

Helping Others Is Her Motto

(Continued from Page 34)

or small chunks of Velveeta cheese may be added to white sauce.

Apple Cake with Cream Cheese Frosting

- 2 eggs
- 2 cups sugar
- ½ cup vegetable oil
- 1 teaspoon vanilla
- 2 cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg
- 1 cup chopped nuts
- 4 cups finely chopped apples

Beat eggs, add sugar, oil and vanilla. Sift dry ingredients and add. Stir. Add apples and nuts. Stir. Bake in greased and floured 9" x 13" pan for about 45 minutes at 350 degrees. Cool and frost.

Frosting:

- 3 oz. Phila. cream cheese
- 3 tablespoons butter or margarine
- ½ teaspoon vanilla
- 1½ cups 10X sugar

pinch of salt
Mix all together and spread on cold cake.
Crisp Banquet Pickles

Wash and slice:
7 pounds cucumbers
Soak for 24 hours in solution of:
2 cups powdered lime (the kind you put on your lawn)
2 gal. water

Beans - Peas Abundant

Grocers' shelves should be full of beans and peas this month as record crops of dry beans and dry peas reach the market. This year's harvest of beans set a record with a total of about 21.6 million hundred pound bags. That total is 28 percent above last year's crop and 24 percent higher than the 1971-73 average. Dry pea production is more than double 1973's and exceeds the 3-year average by 36 percent.

For your good eating and good health, a bountiful harvest of dry beans and dry peas is available. Dry peas are green or yellow and may be purchased either split or whole. As for beans, you have these choices: black beans, black-eye peas (beans), Garbanzo beans, Great Northern beans, kidney beans, lima beans, navy beans, pea beans, pinto beans, red and pink beans.

Dry beans and dry peas can lower the cost of your market basket. They are one of the best sources of vegetable protein and when

combined with animal protein they form an unbeatable team of protein power. According to marketing specialists of the U.S. Department of Agriculture, dry beans and dry peas are plentiful this month.

Dry beans and dry peas are interchangeable. Their use is limitless. Try them in soups, salads, main dish vegetables, and casseroles. Marketing specialists of the U.S. Department of Agriculture say that they are in plentiful supply this month.

Next day wash cucumber slices thoroughly 3 times and cover with cold water and soak 3 hours. Drain and cover with the following syrup:

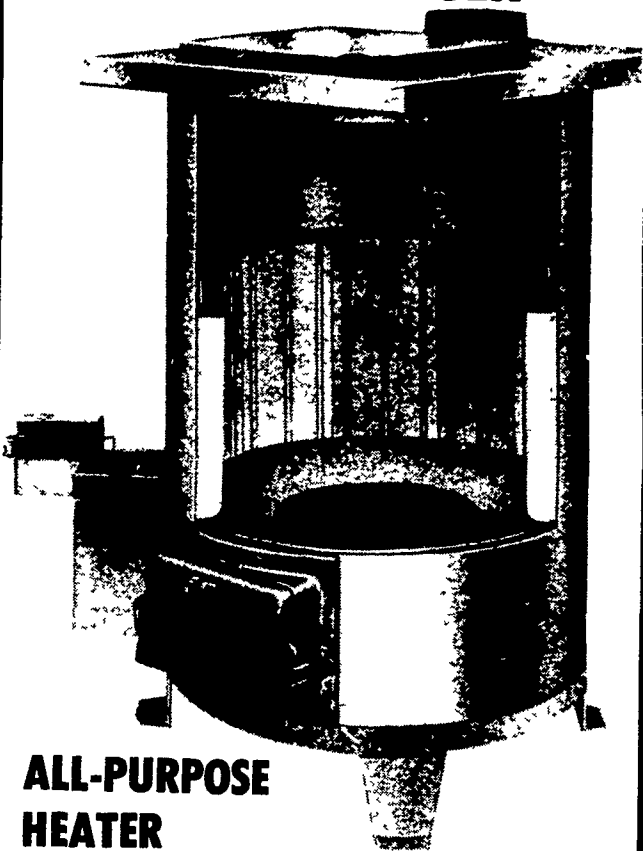
- 4½ lbs. sugar
- 2 qts. white vinegar
- 1 tablespoon whole cloves
- 1 teaspoon celery seed
- 1 tablespoon salt
- 1 tablespoon mixed pickling spice

(Spices may be tied in a net bag). Bring above mixture to a boil, then cool and add to cucumbers. Let stand overnight. Next day boil cucumbers in syrup for 35 minutes and can in sterilized jars. Makes approximately 7 pints. DO NOT USE ALUMINUM UTENSILS BECAUSE OF THE LIME.

Pineapple Rice Delight

- 2 cups cooked sweetened rice
 - 1 cup crushed pineapple (drained)
 - 2 cups small marshmallows
 - 1 cup whipped cream
- Stir cooking rice with water, then add milk as needed until rice is cooked soft. Sweeten rice to taste. Combine rice, pineapple and marshmallows. Let stand 1 hour. Add whipped cream. Serve.

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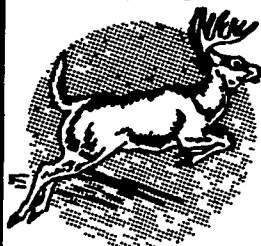
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