

# Home on the Range

We received a request from one of our readers this week who is interested in making corn bread. If anyone has a recipe for corn

bread please send it along to us.

Over the past few weeks our readers have sent in many recipes for bread. This

week we are sharing some of those with you.

## Buying Tips

Soybeans are a very good vegetable protein. Soybeans are a low cost way to stretch the complete protein in meat, poultry, fish, eggs, cheese or milk. The half pound of hamburger in today's stew combines with one half pound of dried soybeans to give as much protein as six servings of meat. Soybeans expand to about four times their dried size when cooked.

Tuna varies in price with color and size of pieces. The least expensive tuna is just as good as the others for making chowder.

High sugar prices should help people eat less sugar and fewer sweet foods. This can be good for the health as well as for the pocket book. Sugar as well as all products made with sugar are increasing rapidly in price. Cut down on high sugar foods to help both your budget and your health.

## Bakery Donuts

1½ cakes (3 oz.) yeast or 4

packs dry yeast, dissolved in 1 pint warm water

2½ pounds flour, or more if needed

Two-thirds cup shortening

½ cup sugar

2 eggs beaten

1 tablespoon vanilla

1 tablespoon salt (scant)

¼ teaspoon nutmeg (optional)

Let rise 15 minutes, punch down, let rise double in size.

Roll out and cut, let rise double in size again. Fry in deep lard.

## Gob Filling

5 tablespoons flour

1 cup milk

Cook till thick and cool.

Mix together:

1 cup vegetable shortening

1½ cups powdered sugar

¼ teaspoon salt

1 teaspoon vanilla

After above mixture is cooled, drop by spoonful into the second mixture.

Beat well after each addition until fluffy.

## Mary Zimmerman

RD1 East Earl

## Date-Filled Drop Cookies

1 cup shortening, half lard and half margarine

2 cups brown sugar

3 eggs

½ cup water

Lancaster Farming, Saturday, Nov. 9, 1974—43

1 teaspoon vanilla  
3¾ cups flour  
½ teaspoon salt  
1 teaspoon soda  
½ teaspoon cinnamon

Mix first three ingredients, then add water and vanilla. Shift flour, salt, soda and cinnamon.

Drop 1 teaspoon dough. Place ½ teaspoon date filling. Cover with 1½ teaspoons dough.

Date Filling  
2 cups dates, finely cut  
¾ cup sugar  
¼ cup water  
½ cup chopped nuts

Cook dates, sugar and water together slowly on medium heat, stirring until thickened. Add nuts and cool.

Miss R. Allgyer  
Narvon RD2

## Shoo-Fly Cake

4 cups flour

1 pound brown sugar

1 teaspoon salt

1 cup butter or margarine

Mix together for crumbs.

Set aside 1½ cups. Add 2 cups flour to remaining crumbs.

Syrup

1 cup molasses

1½ cups hot water

2 teaspoons soda

Pour into flour mixture stirring only enough to mix.

Sprinkle with reserved crumbs. Bake at 350 degrees for about an hour.

Mrs. Edwin Nolt  
RD2, Ephrata

## Carrot Cake

4 eggs

1½ cups salad oil

2 cups sugar

Add:

3 cups shredded carrots

2 cups flour

½ teaspoon salt

1 teaspoon cinnamon

2 teaspoons soda

1 cup pecans

Beat eggs and sugar together. Add salad oil. Sift flour, salt, cinnamon and soda together. Mix together and add pecans and shredded carrots. Stir together and bake at 375 degrees.

Alta S. Nolt  
RD2  
New Holland

## Doughnuts

2 cups mashed potatoes

1 cup margarine

1 cup sugar

Mash potatoes with water used to cook them in and add margarine and sugar. Scald one cup milk and add. Cool to lukewarm.

Dissolve 3 packages yeast and 1 teaspoon sugar in ¾ cup warm water. Let set 5 to 6 minutes. Add 4 cups flour to potato mixture. Mix well and add yeast mixture.

Set in warm place 25 to 30 minutes. Add 2 beaten eggs and 1 tablespoon salt and

work in approximately 10 cups flour until dough is neither stiff nor sticky. Set aside one hour, punch down, cut into doughnuts. Let rise until double, 30 to 35 minutes.

Deep fry. Very good and fluffy. Glaze if desired.

Mrs. Leon S. Musser  
Manheim RD2

## Hartshorn Cookies

5 pounds flour

3 pounds sugar

1 pint sour milk

15 eggs

1 tablespoon vanilla

1 pound butter

1 pound lard

2 tablespoon soda

1 ounce hartshorn melted in water

Mix ingredients and set in refrigerator over night. Roll on a slightly floured board. Cut with round cookie cutter. Bake at 350 degrees for 8-10 minutes.

Mrs. Ivan Horst  
Ephrata

## No-Knead Bread

Mix in large bowl:

2 teaspoons salt

2 cups warm water

2½ tablespoons melted shortening

Dissolve 1½ packages yeast in ½ cup warm water and add to first mixture.

Work in 6½ cups occident flour. Set aside to rise 2 hours. Punch down and let rise one hour.

Punch down, pinch and squeeze out air bubbles.

Divide into 3 parts, shape and place in pans. Pierce with fork. Let rise till over pans, approximately 3 hours. Bake at 350 degrees for 25 minutes.

Let cool 10 minutes. Butter tops. Place pans on sides until loose. Remove from pans and finish cooling before placing in plastic bags.

Mrs. Leon S. Musser  
Manheim RD2

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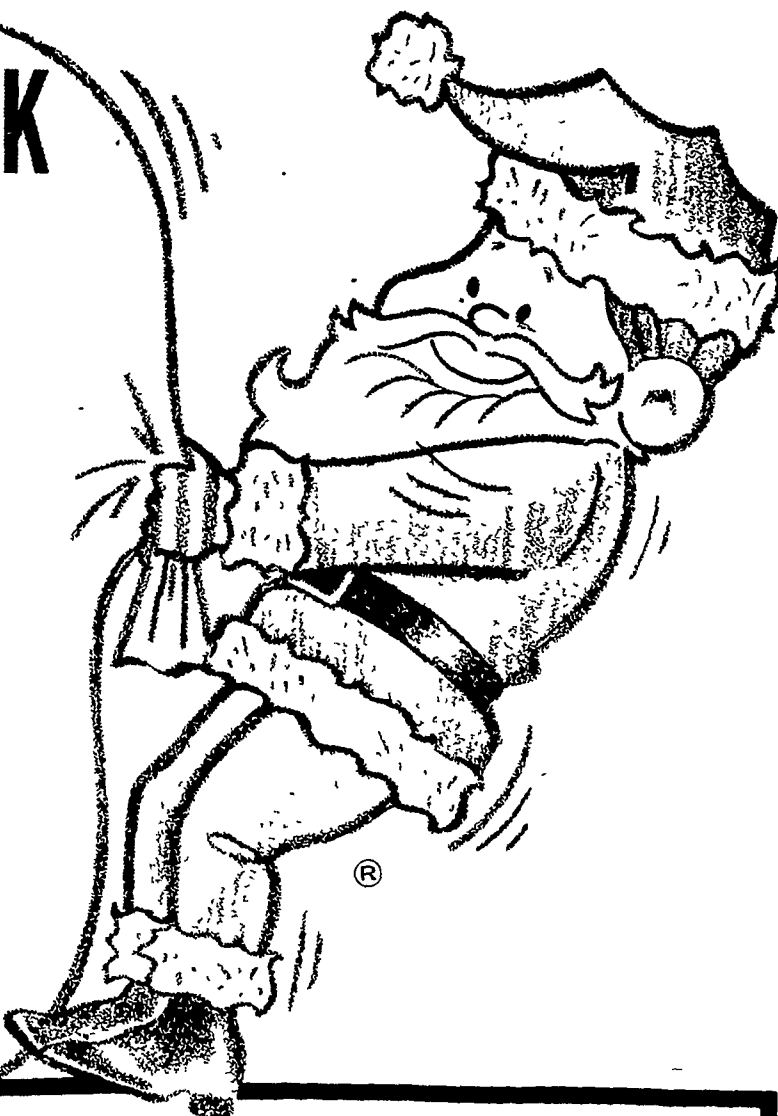
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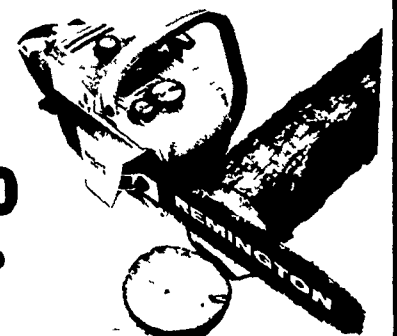
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