

Recipe Exchange.

Home On The Range

We'd like to thank everyone for their response to Dairy Month recipes. Watch for our special issue on June 1.

This week we have a request for methods to prepare French Fries for the freezer, from beginning to end. Our reader would like to know what size fryer, oil, lard etc. and temperature. She tried to make them her way last year and something went wrong. Can anyone help?

if so, drop us a line. Write to "Recipes", Lancaster Farming, P.O. Box 266, Lititz, Pa. 17543. We'll send you a potholder for being so nice.

xxx

Meat Stuffed Peppers

- 6 medium green peppers
- 1½ pounds ground beef
- ¼ cup chopped fresh onion
- ½ cup chopped celery
- ½ cup diced cooked potato
- 2 tablespoons chopped celery leaves
- ½ teaspoon dried leaf thyme
- ½ teaspoon caraway seeds
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1½ cups sour cream
- 1 tablespoon flour

Cut off tops of green peppers; scoop out seeds. Remove stems from top slice and chop the top. Reserve. Cook whole peppers uncovered in boiling water 5 minutes. Drain and set aside.

Break up ground meat in

large skillet. Cook, stirring frequently with fork until browned. Add onion, chopped pepper, celery; cook until tender. Add potato, celery leaves, thyme, caraway seeds, salt and pepper. Mix sour cream with flour and stir into meat mixture. Spoon into peppers. Place in baking pan and add one inch of water. Bake at 350 degrees for 15 to 20 minutes. Serves 6.

Mrs. Crystal Shrom RD1, East Earl.

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Hugo Chocolate Cake

- ½ cup shortening
- 2 cups sugar
- 2 eggs
- ¾ cup cocoa
- 1 cup milk
- 2 cups flour
- 2 teaspoons soda
- 1 teaspoon baking powder
- 1 cup coffee (1 teaspoon instant in boiling water)
- 1 teaspoon vanilla
- First mix sugar, flour, cocoa, shortening, baking powder, and soda. Beat milk, then eggs, and coffee to the rest. Bake at 350 degrees till finished.

Ellen Martin RD2, Penn Yan, N.Y.

xxx

Chocolate Scotcheroos

- 1 cup sugar
- 1 cup light corn syrup
- 1 cup peanut butter
- 6 cups rice krispies
- 1 6-ounce package semi-sweet chocolate morsels
- 1 6-ounce package butterscotch morsels
- Combine sugar and corn

syrup in three quart sauce pan. Cook over moderate heat, stirring frequently, until mixture begins to bubble. Remove from heat. Stir in peanut butter; mix well. Add rice krispies; stir until well-coated. Press mixture into buttered 13x9x2 inch pan.

Melt chocolate and butterscotch morsels in top section of double boiler over hot but not boiling water, or in small sauce pan over very low heat, stirring constantly, until well mixed. Remove from heat. Spread evenly over rice krispies mixture. Cool until firm. Cut into bars 2 x 1 inches.

Carolyn Fay Martin Denver RD1

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Graham Cracker Fruit Pie

Make graham cracker crust.

- 8 ounce package of cream cheese
- 2 eggs
- ½ cup sugar
- 2 tablespoons lemon juice
- Soften cream cheese in small mixing bowl. Add 1 egg at a time, beating after each addition. Blend in sugar and lemon juice. Put into unbaked graham cracker crust. Bake at 350 degrees 10 to 15 minutes. Watch carefully that crust doesn't get too brown. Cool.

½ cup sugar
2 tablespoons cornstarch or clear jel
¼ cup water
1 tablespoon lemon juice
¼ teaspoon red food coloring
Combine sugar and cornstarch or clear jel in small saucepan. Gradually add water, lemon juice and coloring. Cook till thick and clear. Cool. Pour over 1 pint fresh, sliced strawberries, peaches, blueberries or cherries. Add coloring according to choice of fruit. Pour on crust filling.

Mrs. Eli H. Stauffer RD2, Martinsburg, Pa.

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Bar-B-Que Roast Chicken

- 1-3 cup onions
- 3 tablespoons butter
- 1 cup catsup
- 1-3 cup vinegar
- 2 tablespoons brown sugar
- ½ cup water



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3 teaspoons mustard
1 tablespoon Worcestershire
Slowly cook onions in butter till soft. Add remaining mixture. Boil 15 minutes. Pour over chicken. Bake at 300 degrees until soft.

Mrs. Wimer Martin RD1, East Earl.

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Lemon Sponge Pie

- 4 to 5 eggs yolks
- 2 cups granulated sugar
- 6 tablespoons melted butter
- Beat together. Add and mix:
- Juice or grated rind of 2 lemons
- 6 tablespoons flour
- Add:
- 3 cups sweet milk
- Beat white of eggs and add last.
- Makes 3 pies.

Marian Weaver R.D.1 New Holland

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Candy Cookies

- 2 cups granulated sugar
- ¼ pound butter or oleo
- 1-3 cup cocoa
- ½ cup milk
- ½ cup peanut butter
- 1 teaspoon vanilla
- 3 cups oatmeal
- Bring sugar, cocoa, oleo and milk to a full boil for 1½ minutes. Remove from heat and blend in peanut butter and oatmeal. Mix thoroughly. Drop by spoon on waxed paper.

Mary Ann Shirk RD1, Narvon.

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Tender Layer Cake

- 2 2-3 cups sifted cake flour
- 1½ cups sugar
- 4 teaspoons baking powder
- 1½ teaspoons salt
- 2-3 cup corn oil
- 4 egg yolks
- ¾ cup water
- 1 teaspoon vanilla

2 teaspoons orange extract
¼ teaspoon cream of tartar
4 egg whites
Mix and sift together cake flour, sugar, baking powder and salt. Make a well and add in order - oil, egg yolks, water, vanilla and orange extract. Beat until smooth. Add cream of tartar to egg whites. Beat until whites form very stiff peaks. Gently fold first mixture into egg whites until well blended. Pour batter into ungreased 9 x 1½ inch round pans. Bake at 350 degrees for 35 to 40 minutes.

Mrs. Chester M. Martin Narvon RD2

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Lep Cookies

- 3 cups sugar
- 3 eggs
- 1 cup lard
- 1 cup buttermilk
- 1 teaspoon soda
- 1 teaspoon cream of tartar
- 1 teaspoon vanilla
- 5 cups flour
- Drop by teaspoons on baking sheet.

Mrs. Ivan M. Hoover New Holland RD1

xxx

Grape Nuts

- 4 cups whole wheat flour
- 3 cups buttermilk
- 1 teaspoon salt
- 1 teaspoon soda
- Bake till dry. Grind in food grinder.

Miss Cora Burkholder R.D.1 Kutztown

xxx

Poor Man's Steak

- 2 pounds ground beef
- 1 cup cracker crumbs
- 1 cup milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 chopped onion
- Mix together and shape in loaves. Chill overnight, cut in slices and roll in flour. Brown on both sides. Place

pieces in roaster and cover with one can mushroom soup and one can water mixed. Bake at 300 degrees for one and one-half hours.

Mrs. Harvey E. Martin Lititz RD2

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Consumers' Corner


Trends In Credit Buying

At the end of 1970 consumers owed more than \$128 billion in non-mortgage debt—an average of \$615 per person. Installment debt accounted for about 80 percent of this total or \$491 per person. A decade earlier per person installment debt was \$236—less than half the 1970 level. Debts for automobiles, other consumer goods including purchases made with bank credit cards and revolving charge accounts, and personal loans, each accounted for about one-third of the increase. Higher income and rising costs have contributed to the growth of consumer debts. Families had, on the average, 76 percent more income to spend in 1970 than in 1960.

At the same time, the number of items on which families can spend this income has increased. Examples include compact cars with luxury car features, and the development of color television. Also, new materials, new convenience items and required safety features have added to the price of many non-luxury items.

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