

Recipe Exchange. . .

# Home On The Range

What is the difference between mayonnaise and salad dressing and why does mayonnaise cost more?

Harold Neigh, Extension consumer marketing specialist at The Pennsylvania State University, explains that mayonnaise is a stable emulsion of oil droplets in water and it doesn't separate because it is stabilized with egg yolks. Ingredients include vegetable oil, lemon juice, or vinegar, eggs or egg yolks and spices. Mayonnaise must be comprised of at least 55 percent oil.

Salad dressing is a similar product but contains less oil. A cooked starch paste is substituted for part of the egg. Salad dressing costs less than mayonnaise because ingredients are less expensive, Neigh points out.

Mayonnaise and salad dressings are standardized. The industry has agreed to a standard as to what constitutes mayonnaise and salad dressing. The Food and Drug Administration enforces the standard. Anyone making these products must use at least the minimum amount of ingredients in the standard. Because the products are standardized, a list of ingredients is not required on the label, says the Extension specialist.

**Chocolate Pudding**  
Liquify the following till very smooth:

1 quart cashew nut milk or soy milk (1 cup nuts and 1 quart water)  
½ cup honey  
1 heaping teaspoon Postum  
½ teaspoon salt  
¼ cup carob powder  
¼ cup coconut, shredded  
6 tablespoons arrowroot starch  
1 teaspoon vanilla  
Heat on stove until thick stirring constantly to keep from sticking. Pour into cups. Chill. Can also be used

as delicious cake topping. Regular milk can be used instead of the above mentioned.

Katie S. Beller  
Bird-in-Hand, RD1

**xxx**  
**Steam Pudding**

3 cups flour  
1 cup milk  
2 teaspoons melted butter  
1 egg  
3 tablespoons sugar  
1 teaspoon soda  
1 teaspoon cream of tartar  
½ teaspoon salt

Set dish in water boiling to steam about 40 minutes. Do not open till done. Serve with milk and fresh fruit.

Eva B. Shirk  
R.D.2  
Ephrata

**xxx**  
**Peach Marmalade**

5 cups sliced peaches  
1 small can crushed pineapple  
7 cups sugar  
Cook 15 minutes. Add:  
2 small or 1 large box orange or strawberry gelatin. Cook until dissolved.

Lena Stoltzfus  
New Providence, Pa.

**xxx**  
**Rhubarb Jelly**

5 cups rhubarb  
1 pound orange gum drops  
4 cups sugar  
Let stand till sugar is dissolved. Cook till thick, about 10 minutes.

Ella Mae Zimmerman  
RD3, Ephrata

**xxx**  
**Molasses Cookies**

½ cup baking molasses  
1 cup brown sugar  
½ teaspoon salt  
¼ teaspoon cinnamon  
1 cup sour milk  
5 cups flour  
1 tablespoon soda  
Add 1 cup melted lard at the very last. Chill dough overnight. Roll and cut. Coat with beaten egg.

Miriam Risser  
RD1  
Bainbridge

**Snow Balls**

1 cup sugar  
¼ cup sour cream  
1 cup buttermilk  
1 egg  
1 teaspoon baking soda  
1 teaspoon cream of tartar  
3 cups flour  
1 teaspoon vanilla  
¼ teaspoon salt

Drop in hot lard. Fry till nice and brown. Roll in 10X sugar. "These taste good after a real snow ball fight."

Mrs. Amos Zimmerman  
New Holland RD1

**xxx**  
**Shoo-Fly Cupcakes**

**Crumbs:**  
2½ cups unsifted flour  
½ cup soft butter  
1½ cups brown sugar (not packed)  
1 teaspoon baking powder  
Mix these ingredients together and save ½ cup crumbs for top.

**Liquid:**  
1 cup brown sugar  
1½ cups boiling water  
1 teaspoon vanilla  
1 teaspoon baking soda  
Add this to dry ingredients. Stir until mixed. Do not beat. Lumps will disappear. Bake at 375 degrees for 20-25 minutes.

Mrs. Elva Martin  
RD1, East Earl

**xxx**  
**Chocolate Creme Filled Cupcakes**

Sift together:  
3 cups flour  
1 cup cocoa  
2 teaspoons soda  
2 teaspoons baking powder  
**Mix:**  
2 teaspoons vanilla  
1 cup salad oil  
2½ cups sugar  
1 teaspoon salt  
2¼ cups hot coffee  
4 egg yolks

Add dry ingredients to mix. Beat egg whites (fold into batter last). Bake at 350 degrees.

**Filling**  
Boil 1 cup milk and 1 tablespoon cornstarch. Cool. Cream together:

¼ cup vegetable shortening  
¼ cup butter  
1 cup white sugar

Mix milk and cornstarch and everything together until fluffy. Cut center of cupcake and put one teaspoon of filling and press center on top.

Makes 35 to 40 cupcakes.  
Mrs. Ivan Zimmerman  
Nottingham, Pa.

**xxx**  
**Favorite Bread (easy to make)**

2 tablespoons salt  
2 tablespoons sugar  
3 tablespoons shortening  
2 tablespoons yeast  
2 cups scalded milk  
2 cups water  
12 cups flour

Put salt, sugar, shortening, in bowl. Pour scalded milk over it and stir until dissolved. Add 1½ cups water. Add yeast dissolved in ½ cup lukewarm water.

Pour this mixture into bowl of flour. About 12 cups. Stir.

Place on floured board and knead at least 5 minutes, until smooth and elastic.

Return to bowl which has been greased. Rub warm, melted shortening over dough. Cover and let stand several hours until double in bulk or more.

Divide into 4 portions. Knead and shape each loaf.

Place in greased bread pan. Rub warm shortening over each loaf. Let rise several hours.

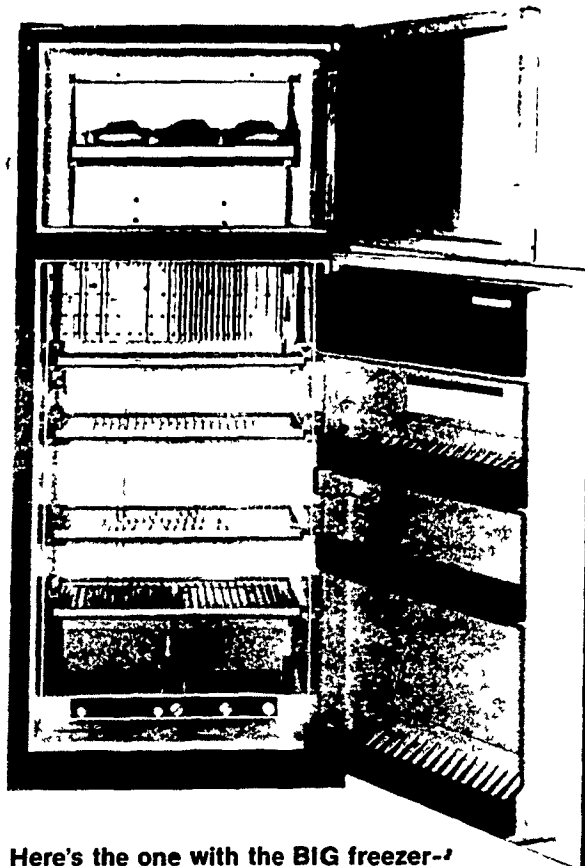
Prick lightly with fork. Bake at 350 degrees for 35 to 45 minutes depending on your oven.

The shortening used to grease bowl, pans and top of dough has not been listed with ingredients. Grease top of loaf after removing from oven.

Mrs. G. Sylvan Horning  
RD2, Ephrata

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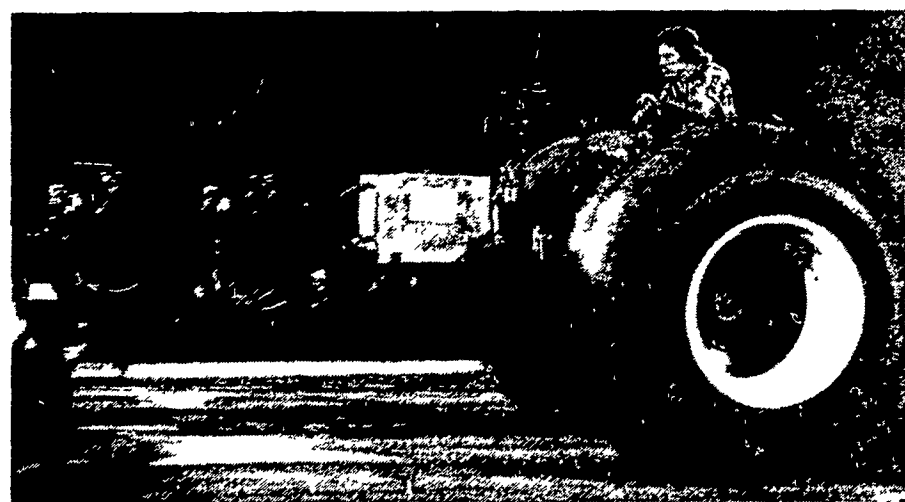
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