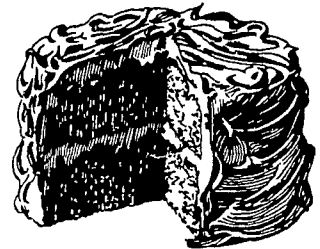


# Home On The Range



## Portable meals are in the bag

Enter school, enter the season of bag lunches. Whether they're toted in Empire Strikes Back lunch boxes or plain brown sacks, they're a refreshing break from the morning grind and the long afternoon ahead.

Today we're dealing with brown bagging basics — and one thing that's basic to many lunches is a good sandwich. To keep the bread from getting soggy, spread a soft butter all the way to the outer edges of a variety of bread or rolls to prevent sogginess and give flavor. Moisture-proof plastic wrap or bags keeps sandwiches neat and tidy as well as fresh. Wrap lettuce separately to keep it fresh.

Little things can mean a lot to a lunch. For instance, cheese-stuffed celery, cubes of cheese on a pick with olives and pickles, a bunch of grapes, cherries, stuffed prunes or dates, small bags of corn or potato chips, chocolate covered raisins, marshmallows, candied orange peel, cupcakes, cookies, whole fruit like an apple, pear, orange or banana, all give sight and taste appeal.

Safety is important. Sandwiches containing chicken, tuna, cheese and cheese spreads, shrimp or ham salads should be made ahead and frozen if they are to be toted anywhere but in an insulated container. To avoid spoilage when lunches cannot be refrigerated, start packing with chilled ingredients and store the prepared lunches in the refrigerator until the brown baggers leave the house. Sandwich fillings may be toted in small thermal jars.

One of the most versatile items in a lunch kit is the thermal bottle. Milk, cocoa, soup, coffee, and beverages can be toted in the larger bottles, with the small thermal cups good for baked custard, puddings, chilled fruit or yogurt, salads, and cut up fruits.

Surprises for special occasions, cartoons, a stick of gum or change for an after school treat are all welcome additions. Then too an interesting carry-all made from denim or leftover scraps perks up the lunch time hour.

Raw vegetables or a tossed salad packed in a plastic tub or homemade fresh fruit cup are good choices. Whole wheat and whole grain breads make healthful additions.

If peanut butter and jelly sandwiches are the normal fare for your kids, why not try honey and peanut butter tomorrow? These and other little touches can make even the best lunches taste 'munch' better.

We've received some replies from readers to Cook's Question Corner. At the end of our column today, we have recipes for an imitation Philadelphia Cream Cheese, a solution to meat loaf that won't slice, a hobnail icing, a recipe for canning rabbit, and even a cure for perspiration stains. So don't miss the last few recipes, we've saved some of the best for last!



After packing husbands and kids off to work or to school, the busy mother frequently neglects to plan something special for herself. Why not enjoy a quick sandwich that packs a bunch of nutrients

and enjoy it while the brown baggers are appreciating your earlier efforts. An English Muffin, a slice of tomato, an egg or two and a leaf of lettuce are all that's necessary for this taste treat.

### PEANUT BUTTER SPECIAL

softened butter or margarine  
4 slices bread  
¼ cup peanut butter  
2 tablespoons applesauce  
2 slices bacon, crisp cooked and crumbled (about 1 tablespoon)  
½ tart unpared apple, thinly sliced

Butter the bread generously. Combine peanut butter, applesauce and bacon. Spread on 2 slices of bread. Top with apple slices, then remaining bread. Cut the sandwiches in half and secure with picks if necessary. Makes 2 servings.

Mrs. Charles Biehl, Mertztown

### SOFT MOLASSES COOKIES

½ cup shortening  
½ cup brown sugar  
½ cup hot water or sour milk  
1 tablespoon vinegar  
½ cup molasses  
1 egg, beaten  
2½ cups cake flour  
½ teaspoon salt  
¼ teaspoon soda  
1 teaspoon baking powder  
½ teaspoon ginger  
½ teaspoon cloves  
1 teaspoon cinnamon  
½ cup raisins

Cream shortening with sifted sugar. Add hot water or sour milk and vinegar to the molasses. Combine with shortening and sugar. Add beaten egg. Sift dry ingredients and add. If desired, chop or grind raisins fine and add. Drop dough from teaspoon onto a greased cookie sheet. Bake in a 350° F. oven for 15 minutes. Makes 7-8 dozen cookies. If desired, brush with confectioners icing and design funny faces with raisins and orange slices.

S. Boyle, Elizabethtown

### RICH BOY SANDWICHES

2 large French rolls  
3 tablespoons butter  
2 teaspoons prepared mustard  
2 slices Bologna  
2 slices chopped ham  
4 small slices salami  
2 slices sharp process American cheese, halved  
Split rolls, blend butter and mustard, and spread the inside of the rolls. Arrange 1 slice of bologna, 1 slice of ham, salami and cheese on the bottom half of each roll. Replace roll top and wrap tightly in foil. Heat to melt the cheese and blend the flavors.

Mrs. Charles Biehl, Mertztown

### FUDGE-NUT CLUSTERS

3 tablespoons milk  
3 tablespoons butter  
1 15.4 ounce package chocolate fudge frosting mix  
1 6 ounce can salted peanuts

In a 2 quart saucepan, melt butter in the milk. Blend in dry frosting mix. Cook over low heat, stirring constantly, about 5 minutes or until smooth and glossy. Remove from heat and stir in peanuts. Drop by rounded teaspoons onto waxed paper. If the mixture becomes too thick, return to low heat to soften slightly. Makes 3 dozen.

### EGG, OLIVE AND BACON SANDWICH

6 hard cooked eggs, diced  
4 ounces olives, diced  
6 slices toast  
6 strips bacon, fried  
3-4 ounces Russian dressing

Combine the egg, olives and Russian dressing. Use as the filling for three sandwiches along with the bacon strips and lettuce.

Mrs. Charles Biehl, Mertztown

### FREEZE AHEAD CHICKEN SANDWICHES

½ cup shredded Swiss cheese  
3 tablespoons corn relish  
1 tablespoon finely chopped green pepper  
dash of salt  
2 tablespoons dairy sour cream  
¾ cup chopped cooked chicken  
8 slices whole wheat bread, buttered  
lettuce

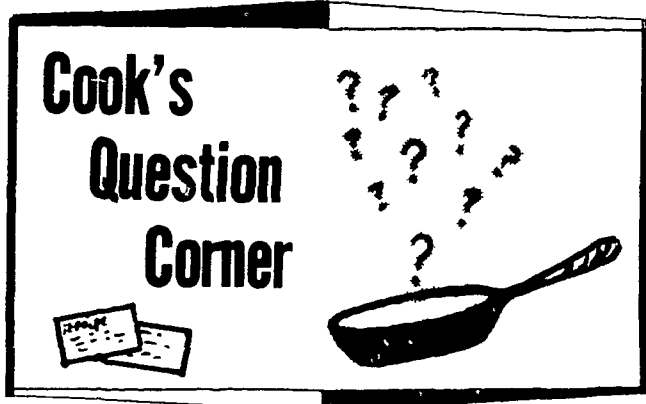
Combine cheese, relish, green pepper and salt. Blend in sour cream. Add chicken. Yield: 1 cup. Spread 2 tablespoons of the mixture on each slice of bread. Close. Makes 4 sandwiches. Wrap individually and freeze. Remove from freezer 2-3 hours before serving. Thaw in wrapper. Add lettuce and serve.

### TEENAGER'S SPECIAL

½ cup shredded Swiss cheese  
2 tablespoons chili sauce  
1 tablespoon pickle relish  
1 teaspoon prepared mustard  
2 teaspoons dairy sour cream  
1 cooked frankfurter, chopped  
4 slices bread, buttered, or 2 frankfurter buns  
lettuce

Combine cheese, chili sauce, relish and mustard. Blend in sour cream. Add frankfurter. Yields approximately ¾ cup of spread. Spread about 2 tablespoons mixture on each slice of bread. Arrange lettuce on two slices. Close. Makes 2 sandwiches. To freeze, omit lettuce.

(Turn to Page C9)



QUESTION: I'd like a recipe for canning cider.  
Debra Shultz, Halifax  
Recipe Topics

September	
20	Indian Summer favorites
27	What's for Breakfast? Recipes worth getting up for
October	
4	Take the Cake Cake and icing recipes
11	Souper Suppers Soups and accompaniments
18	Apples - A Slice of Americana