



## Home on the Range

One of our readers from the Berks County area sent us a recipe in the bicentennial category. "Steak the Roly-Poly" is an older family dish but seems to be a

good variation from the everyday meals. Thanks to Mrs. Kerschner!

Do you have a recipe for Spiced Cantaloupe? One of our readers would like a hint in how to prepare the dish before canning season arrives.

Also this week we have some good recipes for main dish meals. Swedish Meatballs and Spaghetti Sauce with Pork sound mighty tasty!

If you have a favorite recipe why not send it along. But please be sure to include all cooking instructions and please write on one side of the paper only! For a special introduction to our bicentennial recipes yet to come, see our Homestead Notes page where an Ephrata area farm wife shares her methods of baking - the old Moravian style.

### Steak Roly-Poly

Mix:  
1 cup freshly mashed potatoes  
1 cup flour  
1 teaspoon baking powder  
2 tablespoons shortening  
1/2 teaspoon salt

If necessary, add enough water to make a paste that can be rolled out. Roll out a quarter of an inch thick. Mix a cup of chopped cold beef with minced onion, salt and pepper and moisten with gravy. Spread this on paste. Roll up paste until ends meet. Put in a greased casserole with a 1/2 cup boiling water and drippings. Bake until rich brown basting with gravy from time to time.

Mrs. Leroy Kerschner  
Lenhartsville, PA

xxx  
Vegetable Cake  
1 cup Wesson oil

1 1/2 cups sugar  
3 egg yolks  
3 tablespoons hot water  
1 teaspoon vanilla  
1 cup ground raw red beets  
1 cup ground raw carrots  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon cinnamon  
1 cup nuts  
3 beaten egg whites

Beat together first five ingredients until light and fluffy. Mix in vegetables and add dry ingredients and nuts. Fold in egg whites last. Bake at 350 degrees for 30-45 minutes.

Mrs. J. L. Zimmerman  
Terre Hill, PA

xxx  
Doughnuts  
2 packages yeast dissolved in 3/4 cup lukewarm water with 1 tablespoon sugar  
1 quart potatoes, mashed  
1/2 cup sugar  
2 tablespoons salt  
1 3/4 quart water

Mix the above ingredients in the evening and let set at room temperature. Add: 3 eggs well beaten, 1 1/2 cups sugar, 1 pint butter or lard melted and 1 cup milk scalded and cooked. Add yeast mixture to this plus about 7 cups of flour. Let rise until double in size. Roll, cut and fry in hot oil at 360 degrees. Yields about 160 doughnuts.

Grace Horst  
Newmanstown, PA

xxx  
Spaghetti Sauce with Pork  
2 pounds pork steak, cubed  
1 tablespoon lard  
1 teaspoon salt  
1/2 teaspoon Italian seasoning  
1/4 teaspoon pepper  
1/2 cup chopped onion  
1 can tomato sauce  
two-thirds cup water

Cut pork into small pieces and brown in shortening. Pour off drippings and

sprinkle with salt and seasonings. Stir in onion and tomato sauce, add water. Cover and cook slowly for 35-40 minutes until meat is done.

Jenna Davidson  
Westport, PA

xxx  
Swedish Meatballs  
1 can cream of celery soup mixed with 1/2 can water  
1 pound ground beef  
two-thirds cup fine dry bread crumbs  
1 egg  
2 tablespoons minced onion  
1 tablespoon chopped parsley  
1 teaspoon salt

Mix 1/4 cup soup mixture with other ingredients and shape into balls about 1 inch in diameter. Brown meatballs in shortening. Reduce heat and add remaining soup mixture and simmer about 30 minutes. For a variation use cream of mushroom soup.

Mrs. Franklin Reichard  
Lititz, PA

xxx  
Chocolate Dessert  
32 marshmallows (large)  
1/2 cup milk  
1/2 package chocolate chips  
1 cup heavy cream  
1/4 cup chopped nuts  
2 cups graham cracker crumbs

Soften marshmallows in milk in the top of a double boiler. Add chocolate chips when melted. Let cool until mixture thickens. Fold in whipped cream and nuts. Spread 1/2 of crumbs in bottom of a dish. Pour chocolate mixture into dish and cover with crumbs.

Fannie Stoltzfus  
Madisonburg, PA

xxx  
Green Bean Casserole  
1/2 pound hamburger  
and brown in shortening. 1 quart green beans  
Pour off drippings and 5-6 medium potatoes  
1 can mushroom soup

Brown and season hamburger. Cook potatoes and slice in baking dish. Add hamburger and green beans. Pour undiluted mushroom soup over the top. Cover and bake 350 for one hour.

Lynda Sensenig  
Nottingham, PA

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## Society 1

Farm Women Society 1 met recently at the home of Mrs. Graybill Hollinger with Mildred Shreiner as co-hostess.

Plans were made for the Spring Rally trip to Gettysburg and for the bus trip to Holland, Michigan on May 13-15. Reservations should be made with Mrs. Daniel Brubaker by phoning 733-7425.

The Society voted to participate in the Lititz Community Bicentennial celebration in August.

Society 14 will entertain Society 1 at the Farm and Home Center on March 20. Fay Stoner will be the speaker.

The Society voted to donate to the following charities, Cerebral Palsy, Easter Seals and the Association for Retarded Citizens.

Mrs. David Fyock demonstrated the Ukrainian art of decorating eggs.

The next meeting will be held April 3 for a covered dish luncheon at the Farm and Home Center. Mrs. Frances Dietz will demonstrate the art of Japanese Vegetable carving.

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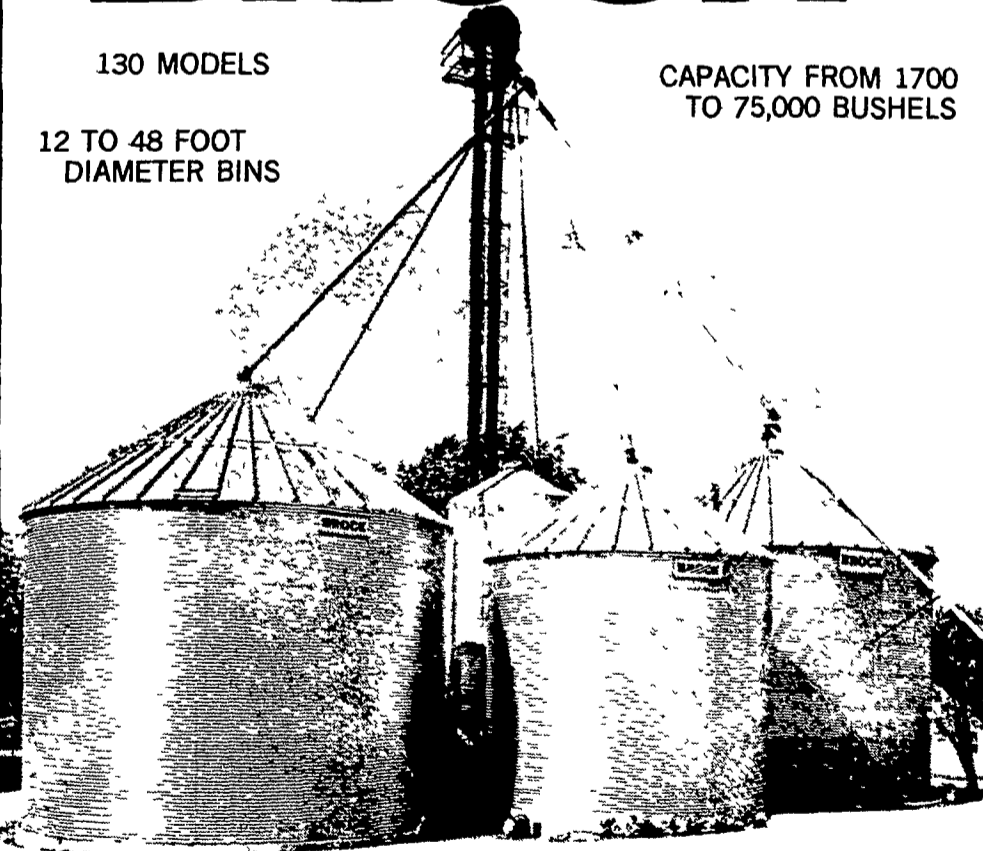
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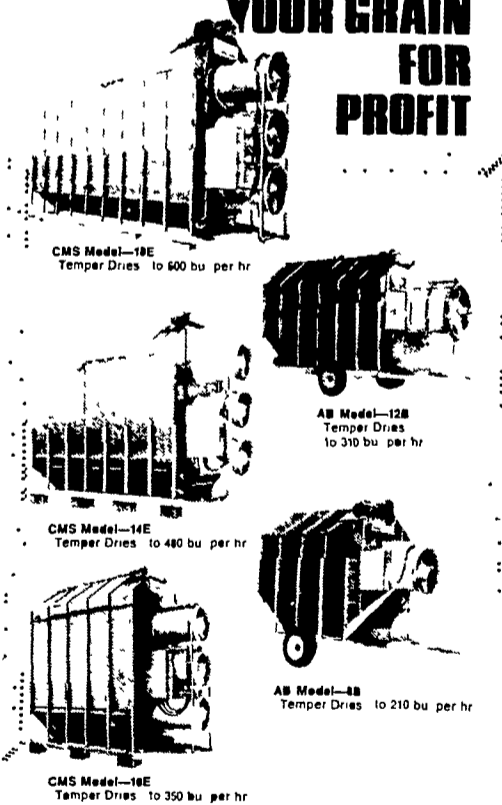
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