

Home on The Range

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3 cups oatmeal
½ cup coconut
Combine sugar, cocoa, milk, and margarine in a kettle and place on the medium heat and cook until started to boil. Remove from heat and cool for one minute. Then add vanilla, salt, peanut butter, oatmeal, and coconut. Stir well and drop by teaspoons full on wax paper and allow to cool.

Mrs. Janet Heller
Robesonia, Pa.
xxx

HEALTH CANDY

1 cup peanut butter
1 cup honey
1 teaspoon nutmeg
1½ cups powdered milk
1½ cups wheat germ
1 cup corn flakes
Combine peanut butter, honey, nutmeg, powdered milk, and wheat germ. Mix well. Shape mixture into small balls. Put corn flakes into a plastic bag and crush

with a rolling pin. Roll the candy balls in the corn flakes.

Mrs. Elvin Martin
Lititz, Pa.
xxx

HOOTNANNIES

Honey
Peanut Butter
Wheat Germ
Sunflower Seeds
Coconut
Nuts
Mix equal amounts of these ingredients in a large bowl. Stir well and shape into balls. Roll in coconut.

Mrs. Raymond Wenger
Lititz, Pa.
xxx

PEANUT BUTTER CANDY

1 (8 oz.) package cream cheese
1 stick (½ cup) butter
1 (10 oz.) jar peanut butter
1-½ box (1 lb.) confectioners sugar
1 box (8 oz.) size chocolate squares
½ square wax

Mix cream cheese, butter, and peanut butter. Then add confectioner's sugar. Dip in combination of melted chocolate and wax.

Marilyn H. Martin
Lebanon, Pa.
xxx

APPLE WALNUT LOAF

½ cup oil
1 cup honey
Large egg
1 teaspoon vanilla
4 tablespoons yogurt
1 teaspoon baking soda
½ teaspoon salt
2 cups whole wheat flour
1 cup chopped walnuts
1 medium apple, unpeeled
Mix together well the oil, honey, eggs, vanilla, and yogurt. Add soda and salt. Pour into well greased seven and one-half inch loaf pan. Starting in a cold oven, bake at 350 degrees for 50 minutes.

PINEAPPLE ORANGE GELATIN

1 envelope unflavored gelatin
1 cup cold water
3 tablespoons honey
1¼ cups pineapple juice (unsweetened)
2 tablespoons concentrated orange juice
1 cup unsweetened canned pineapple chunks, drained (optional)
2 medium oranges, peeled and separated
1 banana, sliced

Soften gelatin in cold water. Warm gelatin mixture and honey until dissolved. Add juices, cool until almost set. Add fruit, chill until set. Also, plain apple slices, (cut crosswise instead of lengthwise) with a slice of cheese sandwiched between them is a good healthy snack.

Above two recipes by:
Althea Fetherolf
Hamburg, Pa.
xxx

PUMPKIN CHOCOLATE CHIP COOKIES

1 cup mashed pumpkin
1 cup granulated sugar
½ cup vegetable oil
1 egg
2 cups flour
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon salt
1 teaspoon baking soda dissolved in one teaspoon milk
1 cup chocolate chips
½ cup nuts
1 teaspoon vanilla
Combine pumpkin, sugar, oil, and egg. Add dry ingredients, add baking soda, nuts, chocolate chips, and vanilla. Drop on greased cookie sheet. Bake at 350 degrees F. for about 10 minutes or until done.

Mrs. Ivan W. Martin
Penn Yan, N.Y.
xxx

BANANA SHERBET

4 cups mashed bananas
1 cup brown or raw sugar
12 tablespoons lemon juice

½ cup honey
2 egg whites
4 cups milk

Mix banana pulp with lemon juice. Add brown sugar or raw sugar, and honey. Also add the egg whites beaten stiff. Add mixture slowly to milk, stirring constantly. Place in freezing tray and freeze until firm. Serves four.

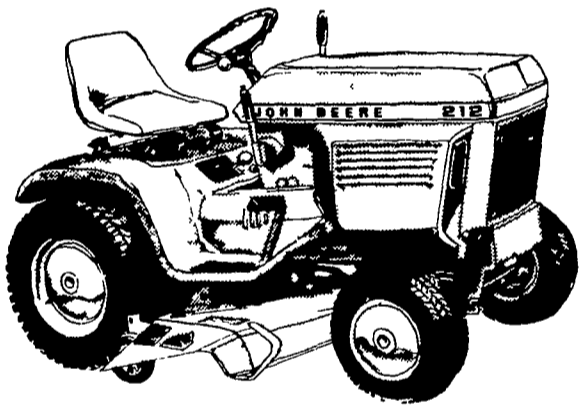
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FRUIT WHIP

1 cup whipping cream
1 teaspoon vanilla
1 tablespoon honey
1 cup mixed diced fruit, such as bananas, strawberries, peaches, pineapples, or apples

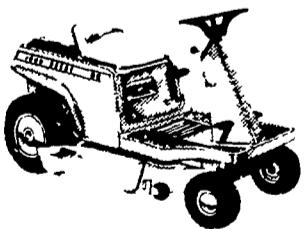
Whip cream; fold in vanilla, honey, and fruit. Chill and serve. Serves two.
Ruth Stoltzfus
Dundee, N.Y.
xxx

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