

Junior Cooking Edition

Soups, salads, sandwich spreads and catsup are all featured this week as garden clean-up recipes sent in by our junior readers.

Frito Misto is a fun mystery dish which you can use any type of garden vegetable, chopped up and deep fried in a special batter. Gazpacho, a chilled Spanish soup, is very refreshing on a warm day, and also an excellent way to utilize your garden leftovers. Corn relish and pickled cantelopes are recipes you can make now, and enjoy throughout the Winter months.

Next week is the last week for garden clean-up recipes. The following two weeks will feature your favorite party nibblers, punches and candy for a sweet but spooky Halloween. These recipes should be sent by October 16.

Some of the recipes have not been in Junior Cooking Edition because they were incomplete, missing temperatures, cooking length, or instructions. Please remember to include all of these along with your age, name and address when

sending your recipes to Lancaster Farming, Junior Cooking Edition, Box 366, Lititz, Pa. 17543.

Happy cooking!

FRITTO MISTO

Garden vegetable, your choice

Batter

1½ cups sifted flour
¼ teaspoon salt
5 tablespoons oil
1 cup lukewarm water
2 egg whites, beaten stiff
Fat for deep frying

Any combination of vegetable can be used in this recipe. Green beans, mushrooms, cauliflower flowerets, sliced eggplant, sliced zucchini, etc. Cut everything in bite-size pieces. Sprinkle with salt and pepper. To make batter: sift the flour and salt into a bowl. Stir in the oil, and gradually mix in the water until creamy and smooth. Set aside for 2 hours. Just before using fold in the egg whites. Dip the pieces of vegetable in the batter. Fry in deep 375 degree F. fat until browned. Drain and heap on a serving dish.

Sprinkle with parsley, garnish with lemon wedges. Batter will make eight portions.

COLE SLAW

1 cup white vinegar
½ cup water
2 cups granulated sugar
1 teaspoon celery seed
1 teaspoon mustard seed
1 head cabbage
1½ cups chopped celery
½ cup green peppers
¼ cup chopped carrots

Combine vinegar, water, sugar, celery and mustard in saucepan. Boil one minute. Cool. Shred cabbage. Squeeze out excess liquid. Add celery, green peppers, and carrots. Pour dressing over cabbage and mix well. Put in freezer boxes and freeze or refrigerate until serving.

Ina Martin
Age 13
Lewisburg, Pa.

TOMATO SALAD

4 chopped tomatoes
1 chopped pepper
1 small onion, chopped
4 celery stalks, chopped fine
¼ cup brown sugar
pinch of salt
1 tablespoon vinegar

Mix all ingredients and serve immediately.

Barbara King
Age 10
Gordonville, Pa.

SANDWICH SPREAD

3 to 4 quarts tomatoes
1 quart onions
12 large peppers
2 large stalks celery
1 cup salt
1 quart vinegar
1½ quarts granulated sugar
1 quart mayonnaise
½ small jar mustard

Grind tomatoes, onions, peppers and celery. Add one cup of salt. Drain overnight in a cloth bag. Press remaining juice out in the morning. Add vinegar and sugar. Boil 25 to 30 minutes. When cold add mayonnaise (more if desired) and mustard.

Barbara Hastetter
Age 14
Turbotville, Pa.

CATSUP

1 peck tomatoes
3 large onions
4 cups granulated sugar
3 teaspoons salt
½ teaspoon cloves
½ teaspoon dry mustard
½ teaspoon cinnamon
1 pint vinegar

Boil tomatoes and onions whole till soft. Drain in a bag for two hours. After draining, run through a sieve. Throw juice away. Add the remaining ingredients. Boil 10 minutes. Bottle then seal.

Ester Mae Hoover
Ephrata, Pa.

PICKLED CANTELOPES

2 cups water
4 cups granulated sugar
½ cup vinegar
cantalope, sliced

Boil water, sugar, and vinegar. If vinegar is strong use ¼ cup vinegar and add an extra ¼ cup water. Pour boiling mixture over cantelopes. Cold pack for 35 minutes.

Naomi Stoltzfus
Age 14
Madisonburg, Pa.

GAZPACHO

2 medium cucumbers, peeled, chopped
1¼ pound tomatoes, peeled, diced
1 large onion, chopped
2 small green sweet peppers, diced
½ cup wine vinegar
4 cups cold water
2 garlic cloves, minced
salt

2 cups bread crumbs
4 tablespoons olive oil
1 tablespoon tomatoe puree
Combine tomatoes, cucumbers, onions, and peppers in large bowl. Add vinegar, water, garlic and salt. Stir well. Reserve two cups of this mixture to use as a garnish. Pour the remainder into a blender and process at high speed for one minute or until you have a smooth puree. Pour puree into a bowl. Add the olive oil and tomatoe puree, stirring vigorously. Stir in bread crumbs. Cover bowl tightly with foil and refrigerate at least one hour. Gently stir the soup before serving to restore the original consistency. Pour in a tureen or individual bowls. Garnish

Control Gladiolus Thrips

FLEMINGTON, N.J. - Thrips can do some sad things to gladiolus. Fortunately, you can do something to control these nasty little pests, says Robert E. Schutzki of the New Jersey Cooperative Extension Service.

The first signs of the presence of thrips is a silvery appearance on the foliage due to the many small areas where the plant cells have been damaged. Later the leaves become brown and finally die.

Flowers become deformed and have whitish flecks or streaks and, in some cases, the spikes may not open.

In storage, corms infested with thrips become sticky, corky, and russeted. When

with the reserved vegetables.

CORN RELISH

6 pints sweet corn
4 colored sweet peppers
3 onions, medium
1 bunch celery
1 pound granulated sugar
1 pint vinegar
2 tablespoons salt
1 tablespoon mustard seed
1 pint water

Boil all ingredients until soft. Put in jars and seal.

Wilma Weaver
Age 11
Denver, Pa.

Brazilian Import

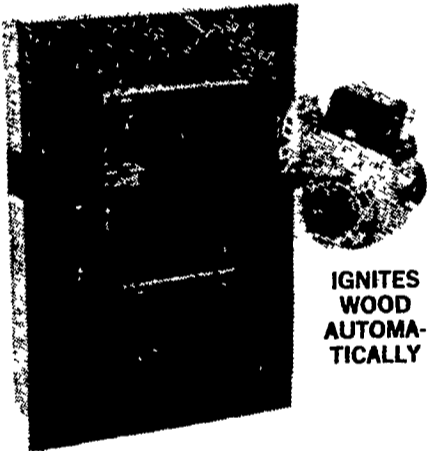
Brazilian Shrimp Balls: Starts with bread, milk and diced shrimp spiced with onion and garlic powders, coriander and black pepper. Roll into small balls and deep fry. Serve as a tasty, fancy appetizer.

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