

Junior Cooking Edition

# Home on the Range

The recipes still keep coming in from our Junior Cooks. This week we are featuring some recipes for desserts that range from Chocolate Pinwheels to doughnuts.

**Doughnuts**  
1 quart scalded milk  
2 cups mashed potatoes  
1 cup shortening  
1 cup sugar  
1/2 cup warm water

3 packages yeast  
4 cups flour  
Put yeast into lukewarm water then scald milk and add potatoes, sugar, shortening to milk. When lukewarm add yeast and flour and let rise for 30 minutes.

Then Add.  
2 beaten eggs  
1 teaspoon salt  
4 pounds flour  
Let rise until double in size. For glaze Mix 1 box of confectioners sugar with one-third cup milk, 2 teaspoons butter a little mace and 1 teaspoon vanilla.

Irene Martin  
age 15  
Delta, Pa.

**xxx**  
**Apricot Pudding**  
1/2 pound dried apricots  
2 cups water  
3 teaspoons tapicoca  
1 cup sugar  
1 package orange gelatine

1/2 teaspoon salt  
1/2 cup whipping cream  
Cook apricots until tender. Add sugar. Bring 4 cups water to the boiling point. Add tapioca and cook until clear. Add gelatine and salt and stir until gelatine is dissolved.

Remove from heat, add apricot pulp. Chill thoroughly and garnish with cream. Makes 6 servings.

Annetta Martin  
age 12  
Fleetwood

**xxx**  
**Chocolate Pinwheels**  
3/4 cup sifted all purpose flour  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 cup shortening, soft  
1 cup sugar  
1 egg  
1 tablespoon water  
1/2 teaspoon vanilla  
1 1/2 cups oats uncooked  
1 ounce unsweetened chocolate melted and cooled.

Sift together flour, soda into bowl. Add shortening, sugar egg water and vanilla. Beat until smooth about 2 minutes.

Divide dough into two parts. To one part add the melted chocolate. Roll chocolate dough between two sheets of waxed paper to form a rectangle about 15 x 6 inches. Place plain dough on top of chocolate removing all waxed paper. Roll up like jelly roll, wrap and chill. Cut into slices and bake at 350 degrees for 10-12 minutes. Makes 5 dozen.

Brenda Wenger  
age 11  
Lititz

**xxx**  
**Delicious Apple Rolls**  
1 egg  
2 tablespoons sugar  
1/2 teaspoon salt  
3 tablespoons shortening  
2 cups flour  
2 teaspoons baking powder  
Wet above ingredients with sweet milk. Pare 4 apples and roll the dough 1/2 inch thick. Then spread with apples, butter and cinnamon. Cut 3/4 inch rolls, put in pan and pour syrup over them and bake.

Rachel Stoltzfus  
Peach Bottom

**xxx**  
**Date Roll**  
3 cups graham crackers rolled fine  
1 pound seeded dates chopped  
1/2 pound marshmallow candy cut-fine

1/2 cups nut meats chopped fine

1/2 cup maraschino cherries cut fine

1/2 cup milk or cream

1/2 teaspoon vanilla

Mix all ingredients and form into a roll. Put in refrigerator till cold. Then wrap in wax paper until you are ready to slice it and serve.

Alma Zimmerman  
New Holland

**xxx**  
**Sour Cherry Delight**

6 egg whites  
3/4 teaspoon cream of tartar

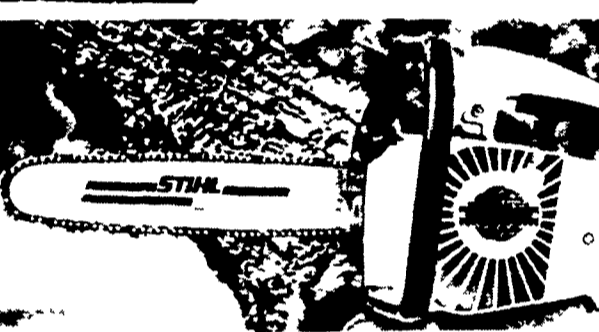
2 cups granulated sugar  
2 teaspoon vanilla

Whip this stiff then add 2 cups saltines broken coarsely into whipped mixture. Bake in buttered oblong pan at 350 degrees for 20-30 minutes. Spread with cool whipped topping then 1 can of cherry pie filling mix.

Dolores Musser  
age 13  
Narvon

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



3394  
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This prettily flared dress is a quickie to make. A little bow is posed where the rolling collar divides. No 3394 comes in sizes 12 1/2 to 22 1/2. Size 14 1/2 (bust 37) takes 2 1/2 yd of 44 in. fabric



**Crocheted Stole**  
The smart-looking stole may be crocheted in three different stitches. Ask for Pattern No. 990. Send 50¢ for each dress pattern, 30¢ for each needlework pattern (add 15¢ for each dress pattern, 10¢ for each needlework pattern for mailing and handling) to AUDREY LANE BU REAU, Morris Plains, New Jersey 07950

# Food Labeling For Shoppers

With new federal labeling laws, you can compare more than just the price of two brands of food. Grocery shelves are becoming stocked with newly-labeled cans which list serving sizes, specific nutrients, calories and other information.

thiamine, riboflavin, niacin, calcium, and iron are listed according to their percentage of the U.S. Recommended Dairy Allowance. By using the U.S. RDA as a guideline for good diet, you can choose foods that are good sources of nutrition.

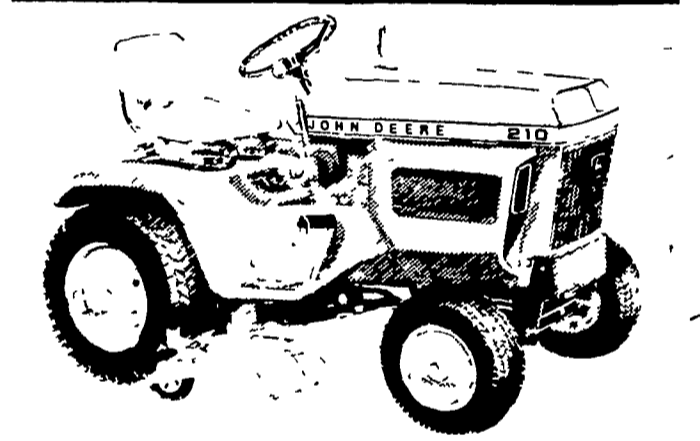
According to Louise Hamilton, Extension foods and nutrition specialist at The Pennsylvania State University, this new information, made available in accordance with food and drug administration requirements, can result in more nutrition per food dollar. For example you can compare the cost-per-serving of a sugar-coated cereal, a plain, ready-to-eat cereal and a cooked cereal.

The nutrients are always listed in the same order. Miss Hamilton says this makes it easier to compare different brands and foods in the same food groups. You could compare nutritive values in an ounce of cheese, a cup of milk and a serving of yogurt—all in the milk group.

Nutritional information on labels is listed according to stated serving size. Protein, carbohydrate and fat are listed in grams—28 grams equal one ounce. Protein, vitamin A, vitamin C,

Some new labels will help you follow special diets. Calories may be listed along with information for persons modifying their cholesterol, fat or sodium intake on the advice of a physician. Learning to use the added information on food labels can help you make nutritious and economical buys, points out the Extension specialist.

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