

Recipe Exchange . . .

# Home on the Range

In these days of relatively high food prices, it's good to hear that the nutrient value of the least expensive meat cuts equals the more expensive cuts. Food scientists at The Pennsylvania State University report the food value of meat and milk is influenced only slightly by the animal's nutrition.

Indeed, fat content in animal products is the most variable constituent, according to Dr. Robert D. McCarthy and Dr. Barbara C. Raphael, food scientists with the College of Agriculture at Penn State. They observe that fat is directly related to diet and can vary from a few per cent to almost 40 per cent of the carcass.

They point out that feeding a dairy cow above the level required for maximum milk

production has little consistent effect on milk composition. The major effect is to fatten the animal, they stated recently in "Science in Agriculture," the quarterly magazine of the Agricultural Experiment Station at Penn State. Underfeeding a dairy cow, on the other hand, tends to reduce milk yield.

In a few instances, underfeeding has been reported to drop the level of protein and lactose (milk sugar) but only to a slight extent. Farmers know that an inadequate ration results in poor growth and less meat and milk.

Lack of calcium and phosphorus in a dairy cow's ration, severe enough to limit milk production, does not change their level in her milk. Instead, the animal depletes her skeletal

reserves to make up this deficiency.

Likewise, feeding high levels of trace minerals does not significantly increase their level in milk. But a trace element, iodine, can be increased by feeding it to animals receiving food grown on iodine deficient soils, such as the "goiter belt" around the Great Lakes.

Bacteria and protozoa in the rumen or first stomach of cattle and sheep synthesize all the B vitamins an animal can use. As a result, there is no dietary influence on the B vitamin content of products derived from the animals.

However, levels of vitamins A, D, and E depend on the level in the animal's diet. Beef fat is naturally low in vitamin A while milk is low in vitamin D. Rather than supplementing a milk cow's feed with vitamin D, it is more economical and practical to supplement her milk directly. For many years, commercial milks have been supplemented with vitamin D.

**Shoofly Cake**

4 cups flour  
2 cups sugar  
1 cup shortening  
Make crumbs, Keep one cup for top.  
Add:  
1 cup dark molasses  
2 teaspoons baking soda  
2 cups hot water  
a little salt  
Bake at 350 degrees for 45 minutes.

Mrs. Dawn Gilbert  
RD1, Columbia

**Sandwich Cookies**

4 3/4 cups light brown sugar  
1 1/2 cups butter  
1 1/2 cups milk  
1 egg  
4 tablespoons vanilla  
1 tablespoon cream of tartar  
1 teaspoon soda  
12 or more cups flour  
Mix sugar and shortening till creamy. Add egg. Beat till smooth. Add milk, flour vanilla, cream of tartar and

soda and mix. Chill overnight. Roll and cut into cookie shapes. Bake at 400 degrees. Frost or fill.

Katie Beller  
Narvon, PA

**xxx**

**Two Way Cookies**

2 cups brown sugar  
1 cup margarine  
3 eggs  
1 teaspoon vanilla  
4 cups sifted flour  
1 teaspoon salt  
1 teaspoon soda  
1 6-ounce package semisweet morsels  
Bake at 350 degrees 12 to 15 minutes.

Miss Marian N. Weaver  
RD1  
Leola

**xxx**

**Oat-Molasses Cookies**

8 1/2 cups sifted flour  
1 tablespoon salt  
2 tablespoons baking soda  
8 cups quick rolled oats  
2 1/2 cups sugar  
1 tablespoon ground ginger  
2 cups melted vegetable shortening  
2 cups light molasses  
4 eggs, beaten  
1/4 cup hot water  
3 cups seedless raisins  
2 cups ground nuts

Reserve 1/2 cup flour. Sift together eight cups flour, salt, baking soda. In a very large bowl mix oatmeal, sugar and ginger. Stir in the melted shortening, molasses, beaten eggs, hot water, sifted dry ingredients, raisins and nuts.

Work dough with hands until well mixed. Add the one-half cup flour if needed to make dough workable.

Roll portions of dough to one-fourth inch thickness; cut with 3 1/2 inch cutter. Place cut cookies on lightly greased baking sheets. Brush with water; sprinkle with sugar. Bake in a moderate oven (375 degrees) for eight to 10 minutes, makes six dozen cookies.

Eva S. Weaver  
New Holland RD1

**xxx**

**Pineapple Drop Cookies**

1/2 cup shortening  
1/2 cup brown sugar  
1/2 cup white sugar (may use one cup white sugar instead of brown and white)  
1/2 cup nuts  
1 teaspoon vanilla  
1/2 cup drained pineapple (crushed)  
1 egg, beaten

1/2 teaspoon salt  
1/2 teaspoon soda  
1/2 teaspoon baking powder  
2 cups flour

Cream shortening and sugar. Beat eggs. Sift dry ingredients and mix in. Add pineapple and nuts. Drop on greased baking sheet. Bake in 375 degree oven, adding a few teaspoons of pineapple juice if needed.

Susan Burkholder  
Mifflinburg, RD1

**xxx**

**Union Pie**

1 cup molasses  
1 cup sugar  
2 eggs  
1 cup thick milk  
1 cup sour cream  
1 tablespoon flour  
1 teaspoon soda  
Sprinkle cinnamon

Makes one 9-inch pie.

Lavina Hoover  
East Earl RD2

**xxx**

**Rivels for Soups**

1 cup unsifted flour  
1 egg  
Mix together till small lumps appear. If large rivels are desired, use less flour. Add this to vegetable soup, corn soup or just plain rivel soup. Cook during the last 10 minutes of soup or meat stock cooking time. Use with chicken or beef stock.

Mrs. Ira Davis  
Quarryville

**xxx**

**Whipped Gelatine**

1 three ounce package gelatine, any flavor  
1 cup boiling water  
1 cup ice water  
2 tablespoons sugar  
Pinch salt  
Dissolve gelatine in boiling water. Add sugar and salt. Then stir in ice water. Put into bowl and chill in refrigerator for one hour and 15 minutes. Beat with a

rotary egg beater until very light and almost doubled in volume. Return to refrigerator and chill until set.

Note: Do not let it chill too long before beating, or it will not get light.

Mrs. Daniel E. Wenger  
Stevens RD1

**xxx**

**Steam Pudding**

1 cup brown sugar  
1 egg  
1 cup sour cream  
3 1/2 cups flour  
1 teaspoon soda  
3/4 teaspoon salt  
Add some raisins  
Put in a stainless dish in a large lettle with a little water. Steam two hours. Serve with milk and fruit.

Miss Marian Newswanger  
RD1  
New Holland

**xxx**

**Old Time Pound Cake**

1 1/2 cups butter  
2 cups sugar  
2 3/4 cups all purpose flour  
3 cups cake flour  
8 eggs  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon vanilla or lemon extract

Cream butter, add sugar and gradually beat until fluffy.

Add eggs one at a time beating vigorously after each addition.

Sift flour, measure and sift again, add dry ingredients alternately with eggs and flavoring.

Beat mixture until it is light enough to float when a little is dropped into water. Pour into greased tube pan. Bake at 350 degrees for one hour.

Carolyn Maring  
Port Trevorton

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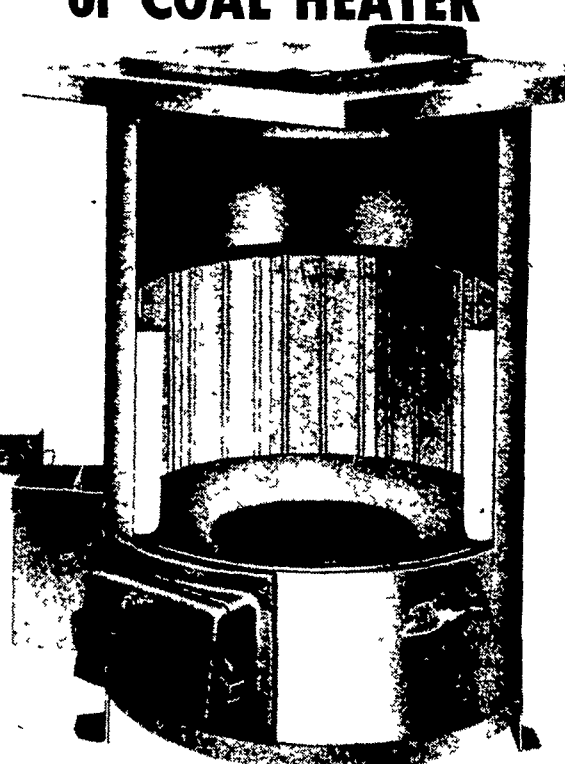
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