Junior Cooking Edition Range the

It seems that our Junior Cooks sure like those dessert recipes especially cakes, pies and cookies. This week we will be sharing some of their dessert recipes with you along with recipes for some interesting casseroles and one for a vegetable dip.

XXX

Shed the pounds Substitute less starchy foods for part of those you now eat. Try fresh fruits and fresh vegetables for snacking and fruits for desserts. Engage in a regular physical activity, walking

is one of the best. Adequate Food Is

That which provides the things the body needs in the right amounts. Either too much or too little

on body systems. Check if you overeat from some food groups and undereat in others.

Pumpkin Pie 1 cup cooked pumpkin

- 1 cup white sugar
- 1 cup brown sugar
- 3 tablespoons flour
- 3 eggs
- 1 teaspoon salt
- ¹/₂ teaspoon nutrieg

½ teaspoon cinnamon 3 cups milk

Mix pumpkin, flour, sugar, spices and salt. Add egg yolks. Beat egg whites and fold in last. Bake at 350 degrees until firm.

> Janice Wenger age 11 Ephrata

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Pineapple Chiffon Cake

1 envelope unflavored gelatine

¹/₂ cup sugar divided

¹/₈ teaspoon salt

3 eggs, separated

1¹/₄ cups canned crushed pineapple.

2 tablespoons lemon juice 1 cup heavy cream whipped thin chocolate cookies

Mix gelatine, 2 tablespoons sugar and salt in top of double boiler. Beat egg yolks and syrup. Add to gelatine. Cook over boiling water stirring constantly until gelatine is thickened about 5 minutes.

Remove from heat and stir in lemon juice. Chill mixture to unbeaten egg white consistency. Beat egg white until stiff. Beat in remaining sugar. Fold in gelatine mixture. Fold in whipped cream. Spoon ¹/₄ mixture into waxed paper lined leaf pan. Add all layer of cookies repeat three times ending with gelatine. Chill in refrigerator until firm. Unmold on a serving plate and top with additional whipped cream.

pieces 4 cups corn flakes 1 ½ teaspoon salt 1/4 teaspoon pepper 1/2 cup evaporated milk

Wash and dry chicken pieces. Crush the corn flakes into fine crumbs. Mix crumbs with salt and pepper. Dip chicken pieces in evaporated milk then roll in seasoned crumbs. Place chicken pieces skin side up in a foil lined pan. Do not crowd. Drizzle with melted butter. Bake in moderate oven 350 degrees for about one hour or until tender. No need to turn chicken while baking.

Variations: substitute one cup dairy sour cream or ¹/₂ cup buttermilk for the evaporated milk.

Or you can milk parmesan cheese or sesame seeds with corn flakes.

Hannah Stoltzfus

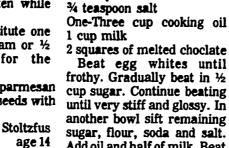
Leola

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Chicken Casserole 1 cup cooked chicken

1 can cream of mushroom soup

³/₄ cup mayonnaise ¹/₂ cup celery diced



another bowl sift remaining sugar, flour, soda and salt. Add oil and half of milk. Beat one minute. Add remaining milk, egg yolks and chocolate. Beat again and fold in meringue. Pour into prepared pans. Bake at 350 degrees for 30-35 minutes.

1 cup cooked rice

¹/₂ teaspoon salt

2 eggs separated

³/₄ teaspoon soda

1¹/₂ cup sugar

1 teaspoon grated onion

1 teaspoon lemon juice

3 hard cooked eggs sliced

Mix together and place in a

casserole and top with corn

flake crumbs. Bake at 375

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Chocolate Cake

1³/₄ cups sifted cake flour

Emma Stoltzfus

age 11

Leola

degrees for 20 minutes.

You'll find this a slimming style, due partly to its own cut and partly to the diagonal front with its smart

button detail. No 3111 comes in sizes 121/2 to 221/2. Size 141/2 Mary Beiler (bust 37) takes 21/2 yards of 44 inch febric

age 9 Bird In Handl XXX

Vegetable Din 1 cup mayonnaise or salad dressing

- 2 tablespoons onion
- 3 tablespoons soy sauce
- 1 teaspoon ginger 1 teaspoon vinegar
- 2 teaspoons milk

Mix ingredients and use for a dip with raw vegetables such as pepper strips or cauliflower.

> Carolyn Zimmerman age 9 Lititz



TO SAVE DOLLARS

Saturday, November 2

Thomasville 4-H Club hayride at the Rodman

Wednesday, November 6

Red Rose Baby Beef and

Lamb Club meeting in

County.

INSTALL A

NOW IS THE TIME

Farm Youth

Calendar

Thompson farm in York York 4-H County Council

the basement meeting

room of the Farm and

Home Center - 7:30 p.m.

Meeting and Hayride.

Friday, November 8

Lancaster 4-H Dairy

Plenty Restaurant.

Banquet at the Good and

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Linda Wenger age 12

Lititz

XXX **Applesauce Cookies** ³/₄ cup shortening 1 cup sugar 1 egg 2¹/₂ cups all purpose flour ¹/₂ teaspoon soda ¹/₂ teaspoon salt ¹/₂ teaspoon cinnamon ¹/₄ teaspoon cloves (ground) 5 ounces applesauce $\frac{1}{2}$ cup raisins Drop by teaspoons unto greased cookie sheets. Bake at 375 degrees for 10-15 minutes. Esther Mae Hoover age 11 Ephrata XXX

Corn Crisped Chicken 3 pounds frying chicken

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