

Home On The Range

Fruit Buying

Dried fruits are a nutritional bonus for any meal or snack. Several pounds of fresh fruit are needed to make one pound of dried fruit reports the California Apricot Advisory Board. Dried fruits are excellent sources of condensed nutrition.

Fruits can be purchased in several different ways as wholes, halves, slices, chunks, crushed or dried. Also you can select fruits packed in heavy syrup or in natural juices.

For the diet conscious person many fruits can be purchased in dietetic water packs.

In season fresh fruits are the best buy since they are in abundance and many times at lower costs.

No matter what type or kind of fruit you buy, be sure to read the labels carefully to make sure you are getting just what you want.

Hamburgers

1½ pounds ground beef
1 teaspoon onion powder
1 teaspoon savor salt
1 egg
2 tablespoons prepared mustard
Combine ingredients. Pat into five to six cakes. Spread halved tomatoes with equal parts of mayonnaise and mustard; broil with hamburgers.
Serve with boiled onions glazed in a little brown sugar and butter.

Nancy Hoover
Versailles, Mo.

xxx

Potatoes

Dice even amounts of white potatoes and sweet potatoes and put in a buttered frying pan with lid on. Add salt to taste. Brown and steam heat till soft. Add water so it won't burn till soft.

Mrs. Ira Davis
Quarryville

Strawberry Pie

Place fresh strawberries, tops up in a 8 inch baked pie shell, enough to cover bottom. Mix together:
1 cup fresh strawberries, mashed
1 cup sugar
¼ cup cornstarch
Cook until thick. Cool. Pour in pie shell. Top with whipped cream to serve.
Mrs. Leon S. Musser
Manheim

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Paradise Pumpkin Pie

1-8 ounce package cream cheese
¼ cup sugar
½ teaspoon vanilla
1 egg
1-9 inch unbaked pastry shell
1¼ cups canned or cooked pumpkin
½ cup sugar
1 teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon nutmeg
Dash of salt
1 cup evaporated milk
2 eggs, slightly beaten
Combine softened cream cheese, sugar and vanilla, mixing until well-blended. Add egg; mix well. Spread onto bottom of pastry shell. Combine remaining ingredients. Mix well. Carefully pour over cream cheese mixture. Bake at 350 degrees 1 hour and 5 minutes or until done. Cool. Brush with maple syrup and garnish with nuts if desired.
Harriet Greenawalt
Lancaster, Pa.

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Vanilla Cream Pie

Beat 4 egg yolks. Add 9 tablespoons cold water, beat very well. Add 1½ cups sugar slowly, beat again. Sift 2 cups flour and 3 teaspoons baking powder, add.
Beat egg whites separately with 1 teaspoon salt until very stiff. Fold into batter. Pour into two shallow pans lined with waxed paper and dusted with flour. Bake at 350 degrees for 10 minutes.
On one pan spread crumb mixture made of:

¾ cup flour
¾ cup sugar
5 tablespoons butter
A little cinnamon
Also sprinkle some cinnamon on top.
Bake another 10 minutes, or until done.

Filling

3 cups scalded milk
Beat together and add to milk:

1 heaping tablespoon flour
1 heaping tablespoon cornstarch
1 tablespoon butter
1 cup sugar
2 eggs
Pinch of salt

Cook till smooth and add vanilla (about 1 tablespoon). Cool and spread between layers. Dust with 10X sugar.
Miss Rebecca Stoltzfoos
RD1
Gap

xxx

Chocolate Custard Pie

2 cups sugar
2 tablespoons flour
2 tablespoons corn starch
1 tablespoon cocoa
yolks of 2 eggs
3 cups milk
Mix together ingredients. Cook until thick, cool and pour into baked pie crust. Top with beaten egg whites and brown in oven.
Sylvia King
Christiana

xxx

Peanut Smoothie Sandwiches

1 cup peanut butter
1 cup marshmallow cream
4 tablespoons milk
Beat with mixer. If too stiff add a little more milk.
Spread on brown homemade bread and sprinkle with small chocolate chips. Top with another piece of bread.
Mrs. Aaron B. Zimmerman
RD1, Manheim

xxx

Devils Food Cake

1½ cup cake flour
1¼ cup sugar
½ cup cocoa
1¼ teaspoons soda
1 teaspoon salt
2-3 cup shortening
1 cup sour milk
1 teaspoon vanilla
2 eggs, unbeaten
Sift dry ingredients into a large mixing bowl. Drop in shortening. Add milk and vanilla and mix. Add eggs and mix again.
Bake in two deep 8-inch layer pans in 350 degree oven for 30 to 40 minutes.
Mrs. Ernest K. Groff
RD3
Quarryville

xxx

Buttermilk Cookies

2 cups brown sugar
2 eggs
¾ cup shortening
1 cup buttermilk with 1 teaspoon soda
4 cups flour with 2 teaspoons baking powder
Bake at 400 degrees for 10 to 15 minutes.
Frost and top with coconut.
Catherine Shirk
Ephrata, RD3

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Marble Cake

Mix together:
¾ cup vegetable oil
2½ cups cake flour

1½ teaspoon baking powder
1 teaspoon salt
½ teaspoon soda
1¼ cup sugar
Then add:
1 cup thick milk
3 eggs
1 teaspoon vanilla
Put ¼ of batter in another bowl and mix 3 teaspoons cocoa, 3 tablespoons sugar and ¼ teaspoon soda. Dot around in white batter.
Bake at 350 degrees in greased pan.
Catherine Shirk
RD3, Ephrata

Meat Loaf

1½ pounds ground beef
¾ cup oatmeal
¼ cup onion or celery
1 cup tomato juice
2 eggs, beaten
2 teaspoons salt
¼ teaspoon pepper
Bake one hour.

Anna Brubaker
Kutztown RD1

Scout's Honor

A mother received a letter from her son—who was away at Boy Scout Camp. "A scout is a friend to all, and a bother to every other scout!"

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