

**Junior Cooking Edition**

**Home on the Range**

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.

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**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 under-eat in others.

**Pumpkin Pie**

- 1 cup cooked pumpkin
- 1 cup white sugar
- 1 cup brown sugar
- 3 tablespoons flour
- 3 eggs
- 1 teaspoon salt
- ½ teaspoon nutmeg
- 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
- ½ cup sugar divided
- ½ teaspoon salt
- 3 eggs, separated
- 1¼ 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 ¼ 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.

Linda Wenger  
age 12  
Lititz

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**Applesauce Cookies**

- ¾ cup shortening
- 1 cup sugar
- 1 egg
- 2½ cups all purpose flour
- ½ teaspoon soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon cloves (ground)
- 5 ounces applesauce
- ½ cup raisins

Drop by teaspoons unto greased cookie sheets. Bake at 375 degrees for 10-15 minutes.

Esther Mae Hoover  
age 11  
Ephrata

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**Corn Crisped Chicken**

- 3 pounds frying chicken

- pieces
- 4 cups corn flakes
- 1 ¼ teaspoon salt
- ½ teaspoon pepper
- ½ 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 ½ cup buttermilk for the evaporated milk.

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

Hannah Stoltzfus  
age 14  
Leola

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**Chicken Casserole**

- 1 cup cooked chicken
- 1 can cream of mushroom soup
- ¾ cup mayonnaise
- ½ cup celery diced

- 1 cup cooked rice
- 1 teaspoon grated onion
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- 3 hard cooked eggs sliced

Mix together and place in a casserole and top with corn flake crumbs. Bake at 375 degrees for 20 minutes.

Emma Stoltzfus  
age 11  
Leola

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**Chocolate Cake**

- 2 eggs separated
- 1½ cup sugar
- 1¼ cups sifted cake flour
- ¾ teaspoon soda
- ¾ teaspoon salt
- One-Three cup cooking oil
- 1 cup milk
- 2 squares of melted chocolate

Beat egg whites until frothy. Gradually beat in ½ cup sugar. Continue beating until very stiff and glossy. In 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.

Mary Beiler

age 9  
Bird In Hand

xxx  
**Vegetable Dip**

- 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

**SEW WHAT?**  
THIS WEEK'S PATTERNS  
BY AUDREY LANE



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Saturday, November 2  
Thomasville 4-H Club  
hayride at the Rodman  
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County.

Wednesday, November 6  
Red Rose Baby Beef and  
Lamb Club meeting in

the basement meeting  
room of the Farm and  
Home Center - 7:30 p.m.  
York 4-H County Council  
Meeting and Hayride.

Friday, November 8  
Lancaster 4-H Dairy  
Banquet at the Good and  
Plenty Restaurant.

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5 60-14	\$49	\$1.65	5 60-15	\$50	\$1.78
B78-14	\$51	\$1.97	6 00-15L	\$57	\$1.84
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