

Recipe Exchange . . .

Home On The Range

A Time For Tomato Lovers

If you are a tomato lover, this is your time of year, says the U S Department of Agriculture. Tomatoes are in moderate to liberal supply throughout the year, but now is the time when you will find an abundance of locally grown tomatoes at roadside stands and supermarkets.

Locally grown tomatoes, of course, are a special treat. They are usually varieties suited to your growing area and season. Also, they don't have to be shipped long distances to market and therefore can be allowed to stay on the vine longer.

In order to successfully complete the ripening process, tomatoes should reach a certain stage of maturity before they are picked. But producers who provide your winter tomato supply do not enjoy the same privileges as local growers. They ship their product long distances and in order to get them to market in good condition find it necessary to pick the tomatoes when they are mature but not red. The ripening process continues from the field to the time when you consume the tomato. Local growers can

wait until the tomatoes are red before picking and still get them to market in good condition. Even these tomatoes, however, may still need a little more time to ripen fully. The home gardener is the only grower who can afford to leave a tomato on the vine until the desired color has developed.

Whether your tomato source is your own garden, a roadside stand, or the supermarket, here are some tips from USDA's Agricultural Marketing Service to help with your selection:

For slicing, pick out tomatoes that are fairly well-formed. Avoid tomatoes that are extremely lopsided, elongated, or angular. If you are going to dice the tomato or serve it in chunks, the shape really doesn't matter.

Avoid tomatoes that are ridged or ough. The surface should be smooth and free from blemishes.

Fully ripe tomatoes should be overall rich red and slightly soft. This can be easily detected by gentle handling.

Tomatoes that aren't fully ripe should be firm, with color ranging from pink to

light red.

Avoid overripe and bruised tomatoes. They will be both soft and watery. Avoid tomatoes with a deep green or yellow area around the stem scar or with growth cracks. Soft, water-soaked spots, depressed areas, or surface mold are indications of decay.

To ripen tomatoes at home, keep them in a warm place. Don't store them in the refrigerator unless they are fully ripe. Cold temperatures may keep them from ripening later on.

Once tomatoes are ripe, they will keep in the refrigerator for some time.

At the produce counter, you are your own best judge of quality. Remember that all fresh vegetables are perishable. Buy only what you need and buy in season when prices are most reasonable. Beware of "bargains." Even if the price is low, it usually isn't worth buying damaged produce.

Scrambled Corn

½ pound bacon
4 cups whole kernel corn
6 eggs
½ teaspoon pepper
½ teaspoon salt
Brown bacon in skillet. Drain the corn and add to the bacon. Beat eggs with salt and pepper and add to the hot corn. Stir well. Serves 8.
A. Brubacker
Millmont, PA

Garden Slaw

6 cups shredded cabbage
2 carrots shredded
1 green pepper cut thin
1 cup chopped onion
Mix all together sprinkle with ½ cup of water and chill.

Dressing:

1 envelope gelatin
½ cup cold water
2-3 cups sugar

2-3 cups vinegar
2 teaspoon celery seed
½ teaspoon salt
½ teaspoon black pepper
2-3 cup salad oil
Soften gelatin in cold water. Mix sugar, vinegar, celery seed, salt, pepper and bring to a boil. Stir in softened gelatin. Cool until thickened, beat well gradually beat in salad oil. Pour over vegetables.
Mrs. Harry E. Martin
RD2, Lititz

Cathedral Cookies

4 ounce bar of German Sweet Chocolate
1 egg well beaten
1 stick ¼ pound of butter or margarine
1 cup powdered sugar
1 large pack vari-colored Minature marshmallows
½ cup chopped nuts
4 ounces flaked coconut
Melt the chocolate and butter in a double boiler just until well blended. Take from heat, stir in well-beaten egg quickly. Place marshmallow, powdered sugar and nuts in a bowl, pour cooled chocolate mixture over this. Stir to blend well. Tear off a large piece of foil and sprinkle generously with coconut. Roll up like a jelly roll. Wrap well and refrigerate. Slice off as needed keeping unused portion refrigerated.
Carol Hursh
Ephrata

Coconut Crispies

1 cup butter or ¾ cup cooking oil
1 cup raw sugar
½ cup honey
2 eggs
1 teaspoon vanilla
2 cups whole wheat flour
½ cup wheat germ
¼ teaspoon salt
½ teaspoon soda
½ teaspoon baking powder
1 cup unsweetened coconut
2 cups rolled oats
1 cup bran flakes
Mix in order given. Form into balls and place on greased cookie sheet. Bake at 350 degrees for 10 to 12 minutes.
Mrs. Harvey E. Martin
Lititz RD2

Filled Doughnuts
2 packages dry yeast
1 cup warm water
1 teaspoon sugar
1 cup milk, scalded, cooled
2-3 cup sugar
1½ teaspoon salt
4 egg yolks or 2 whole eggs
½ cup shortening (one-half part butter for better flavor)
7 cups sifted bread flour
Pour yeast into cup of lukewarm water. Add teaspoon sugar and stir. Let stand five minutes.

Cream together shortening, sugar, salt, add well-beaten eggs. Add remaining ingredients and mix to a soft dough. Let stand until double in size, then roll out and cut. Let rise until light and bake in deep, hot fat. When cooled, put in filling with knife or decorator.

Filling

2 egg whites, beaten
1 tablespoon flour
4 tablespoons milk
¾ cup shortening
2 teaspoons vanilla
2 cups or more 10X sugar

Blueberry Delight
2 cups Graham crackers
¼ pound margarine
2 cups 4 x sugar
8 ounce cream cheese
1 package whipped topping
Mix cracker crumbs with melted margarine and press into a pan, mix sugar with cream cheese and fold in topping. Pour mixture into cracker lined pan and chill. Top with blueberry or cherry filling.
Mary Beller
Bird in Hand

Mary Beller
Bird in Hand

xxx

Cherry Squares
½ pound butter or margarine
1½ cups sugar
4 eggs
2 cups flour
1 teaspoon vanilla
1 teaspoon almond or lemon extract
1½ cans pie filling

Cream butter with sugar. Add eggs one at a time beating well after each one. Stir in flour and flavoring. Spread batter in a greased jelly roll pan. Top with tablespoons of pie filling

Anna Brubacker
Millmont, RD1

(Continued On Page .9)



Old Guard
Mutual Insurance Company
"Friend of Farmers since 1896"

1810 Oregon Pike
Lancaster, Penna. 17601

A financially strong Company who is dedicated to providing the broadest coverage at the lowest rates to Pennsylvania farmers. Let us show you what we can do for you. See our agent in your area.

JACOB H. RUHL INC.,
18 S. MAIN ST., MANHEIM, PA.

B. TITUS RUTT AGENCY,
81 E. MAIN ST., MOUNT JOY, PA.

PAUL I. SHEAFFER AGENCY,
INTERCOURSE, PA.

FARMERS
For Increased Yield and Protein
in Your Alfalfa, Apply
SURE CROP
Plant Food 7-14-7

With Trace Elements with
Your Weevil Spray Program.

FOR MORE INFORMATION
Call 717-469-2864
or write
P.O. Box 129, Hershey, Pa. 17033

Representatives Needed.

Stevens Feed Mill, Inc.
offers hog farmers in Lancaster county a new program to help keep your hogs "insides clean"



*Knock out worms with TRAMISOL the wormer that gets the four major species of worms in the intestines and lungs

*Maintain healthy hogs with feeds containing AUREO S.P. 250. Improves weight gains and feed efficiency by helping to prevent scours, rhinitis and cervical abscesses

This year help keep your hogs "inside clean" with TRAMISOL and AUREO S.P. 250
Call us today for more information about our

WORM 'N GERM program using

- Stevens Pig Grower JJ 250
- Stevens Hog Grower
- Stevens Hog Finisher
- Stevens Worming Feed

STEVENS FEED MILL, INC.
Stevens, Pa Ph 215-267-2150
or 717-733-2153

\$ SAVE ON FOOD \$
CORKS CANNED GOODS
★ SPECIALS THIS WEEK ★

52 oz. **PORK & BEANS** 85¢ per can

29 oz. **WHOLE WHITE POTATOES** case of 24 \$6.00

NEW STORE HOURS
Thurs & Fri 9 to 9
Saturday 9 to 6

150 Fruitville Pike
Manheim, Pa

20th CONSECUTIVE YEAR
COWTOWN RODEO



Rain or Shine
SATURDAY NITE AT 7:30 P.M.

John Sweigart
New Holland, Pa

Thrills, Spills, Action!
AT COWTOWN ON ROUTE 40,
WOODSTOWN, N. J.
8 miles East of Delaware Memorial Bridge
Every Saturday Nite Thru September 14

ADULTS \$3 CHILDREN \$1 FREE PARKING

UNCLAIMED FREIGHT COMPANY and LIQUIDATION SALES

Liquidating for local business — 17 - 2 pc. Early American Living Room Suites reg. \$489.95 **OUR PRICE \$269.95** - Box Springs & Mattresses from local manufacture bankrupt sales 70 percent off. - 34 - Living Room Suites - refused from store in Florida - we purchased - Sofa & Chair - reg \$459.95 **OUR PRICE \$169.95 & \$189.95** - 8 - Fully Automatic Sewing Machines (heads only) - reg \$359.95 **OUR PRICE \$129.95**

Hundreds of Stereo Components & Consoles left from warehouse move - 5 - sets Speakers reg. \$109.95 **OUR PRICE \$36.00** set - 25 - 73 - Stereo Components - AM-FM - full size table - 8 track tape player - reg. \$359.95 **OUR PRICE \$149.00** - 8-74 - Stereo Components - as above - reg \$349.95 **OUR PRICE \$169.95**

Hundreds of 8 Track Tapes - 9 - ten speed and three speed Bikes (boys' & girls') - 30 - Nite Stands - reg \$89.95 **OUR PRICE \$25.00** ea. - 30 - Double Dressers finished - reg \$229.95 **OUR PRICE \$55.00** - 2 - Love Seats - reg \$289.95 **OUR PRICE \$100.00** - 30 - Refrigerators - 7 - Gas Stoves - 10 - Electric Stoves - 10 - Washers & Dryers - 125 - Recliners \$54.00 up - 10 - Upright Freezers - office Desk - reg \$289.95 **OUR PRICE \$125.00**

Purchased from large manufacturer trailer load of End Tables - liquidating for them

Many more items to choose from — If you don't see it, ask for it — Most Items 40 percent to 70 percent off full warranty

330 Centerville Road Lancaster, Pa.
Phone 397-1337
Hours: Mon.-Fri. 10 A.M. to 9 P.M.
Sat. 10 A.M. to 5 P.M.