

Junior Cooking Edition

Home on the Range

Cook Vegetables Until Tender For Best Quality
The goal in cooking any vegetable is to cook it only until tender to preserve the color, shape and food value, reminds Mrs. Ruth Buck, Extension foods and

nutrition specialist at The Pennsylvania State University. Tenderness may mean different degrees of doneness among vegetables. But in any case, a properly cooked vegetable retains its

original shape and is tender and crisp. Soaking vegetables in water before cooking or allowing them to stand in water after they are cooked will change the texture and nutritive value.

The Extension foods and nutrition specialist offers some other tips to keep in mind when cooking vegetables. To retain the most food value, cook in the skin or peel very thinly. To cut down on cooking time, start cooking in boiling water and cook only until tender. Watch with extra care the vegetables that are sliced or diced before cooking. They cook in a shorter time than whole vegetables.

Most vegetables have a pleasing flavor which you can keep by cooking properly. However, there are a few strong-flavored vegetables for which a change in flavor is preferred. Broccoli, cabbage, onions, and turnips are some. With these vegetables, it is particularly important to avoid overcooking. Longer cooking time increases the strong flavor.

Chocolate Kiss Peanut Butter Cookies
2-3 cups sifted flour
2 teaspoons baking soda
1 teaspoon salt
1 cup butter
2-3 cups creamy peanut butter

1 cup granulated sugar
1 cup brown sugar (firmly packed)
2 eggs
2 teaspoons vanilla
5 dozen chocolate kisses
Sift flour with soda and salt. Beat butter and peanut butter until well mixed. Add both sugars, mix well till fluffy, add eggs, vanilla and beat till smooth. Stir in flour mixture. Using level teaspoon full shape five dozen balls. Roll each in granulated sugar. Place on cookie sheet 2 inches apart. Bake 8 minutes. Remove from oven and press chocolate kisses on top, bake 2 minutes longer. Bake at 375 degrees.

Katie Zook
age 14
Leola

Cheese Dip
1-8 ounce softened package cream cheese
2 soup spoons Onion Soup mix
top milk or cream to make thin for dipping.
Oregano leaves for taste.
Use for dip with crackers, chips or snacks.

Marian Beiler
age 7
Strasburg

Cocoanut Oatmeal Cookies
2½ cups sifted flour
2 teaspoons baking powder
2 teaspoons salt
1 cup white sugar
1 cup brown sugar
1 cup margarine
2 eggs
1 teaspoon vanilla
2 cups oatmeal
2 cups cocoanut
Cream white and brown sugar and margarine. Add eggs and vanilla, sift flour baking powder and salt. Add cocoanut and oatmeal last. Bake at 375 degrees.

Anna Mary Lantz
age 8
Gap

Corn Fritters
2 cups cooked corn
2 eggs
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
1 teaspoon baking powder
2 tablespoons cream
4 tablespoons fat.
Mix thoroughly and drop by spoonful in melted fat. Makes 16-18 fritters.

Velma Hursh
age 7
Ephrata

Quick Plain Waffles
4 eggs
2½ cups milk
¾ cup melted shortening
3½ cups flour
6 teaspoons baking powder
1 teaspoon salt
Mix everything and beat for 1 minute. Put one cup of batter in hot waffle iron. And repeat till all the batter is used. Place ice cream between each waffle and serve.

Judy Hursh
age 11
Ephrata

Prize-Winning Cookies
4 cups brown sugar
2 cups shortening
2 cups sweet milk
4 eggs well beaten
4 teaspoons soda
10 teaspoons baking powder
2 teaspoons vanilla
2 teaspoons salt
flour as needed

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Ethel N. Martin
age 15
Penn Yan, NY

Fudge Popsicles
1-3 ounce box chocolate pudding mix
3½ cups milk
1¼ cups sugar
Boil until thickened, let cool, put in ice tubs.

Linda Rutt
age 10
Mt. Joy

Oatmeal Pie
3 eggs slightly beaten
1 cup sugar
1 cup white syrup
1 cup oatmeal
1 tablespoon flour
½ teaspoon salt
1 tablespoon melted butter
Mix together and add 1 teaspoon vanilla, 1 cup oatmeal last. Put in unbaked pie crust. Bake about 45 minutes. Bake at 350 degrees makes 1-9 inch pie.

Ellen Martin
age 13
Penn Yan, NY

Saying Grace
When the missionary came upon a lion in the jungle he naturally went to his knees in prayer. The lion knelt beside him. "Great to have you join me in prayer," trembled the cleric. "Don't interrupt me when I'm saying grace," roared the lion!

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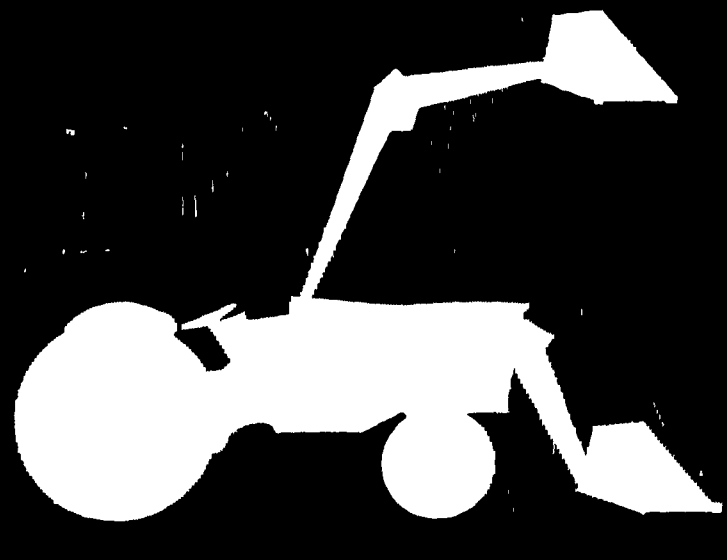
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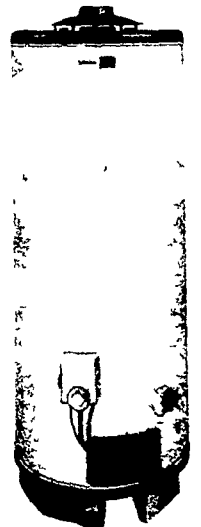
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