

Junior Cooking Edition

Home On The Range

Rice as Food

As early as 3,000 B.C. man recognized the value of rice as a healthful, hearty nutrient. Since then it's been enriched, enhanced, varied, dressed up in perhaps as many ways as there are years between.

xxx

Rice first came to the United States in 1964 when a ship bound for England was blown off course by a storm. Forced to land at Charleston, S.C., for repairs, the captain found the Americans so kind that he expressed his gratitude by giving the Governor of the colony a handful of rough rice grains. These were used for seed. American rice production has been flourishing ever since and right now is probably the finest in the world.

xxx

Rice flour comes from milled rice that is ground. This flour can be substituted for wheat in baking and, since rice is non-allergenic, it's a boon to those allergic to wheat flour products.

When preparing rice in an oven, use a shallow pan. Fluff with fork or slotted spoon to separate grains and allow steam to escape. Keep covered until serving.

xxx

When holding rice for up to 1 hour before serving, cover and keep warm. Adding butter or margarine to cooked rice will help keep grains separated.

xxx

To avoid sticky rice, do not wash it before cooking, measure rice and liquid carefully, time accurately, and remove from cooking utensil within 10 minutes after cooking and turn into a shallow container.

xxx

Walnut Cake

2 1/4 cups flour
1 teaspoon salt
2 1/2 teaspoon baking powder
1 1/4 cup sugar
1 cup shortening
3 eggs
3/4 cup milk
1 teaspoon vanilla
1 cup nut meats finely chopped
Sprinkle nuts on bottom of greased 9 inch pans and put

batter on top. Bake at 350 degrees for 30 minutes.

Ruth Elaine Burkholder
Age 9
Cochranville

xxx

Old Fashion Lepp Cakes

4 cups brown sugar
1 cup shortening (half butter)
1 quart thick milk
1 teaspoon nutmeg
1 tablespoon baking soda
1 teaspoon baking powder
8 cups flour
1 teaspoon vanilla
Mix together and drop by teaspoonfuls on greased cookie sheet. Bake at 350 degrees.

Betty Ann Burkholder
Age 10
Cochranville

xxx

Peanuty Crunch Pie

1-3 cup peanut butter
1-3 cup corn syrup, mix well add 2 cups rice krispies
Stir until well coated
Press mixture evenly around sides and bottom of buttered 9 inch pie pan. Chill until firm. Fill with softened ice cream, freeze until firm.

Darlene Rutt
Age 11
Mt. Joy

xxx

Cucumber Salad

3 cucumbers
1 small onion, chopped
1 teaspoon salt
2 tablespoons sugar
2 tablespoons vinegar
1 tablespoon water
Peel cucumbers and slice thin. Add onion. Mix salt in and let set for 1/2 hour. Drain, add sugar, vinegar and water.

Susan Wenger
Age 7
Manheim

xxx

Plantation Dessert Cake

2 cups flour
3/4 cup sugar
1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon cloves
6 tablespoons margarine

1/2 cup molasses
1 1/2 teaspoon baking soda
Sift flour, sugar and spices. Cut in margarine until well mixed. Spoon half of mixture into a 9 x 12 inch pan. Combine molasses and soda with 1/4 cup boiling water. Pour half of liquid over crumbs. Sprinkle with remaining crumbs. Drizzle remaining liquid over to give a marbled effect. Bake at 375 degrees for 30 minutes. Serve with lemon sauce.

Debra Lynn Wenger
Age 11
Lititz

xxx

Favorite Chocolate Cake

3 cups bread flour
3 cups white sugar
3/4 cups cocoa
3 teaspoons baking powder
1/2 teaspoon salt
3/4 cup lard
1 7-8 cups water
3 eggs
1 teaspoon vanilla
Sift dry ingredients together. Add wet ingredients, beat well. Bake at 350 degrees.

Esther Martin
Age 15
Lewisburg

xxx

Pecan Sticky Buns

2 tablespoons yeast (2 packages)
1 cup very warm water
1 1/2 cups luke warm milk
1/2 cup sugar
2 teaspoons salt
2 eggs
1/2 cup soft shortening
7 1/2 cups flour
Dissolve yeast in warm water. Stir together remaining ingredients except add only half of flour. Mix well with spoon until smooth. Add rest of flour to handle easily. Knead until smooth. Cover and let rest until double in bulk. Punch down and let rise. Shape dough and let rise.

Topping
2-3 cups margarine or

melted butter
1 cup brown sugar
2 tablespoons corn syrup
1 cup nuts
Mix together well all but nuts. Spread in bottom of pan. Add nuts and roll dough up like jelly roll and make slices 1/2 inch thick. Put dough on top of syrup and nuts. Bake at 350 degrees for 15-20 minutes.

Eunice Wenger
Age 14
Lewisburg

xxx

Macaroni Salad

3 cups cooked macaroni, salted
2 hard boiled eggs
1 small onion

Dressing

1 cup sugar
1/4 cup vinegar
1/2 tablespoon dry mustard
1/2 teaspoon butter
2 eggs beaten
Boil about 2 minutes, stir regularly. Cool adding 2-3 cups salad dressing and add salt. Mix everything together. If sauce should thicken add milk.

Ina Martin
Age 9
Lewisburg

Ranger Joe Cookies
1 cup shortening
1 cup white sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 cups flour
1 cup chocolate
2 cups rice krispies
2 cups oatmeal
1/2 cup coconut
1/2 cup walnuts
Mix in order given. Roll into small balls and flatten with fork. Bake on greased cookie sheet at 375 degrees until golden brown.

Lynnette Zimmerman
Age 11
Lititz

xxx

Unending Battle

Each farmer in the U.S. spends on the average more than \$1,000 each year fighting insects, crop diseases, and weeds. Despite this expenditure, these pests cost each farmer an annual average of \$2,500 in crop losses.

NOW IS THE TIME TO SAVE DOLLARS

INSTALL A Furnace Fuel Saver

On Your Present Oil Heating Unit.

Cut the high cost of heating 10 to 30%.

CONTACT
KELMANADA, INC.

RD1, Box 4210, Grantville, Pa.
Phone 717-469-2864
Some Dealerships Available

More farmers each month prefer to buy their

• EAR CORN • HAY • STRAW

from us for better value and all around satisfaction. At farm or delivered, any quantity as your requirements may be.

Area Code 717 687-7631

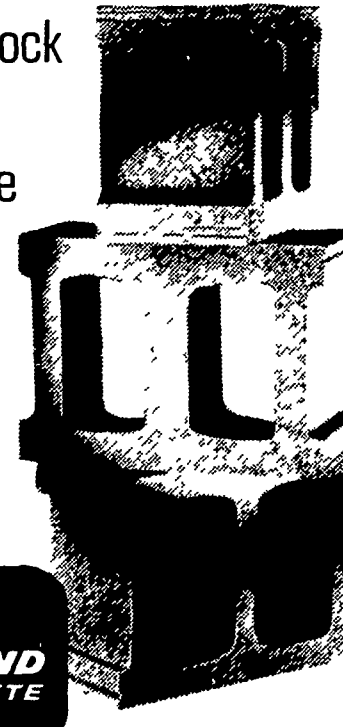
ESBENSHADE TURKEY FARM

"America's Oldest"
PARADISE, PA.



Complete line of building blocks

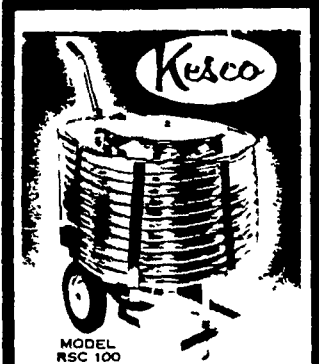
Limestone Block
Hollite Block
Holland Stone



NEW HOLLAND CONCRETE

NEW HOLLAND, PENNSYLVANIA / 717 354-4511

Kesco



MODEL NSC 100

A MILKMOVER SYSTEM gets you out of the barn sooner—with more money in your pocket! It saves your lugging heavy pails of milk from barn to cooler

- HAS MORE MILK CAPACITY
- PERMITS FASTER MILKING
- ELIMINATES EXTRA HELP
- PROTECTS MILK QUALITY
- IS 100% SELF-CLEANING
- HAS ELECTRIC CONTROLS
- FITS INTO ALL BARNs
- EASILY INSTALLED

Available thru your local dairy equipment dealer or call the factory collect to arrange for a free demonstration on your farm.

Manufactured by

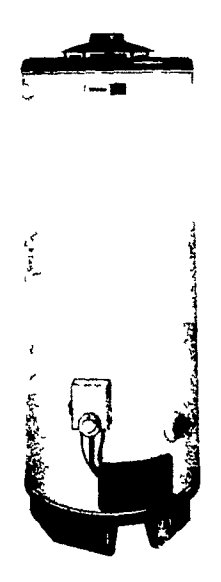
JOUG INDUSTRIES INC JOHNSON

P.O. BOX 283,
ELKTON, MD. 21921
Phone 301-398-3451

AGWAY

LP GAS

Your hardest working, lowest paid hired hand



The Agway LP Gas-powered hot water heater puts out about twice as much hot water as electric heaters in the same amount of time. And this hired hand does it for only pennies on your busiest day.

100% safety is built in—if the pilot goes out, the gas shuts off immediately. Glass lining makes the tank rust-proof. Magnesium anode retards corrosion; 10-year warranty. And Agway gives you dependable automatic delivery of LP Gas plus investment-free storage. Water heater rental plans available. Financing, too. Call today for fast, complete service.

AGWAY LP GAS SERVICE

1027 DILLERVILLE ROAD, LANCASTER, PA.
PHONE 717-397-4954

