, add marshmallows and peanuts. Mix well. Spread in aluminum, lined 8-inch square pan. Chill till firm. Cut into one-inch squares. Makes 64 squares.

Mrs. John H. Martin
RD3
Ephrata

A Lot of Chocolate
The Aztec Emperor Montezuma II drank 50 jars of chocolate a day

Caftans For Lounging

For lounging or formal wear, create a fashionable, comfortable caftan. Mrs. Ruth Ann Wilson, Extension clothing specialist at The Pennsylvania State University, says caftans are easy to make and you can choose from wild prints or soft colors. Just find a pattern with an interesting neckline and add decorative trim. If your caftan design is full, select a soft, draping fabric—a jersey, tricot knit or light-to-medium-weight woven fabric. If your pattern is somewhat fitted, choose a firmly woven or knit fabric with enough body so the garment will hold its shape. But avoid bulky materials or you'll look twice your size.

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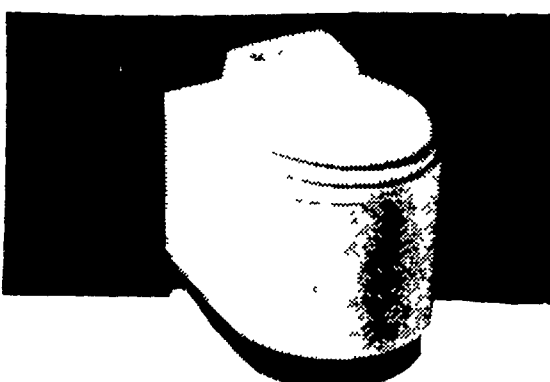
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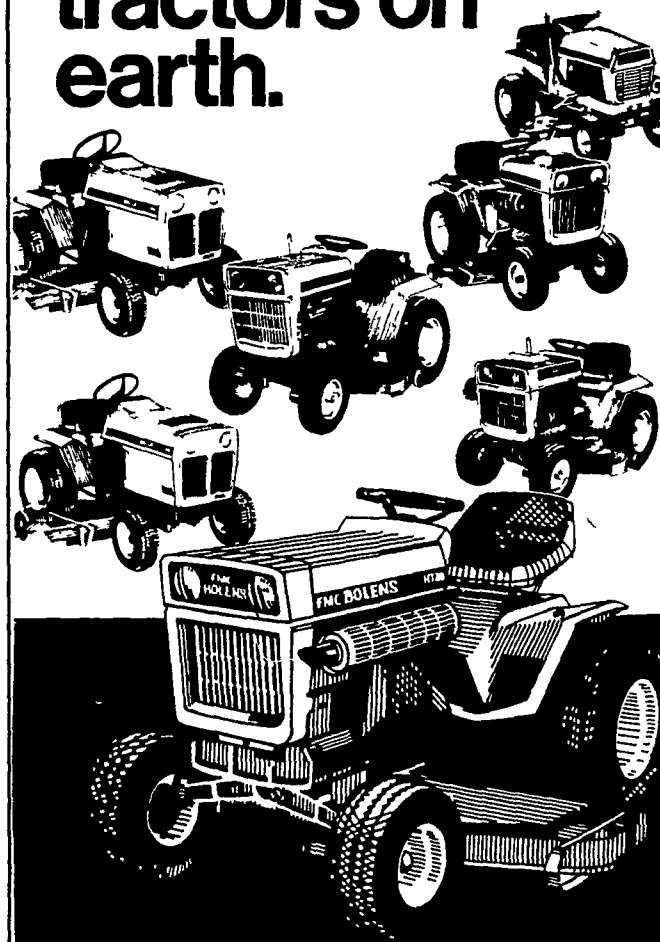
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