

Junior Cooking Edition

Home On The Range

"Get what you pay for—pay for what you get" is the motto of the Perishable Agricultural Commodities Act, a federal law protecting those who buy and sell fresh and frozen fruits and vegetables. By cutting producers' risks in the marketing of these highly perishable foods, the law ultimately helps hold down marketing costs to the benefit of the produce industry and consumers, says the U. S. Department of Agriculture.

Will there be enough beans to make "chili" when the weather turns colder this fall? The U. S. Department of Agriculture — reporting in its Food Marketing Alert for September — says supplies should be ample, considering an expected record output 24 percent above last year and the 1971-73 average. The "Alert" bulletin was started last March by USDA's Agricultural Marketing Service to keep volume food buyers and communication media apprised of the food supply situation. If prospective supplies of a

particular commodity are likely to cause market gluts - with consequent lower returns for producers - the agency may provide special merchandising assistance, gaining cooperation of the food industry to stimulate consumption of the product.

Nut Cake
 Cream Lightly:
 1 cup sugar
 ½ cup shortening
 Add:
 2 beaten egg yolks
 1 teaspoon vanilla
 Now cream above
 Sift:
 1¼ cups flour
 2 teaspoons baking powder
 ½ level teaspoon salt
 Now add ingredients and ½ cup milk and 1 cup nuts. Put in 2 beaten egg whites. Bake at 350 degrees and bake 25-35 minutes.
 Nut Icing:
 ½ cup cream
 1 cup light brown sugar
 Cook until bubbles form then add ½ cups nuts. Spread on cake while still warm.

Brenda Mengel
 age 12
 Breinigsville

Golden Omelet
 2 tablespoons margarine
 6 eggs beaten
 ¼ cup milk
 ¼ teaspoon salt
 dash of pepper
 sliced cheese
 Melt margarine in skillet over low heat. Combine eggs, milk and seasonings. Pour into skillet. Cook slowly as eggs mixture sets, lift slightly with a spatula to allow uncooked portion to flow underneath. Place slices of cheese on top. When cheese is melted remove from skillet and serve.

Mary Jane Hursh
 age 9
 Ephrata

No-Bake Oatmeal Cookies
 Mix:
 ½ cup margarine
 ½ cup milk
 2 cups sugar
 ½ teaspoon salt
 Bring to a rolling boil. Remove from heat.
 Add:
 3 cups quick rolled oats
 6 ounce package of chocolate chips
 ½ cup coconut
 ½ cups nuts
 1 teaspoon vanilla
 Press in pan and cut in squares.

Nancy Hursh
 age 14
 Ephrata

Holiday Fruit Drops
 1 cup shortening
 2 cups brown sugar
 2 eggs
 ½ cup sour milk
 3½ cups flour
 1 teaspoon soda
 1 teaspoon salt
 1½ cups broken pecans
 2 cups candied cherries halved
 2 cups date chopped
 Mix shortening sugar and eggs well. Stir in sour milk. Stir in dry ingredients. Stir in pecans, cherries and dates. Chill at least 1 hour. Heat oven to 400 degrees. Drop rounded teaspoonfuls of dough about 2 inches apart on lightly greased baking sheet. Place a pecan half on each cookie. Bake 8-10 minutes.

Rose Hursh
 Age 10
 Ephrata

Chocolate Cake
 4 cups flour
 3 cups sugar
 ¾ cups cocoa
 ¾ cups shortening
 2 teaspoons baking powder
 1 cup milk
 3 eggs
 Mix and add 1 cup hot water.
 Two teaspoons soda dissolved in water and add 2 teaspoon vanilla.
 Do not beat long after putting in soda. Put in loaf pan and bake in over 350 degrees for 1 hour or until done.
 Icing:
 beat one egg till real stiff and add
 1 teaspoon vanilla
 2 tablespoons flour
 2 tablespoons milk then add:
 2 cups 10X sugar and add ¾ cup shortening cream and beat, spread on cake. Then melt over low heat.
 1 cup semi-sweet chocolate chips with 2 tablespoons paraffin.
 Spread on white icing.

Esther Hoover
 age 7
 New Holland

Popcorn Balls
 1 cup light corn syrup
 ½ cup sugar
 1 package (3 ounces) gelatine
 ½ pound salted peanuts coarsely chopped
 9 cups popped corn
 Bring syrup and sugar to a boil. Remove from heat and add jello stirring until dissolved. Add peanuts and pour over popcorn mixing well. Quickly form into balls. Makes about 4 dozen.

Katie Glick
 Age 9
 Lancaster

1-2-3-4 Cake
 1 cup shortening
 2 cups sugar
 3 cups flour
 3 teaspoons baking powder
 4 eggs
 1 cup milk
 1 teaspoon vanilla
 Mix shortening and sugar. Add eggs. Add dry ingredients. Add milk and vanilla.

Verna M. Shirk
 East Earl

Apple Crisp
 Place 4 cups sliced apples in a shallow 6 x 10 baking dish and sprinkle with:
 ¼ cup water
 ¼ teaspoon salt
 1 teaspoon cinnamon
 Work together until crumbly: Add ¾ cups sifted flour. 1-3 cup butter and 1 cup sugar. Spread mixture over apples, bake uncovered about 40 minutes in 350 degree oven. Serve warm with whipped cream.

Twilight Hain
 10 Years

Chocolate Marshmallow Dessert
 1 cup milk
 ½ pound marshmallows
 ½ teaspoon salt
 1 teaspoon vanilla
 1 ounce chocolate square
 1 cup whipped cream

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½ cup coconut
 Heat milk to boiling and add marshmallows. After marshmallows are melted add salt and vanilla. Cool completely. Add grated chocolate, whipped cream and coconut. Chill until firm.

Lois Martin
 Age 13
 East Earl

Apricot Nectar Dessert
 1 can (46 ounces) apricot nectar
 1 can (46 ounces) water
 ½ cup sugar
 1 cup clear jel
 1 (16 ounce) box orange jello.
 Dissolve clear jel with cold water or nectar. Bring to a boil, nectar, water, sugar, and clear jell. Remove from heat and add jello. Stir well.

Rhoda Huber
 age 15
 Leola

Black Midnight Cake
 2-3 cup soft shortening
 1 2-3 cups sugar
 3 eggs
 2¼ cups sifted cake flour

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2-3 cup cocoa
 ¼ teaspoon baking powder
 1¼ teaspoon soda
 1 teaspoon salt
 1¾ cup water
 1 teaspoon vanilla
 Heat oven to 350 degrees. Grease well and flour two layer pans 9 x 1½ inches. Cream together shortening, sugar and eggs until creamy, beat five minutes. Sift dry ingredients together and mix in alternately with water and vanilla. Bake layers 40-45 minutes.

Verna Nolt
 Age 11
 Kutztown

To help reduce the amount of unnecessary noise in your home, officials of the Beltone Crusade for Hearing Conservation suggest placing a foam rubber pad beneath noisy kitchen appliances such as blenders and mixers. Similarly, the installation of noise absorbing ceiling tile in the kitchen, recreation room and other noisy areas in the home will help reduce unwanted noise.

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