

Home On The Range

Many of our readers have been requesting information on how to can and freeze vegetables especially squash and beans. If you have a favorite recipe and could provide more information on preserving vegetables, send it along to us.

One reader has requested a pound cake recipe. Unfortunately, we don't have any in our file. If you have one please send it along.

Vitamin A, an infection-fighting nutrient, is important in any diet. Vegetables that are green and leafy are a good source of Vitamin A and are readily available this time of year. Try to include foods such as spinach, kale, collards, squash and carrots in meals to provide a balanced diet.

Quick, Easy and Delicious Fried Bean Patties

2 cups drained baked beans
2 tablespoons chopped onion
3 tablespoons dry bread crumbs
3 tablespoons bacon drippings
Mash beans thoroughly. Mix with onion. Shape into 4 patties. Coat with crumbs. Brown in bacon drippings.
Harriet Greenawalt
Lancaster, Pa.

Baked Stuffed Tomatoes

6 ripe tomatoes

1 cup green pepper, diced
1 cup onion, chopped
2 tablespoons butter
1 cup small bread cubes (3 slices)

1 egg, well beaten
1/4 teaspoon oregano
1/4 teaspoon basil
1 teaspoon salt
Parmesan cheese
Heat oven to 350 degrees. Wash and cut tops off tomatoes. Scoop out insides. Chop and reserve the pulp. Sprinkle inside of shells lightly with salt. Invert to drain.

Saute onion and green pepper in melted butter. Add chopped tomato pulp, bread cubes, beaten eggs and seasoning. Mix well. Fill each tomato with mixture. Sprinkle tops with parmesan cheese.

Bake in shallow, greased baking dish in a small amount of water for 25-30 minutes. Serves 6.

Mrs. Crystal Shrom
RD1, East Earl.

Bread and Butter Pickles

8 cups sliced cucumbers
2 sliced onions
Let set in salt and ice for one hour and then drain.

Syrup
3 cups sugar
2 teaspoons celery salt
2 teaspoons tumeric

2 cups vinegar (1 cup vinegar and 1 cup water)
2 teaspoons mustard seed
Bring syrup to a boil and then add cucumbers and onions and let simmer for 20 minutes. These are then ready for canning.

Mrs. Crystal Shrom
RD1, East Earl.

Salad Dressing

1 cup sugar
1/4 cup oil
2-3 cup vinegar
2 teaspoons grated onion
1 teaspoon paprika
1 teaspoon salt
1 teaspoon pepper or amount desired

1 teaspoon dry mustard
2 tablespoons water
Combine and shake well in a jar. Use as dressing for tossed salad.

Miss Edie Zeager
RD2, Danville.

Chocolate Cake

2 1/2 cups granulated sugar
4 eggs
1 cup butter or shortening
1 cup cocoa
2 cups boiling water
Mix together in order given. Add:
3 1/2 cups flour
2 teaspoons baking soda
2 teaspoons baking powder
2 teaspoons salt
Mix together and add to first mixture. Then add:
2 teaspoons vanilla

This gives a large portion, can make cupcakes or can be put in long pan. Bake at 350 degrees.

Mrs. Wm. Kramer
Reinholds RD1

Raspberry Sherbet

1 pint raspberries
2 tablespoons lemon juice
1/2 cup sugar
1/4 cup light corn syrup
1/2 teaspoon salt
2 egg whites
1 cup whipped topping
Place raspberries and lemon juice in blender container. Blend until smooth. Pour into bowl. Stir in sugar, corn syrup and salt.

In other bowl beat egg whites stiff. Fold into raspberry mixture smoothly. Fold in whipped topping.

Pour into 1 1/2 quart freezer container. Cover and freeze until firm - 3 hours. Remove 10 minutes before serving. 8-10 servings.

Mrs. Harriet Greenawalt
Lancaster, Pa.

Pineapple Salad

2 small packages lime gelatin
1 can crushed pineapple
Pour in dishes, 1/4 inch thick, and let set.
2 packages whipped topping mix

Whip. Then add 1 8 ounce package cream cheese. Whip together. Put on top when gelatin is hard.

1 cup pineapple juice
1 cup water
3 egg yolks
2 cups sugar
Thicken with clear jell then cool and put on top.
Rachel Stoltzfus
Bird-In-Hand, Pa.

Easy Low Calorie Ice Cream

5 eggs (well beaten)
2 tablespoon vanilla
4 tablespoon liquid artificial sweetener

3 cups whole milk
2 cans (13 ounces) skimmed milk

4 cups fruit (optional)
Mix skimmed milk, sweetener, milk and vanilla. Add beaten eggs and stir. Add fruit. Mixture is now ready for the ice cream freezer. Yields 4 quarts.

Mrs. James Martin
Manheim, Pa. RD1

Cranberry Sherbet

Cook 1 pound cranberries in 2 cups boiling water until skins pop. Strain. Add 1 teaspoon unflavored gelatin which has been soaked in 1/4 cup cold water. Also add 2 cups sugar. Cool. Add 1 pint gingerale. Freeze until mushy. Beat until foamy. Freeze until firm.

Miriam Risser
RD1
Bainbridge

Mint Surprise Cookies

Mint flavored chocolate wafers:
Sift together:

"Steer clear" may not be good grammar, but it certainly is good boating. Skippers should stay away from swimming areas, fishing lines, divers' flags and other boats.

3 cups flour
1 teaspoon soda
1/2 teaspoon salt
Cream:
2-3 cup butter
1 cup sugar
1/2 cup brown sugar
Blend in:
2 eggs, unbeaten
2 tablespoons water
1 teaspoon vanilla
Beat well. Chill two hours.
One teaspoon dough, press

wafer in center and cover with dough. Put walnut on top. If you don't have the wafers, flavor the dough with about one-third teaspoon peppermint flavor and put chocolate bits in dough. Add last, a little red food coloring. Do not mix thoroughly so the cookies will have red streaks.
Verna Brubaker
Ephrata RD2

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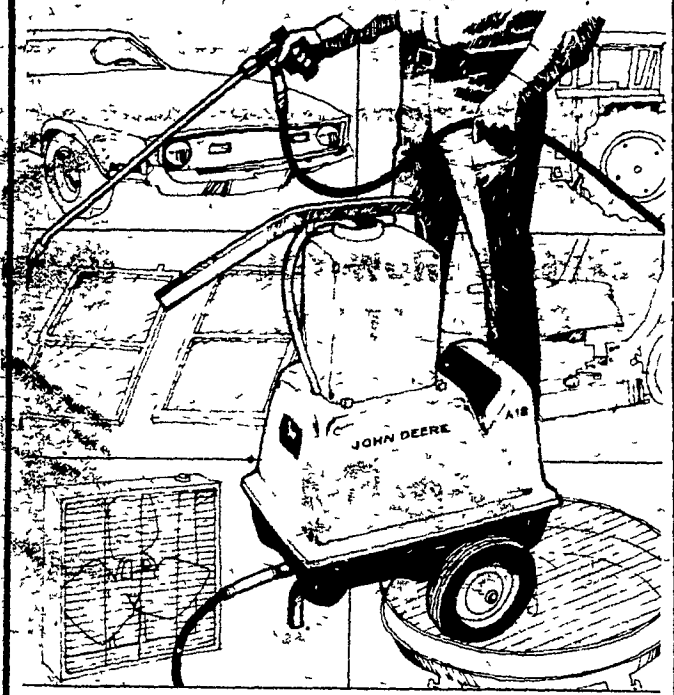
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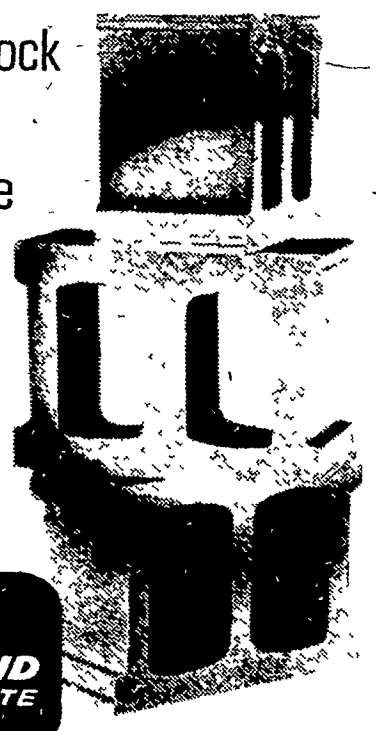
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