

Junior Cooking Edition

Home on the Range

BUYING TIPS

Apples should be plentiful. Buy the small to medium size for eating, less of the fruit is wasted. Inviting to hungry school children are apples and pears. If possible buy them a peck or more at a time from an orchard or roadside stand. Go to the orchard and pick a supply if the opportunity exists.

No let-up in increasing cost of food is on the horizon. A fall garden of greens, chard salsify can help. Pot gardens of chives parsley and green onions can reduce cost of seasonings.

Blends of meat and textured vegetable proteins are sometimes cheaper than all meat, and blends are lower in cholesterol and animal fat than all meat.

Dry beans and dry peas are good protein sources but the quality is greatly improved with cheese, eggs, fish, poultry or meat added or it can even be served at the same meal.

Mississippi Mud
 1 1/2 cups brown sugar
 2 1/2 cups milk
 1/2 cup water
 1 teaspoon vanilla
 3 egg yolks
 4 tablespoons flour
 12 graham crackers
 1 heaping tablespoon butter
 Melt butter and brown. Add sugar and boil until thick. Mix egg yolks, flour and milk. Add to syrup and boil until thick. Add vanilla and put into dish. Roll graham crackers and spread on top. Spread with beaten egg whites and a few graham cracker crumbs. Brown slightly. Serve hot with milk or serve cold.
 Edith Martin
 Ephrata

Whoopie Pies
 4 cups flour
 2 cups sugar
 1 cup cocoa
 2 teaspoons soda
 2 teaspoons vanilla
 1 cup shortening
 1/2 teaspoon salt
 1 cup thick sour milk
 1 cup cold water

Cream together: sugar, salt, shortening, vanilla and eggs. Sift together flour soda and cocoa. Add this to first mixture alternately with water and sour milk. Add slightly more if milk is not thick. Drop by teaspoons. Bake in hot oven.

Filling
 2 beaten eggs
 1 tablespoon vanilla
 2 cups confectioners sugar
 Beat well and add 1/2 cup shortening and continue beating until smooth.
 Emaline Martin
 Ephrata

Apple Sauce Cake
 1 cup sugar white or brown
 1/2 cup shortening
 1 egg
 1 cup sifted cake flour
 1/2 teaspoon salt
 1/2 teaspoon baking powder
 1 cup apple sauce
 1 teaspoon soda
 1/2 teaspoon allspice
 1 cup raisins
 Cream shortening. Add sugar, beat until light. Add egg and beat until fluffy, pour in apple sauce and mix. Sift flour, salt, baking powder, soda, cloves, cinnamon and allspice together and add raisins and chopped nuts. Combine the two mixtures. Bake in a moderate oven at 350 degrees for 40-45 minutes.
 Erla Zimmerman
 age 8
 Millmont

Malinda Spice Cake
 1 1/2 cups sugar white or brown
 1/2 cup cold water
 1 1/2 cup flour
 2 teaspoon baking powder
 pinch of salt
 1 teaspoon vanilla
 3 eggs
 2 teaspoons cinnamon
 1 teaspoon allspice
 Sift flour, baking powder,

salt, cinnamon and allspice. Mix sugar and water. Add flour mixture, egg yolks and vanilla. Beat egg whites stiff and fold in last.

Katie Beiler
 age 12
 Leola

Shoo Fly Cake
 Combine and work into crumbs:
 4 cups flour
 1 pound brown sugar
 1 cup butter
 save 1/2 cups crumbs for topping
Mix:
 2 cups boiling water
 2 teaspoons soda
 Add to crumb mixture, mix well; the batter will be thin. Pour into greased floured 9 x 13 pan. Sprinkle with crumbs on top.
 Bake at 350 degrees for 45 minutes.
 Ellen Martin
 age 12
 New Holland

Butterscotch Cookies
 2 cups brown sugar
 2 eggs
 1 teaspoon vanilla
 1 cup walnuts
 3-4 cups flour enough to make stiff dough
 2 cups butter or lard
 1 teaspoon soda
 1 teaspoon cream of tartar
 Combine and bake.
 Norma H. Martin
 age 10
 New Holland

Apple Goodie
 3/4 cup sugar
 1 tablespoon flour
 1/2 teaspoon salt
 1/2 teaspoon cinnamon
 2 cups or 4 cups sliced apples
 Sift sugar, flour, salt, cinnamon together and combine with sliced apples. Mix together well and place in the bottom of a greased casserole.
Topping:
 1/2 cup oatmeal
 1/2 cup brown sugar
 1/2 cup flour
 1/4 cup butter

1/2 teaspoon soda
 1/2 teaspoon baking powder
 To make topping combine dry ingredients and rub in butter to make crumbs. Put crumbs on top of apple mixture. Bake at 350 degrees for 35-45 minutes, serve hot or cold with milk or whipped cream. Makes 6 servings.
 Wilma Wenger
 age 6
 Lititz

Oatmeal Cake
 Pour 1 1/2 cups of boiling water over 1 cup of oatmeal and let stand till other things are ready.
Cream together:
 1 cup brown sugar
 1 cup white sugar
 1/2 cup shortening
 2 eggs
 1 teaspoon vanilla
Sift together:
 1 1/2 cups flour
 1 teaspoon soda
 1 teaspoon cinnamon
 1/2 teaspoon salt
 Add sifted mixture to creamed mixture. Add oatmeal. Mix and beat. Bake in long pan.
Topping:
 1 stick margarine
 3 tablespoons milk
 3/4 cup brown sugar
 1 cup nuts
 1 cup coconut
 Boil 1 minute. Spread on cake when cake is still hot. Broil 1 minute on second rack.
 Eileen Rabick
 age 13
 Christiana

Pollution Damage

Dust, soot, and smog are recognized as being harmful to your health and the environment. But they also can damage furnishings in your home.

Pollutants in the air affect the fabric on furnishings. They can fade colors, yellow whites and weaken fibers.

The most common pollutants are: nitrogen oxides, produced by combustion in furnaces, incinerators, and automobiles; ozone, a natural pollutant; and sulfur dioxide, produced by burning coal or oil with sulfur impurities.

Nitrogen oxides and ozone affect colorfastness in fabrics. Ozone has the effect of a strong bleach and may react with chemicals in fabrics treated with durable press to cause coloring changes. In high humidity, sulfur dioxide may form an acid which corrodes cotton and nylon.

But frequent laundering or dry cleaning can help remove destructive particles from your furnishings. To reduce air pollutants in your home, check for leaks in the furnace, gas dryers and flue pipes. And keep humidity constant by using dehumidifiers in the summer and humidifiers in dry weather.

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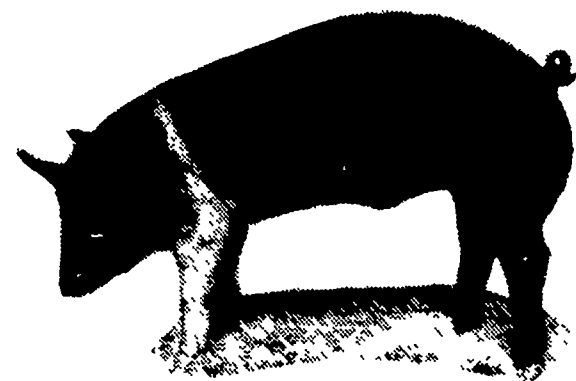
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