

Recipe Exchange. . .

Home On The Range

Cooking Beef

As in any cooking, meat requires a special touch and a grain of common sense.

When selecting beef to cook consider the tenderness, size and thickness of the cut required. Thick cuts from the rib, loin and sirloin of any quality grade are likely to be sold for roasting. Lower grades of these cuts need most cookery.

Steaks that are thin are usually best pan broiled or fried. Steaks that are one inch or more thick need oven broiling.

To keep the flavor and juice of the beef in, cook slowly and at moderate temperatures.

Remember roasts that have an outside covering of fat take a longer time to cook than those that are quite lean.

Slim and Trim Tuna Lasagna

- 1 pound lasagna noodles
 - 2 tablespoons butter
 - ½ cup chopped onion
 - 2 cans water packed tuna well drained
 - 1 can soup, chicken or mushroom
 - ½ cup skim milk
 - ½ teaspoon garlic salt
 - ½ teaspoon oregano
 - ¼ teaspoon pepper
 - 1½ cups cottage cheese
 - 8 ounces of Swiss or Mozzarella cheese thinly sliced
 - grated parmesan cheese
- Cook noodles according to package directions. Melt butter in pan and add onion, fry until golden brown add tuna and soup, seasonings and milk. In a 7 x 11 pan alternate layers of noodles, tuna, sliced cheese and cottage cheese. Sprinkle with parmesan on top and

bake at 350 degrees for 30 minutes.

Mrs. Paul Sauder
Manhelm

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Home Made Root Beer

- 2 cups white sugar
 - 1 gallon lukewarm water
 - 4 teaspoons root beer extract
 - 1 teaspoon dry yeast
- Put in jars, cover and set in sun for 4 hours. Chill before serving. Ready to serve the next day and no need to bottle.

Mrs. David Horning
RD3 Ephrata

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Breakfast Special

- 6 cups oatmeal
- 3 cups wheat germ
- 3 cups coconut
- 1½ cups brown sugar
- ½ cup melted margarine or butter
- ¾ cup salt

Mix well and toast in oven about 1 hour at 200 degrees stirring often. Eat with milk.

Mrs. Lester Hursh
Mt. Joy

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Corn Relish

- 18 ears corn (cut off cob)
- 2 red peppers
- 2 green peppers
- 6 small grated onions
- 1 stalk celery
- Chop all above ingredients:

- 1 pound sugar
 - 1 tablespoon salt
 - 2 teaspoon dry mustard
 - 1 pint vinegar
 - 1 cup water
- Mix all ingredients and boil 20 minutes. Pour into jars and seal. Yields 6 pints.

Mrs. Lester Hursh
Mt. Joy

- ### Kosher Dill Pickles
- 25 4 inch cucumbers
 - ¼ teaspoon powdered alum
 - 1 clove garlic or ¼ teaspoon garlic
 - 2 heads dill
 - ¼ to ½ teaspoon crushed red pepper
 - 1 quart vinegar
 - 1 cup salt
 - 3 quarts water

Wash cucumbers. Let stand in cold water overnight. Pack in jars. To each quart add the above amount of alum, garlic, dill and red peppers. Combine vinegar salt and water; heat to boiling point and fill jars. Cold pack to the boiling point. Best to wait at least six weeks before using.

Sylvia Ebersol
Peach Bottom

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Cherry Sundae Pie

- 4 cups corn flakes (crushed 1-3 cups)
- 3 tablespoons sugar
- 1-3 cup butter (soft)
- 1 quart vanilla ice cream
- 1 can cherry pie filling

Mix cornflake crumbs, sugar and melted butter thoroughly. Press firmly and evenly against bottom and side of 9 inch pie pan. Bake at 375 degrees for 8 to 10 minutes. Cool. Just before serving fill crust with ice cream. Top with pie filling.

Any kind of fruit can be used and made with clear-jell for filling. Strawberries are good.

Mrs. W. H. Fox
RD1, Denver.

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Apple Butter Pie

- 1 egg
 - 2 tablespoons flour
 - 1½ cups apple butter
 - ¼ cup sugar
 - 1½ cups milk
 - 1 unbaked pie shell
- Bake in hot oven (450 degrees) 45 minutes, or until

set and browned. Serve with whipped cream.

Ada Stauffer
Ephrata RD2

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Caramel Pudding

- 33 quarts milk
- ¼ pound butter
- 4 teaspoons vanilla
- 1 box (1 pound) brown sugar
- 8 egg yolks
- 1¼ cups flour
- 1 teaspoon salt

Add sugar and salt to melted butter. Brown slightly. Heat milk and add to sugar mixture.

Make a paste with flour and two cups milk. Add beaten egg yolks. Stir into mixture and heat until thick. Cool.

Carol Hursh
RD1
Ephrata

Nut Tapioca

- 1 quart milk
 - ¼ teaspoon salt
 - ¼ cup sugar
 - 1-3 cup tapioca
- Cook this 15 minutes, then pour beaten eggs slowly. Cook one minute more. When ready to put on the table, put in:
- ¾ cup brown sugar
 - 6 teaspoons butter, melted
 - 1 cup crushed pineapple
 - 1-3 cup nuts

S. E. Martin
RD1, Denver.

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Dry Beans

Americans eat an average of seven pounds a year of dry beans, whether they come out of a can or out of a bag to be cooked.

Pork History

Using salt to preserve pork was done as far back as 200 B.C.

Public Sales Register

SAT. JULY 27 - 11 A.M. Rain or Shine Kennedy Farms Dispersal, Pleasant Mount, Pa., Wayne Co. Farm located on Wheeler Hill at Pa. Intersections 170 and 670, 1 mile East of Pleasant Mount, 6 miles North of Waymart, 15 miles West of Honesdale. Selling 62 Hi-Grade Holsteins and Farm Equipment for Mr. and Mrs.

Bert Kennedy, Pleasant Mount, Pa. Star Rt., owners; Merton L. Bunnell, Auctioneer and Sale Mgr.

SAT. JULY 27 - 1 P.M. Real Estate Auction of 85 Acre Farm located in East Brunswick Twp., Red Dale Valley, Schuylkill County,

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PUBLIC AUCTION

OF FARM MACHINERY

at RUDNICK'S FARM, Galena, Md.

MONDAY, JULY 29, 1974

At 11:00 a.m.

ALLIS CHALMERS GLEANER COMBINE w-cab - 4 row corn head - No. C214' header, AC 4 row cultivators, AC sprayer, John Deere 17x7 Grain Drill, JD 4 row planter, JD 14' cultipacker, JD 5x16 steerable plows, New Holland haybine, Gehl mixer, Little Giant elevator. (Most of the equipment is like new). Consigned by Tybridge Farm. Also AC Roto Baler.

NOTE: Other consignments will be accepted up to the morning of sale. Please call in advance for advertising.

HARRY RUDNICK & SONS,
Sales Managers
Joe Rudnick, Auctioneer

PUBLIC SALE

OF 11 ACRE FARM,

LIVESTOCK & EQUIPMENT

SATURDAY, AUGUST 3, 1974

Livestock & Equipment 12 P.M.
Real Estate 2 P.M.

2½ story frame dwelling, 4 lge. bedrooms, 1½ baths, livingroom, formal d.r., Family size eat-in kitchen, Oil fired hot water heat, (baseboard radiation) Oil, fired hot water heater, new wiring. This home is for the large or growing family.

The barn is 36' by 36' and is presently used for hogs but would be suitable for steers or horses. There is a 6 year old 32' x 64' 1 story frame hog barn with Oil-fired hot water heat in the concrete floor, fully insulated with fans and 24 farrowing crates and featuring slated floor and liquid manure system. There are 3 small sheds and a corral used for steers. There is a 5 ton steel overhead feed bin. This property is in excellent condition and is a very valuable piece of real estate. Approx. 590 feet of frontage on Cloverleaf Rd. to a depth of 300 feet is presently zoned commercial and being approx ¼ mile from Rt. 283 just East of Elizabethtown-Milton Grove interchange makes this property an excellent investment. There are many possible uses and the potential is great.

LIVESTOCK AND EQUIPMENT

47 YORK-HAMP cross brood sows - some due to farrow on or before day of sale.
2 - PUREBRED DUROC BOARS with papers.
ALLIS-CHALMERS C with start lights - hyd. - plow - culti - & 6 ft grass mower.

Sale by
J. HENRY and FRANCES GREINER

LEAMAN & BUCHEN AUCTION SERVICE
Sanford G. Leaman Auct.
Burnell Buchen Auc.
Real Estate shown only by appointment.
Call 717-299-5791
J. David Young, Attor.ey

HARRY'S AUCTION

GEORGE CLAPPER
MANAGER



11 GRAYBILL ROAD
BAREVILLE, PA.
8 Miles East of Lancaster
Just Off Route 23
656-2272

SALE - AUGUST 3

Starting at 10:00 A.M.

CONSIGNMENTS WELCOME

— Household Goods	— Antiques
— Appliances	— Television Sets
— Furniture	— Many Useful Items

PUBLIC AUCTION

FEED MILLING MACHINERY AND EQUIPMENT

ESHELMAN ASSOCIATES, INC.
(Formerly John W. Eshelman & Sons)
at 244 N. Queen Street
Lancaster, Pa.

10:00 a.m. WEDNESDAY AUGUST 7, 1974

Lunch Available

Open for Inspection at 8:00 a.m. Aug 5, 6, and 7
Other dates by Appointment. Phone 717-397-6262.

Lot of motors, starters, breakers. California pellet mills (50 & 75 h.p.) and coolers. Richardson Duplex and portable bagging scales. Check weight and platform scales. Sewing machine stands Hammer and attrition mills (40 to 75 h.p.). Gumpf Draver feeders. Vibrator feeders. Grain cleaners, separators, screeners, elevator legs, conveyors, Gear reducers. Fat and molasses pumps and meters. Steel bins and hopper bottoms. Magnets Power shovels. Bag cleaners Hand trucks and feed carts V-belts, pulleys, sheaves Pesticides Cleaners Machine Shop equipment Miscellaneous items All motors in sale are 2-phase but can be rewound to 3-phase. All starters usable on 3-phase.

Terms Cash
Auctioneer: Howard Shaub

DON'T MISS

THE ANNUAL F.F.A.

HOG SHOW and SALE

CHOICE HOGS PRODUCED AND FED BY OUR FARM YOUTH

LANCASTER STOCKYARDS, Inc.

Show 8:00 A.M. — Sale 1:30 P.M.
Tuesday, July 30, 1974

HELP & SUPPORT OUR FUTURE FARMERS OF AMERICA

Sale conducted by Lancaster Livestock Exchange & Lancaster Stockyards, Inc.