



## Junior Cooking Edition

During the cooler days, it's fun to spend time out of doors in active sports like football, horseback riding, running, etc. Here's a treat to whip up for after school to give you the energy to play hard before supper.

You'll need a 9x9x2 inch pan which you should grease with butter or margarine. A large saucepan will be necessary to melt the cereal mixture, and a small saucepan to melt the chocolate topping. A large wooden spoon is helpful for stirring.

### CANDY BAR COOKIES

- 16-ounce package butterscotch chips
- ½ cup light corn syrup
- 2 tablespoons margarine or butter
- 1 teaspoon vanilla
- 5 cups Cheerios
- 1½ cups miniature marshmallows
- 1 tablespoon shortening
- 1 5.75 ounce package chocolate chips

Grease the bottom and sides of the square pan. Put butterscotch chips, the corn syrup, margarine and vanilla in the large saucepan. Heat over low heat, stirring all the time, until melted and mixture is smooth. Remove pan from heat and turn off the burner.

Add the cereal and marshmallows. Mix until evenly coated. Spread a little margarine on the back of the spoon. Turn the mixture into the pan and press evenly with the back of the spoon.

Melt 1 tablespoon shortening in a small saucepan over low heat. Add the chocolate chips. Heat, stirring, until chips are melted and mixture is smooth. Spread chocolate mixture over the cereal mixture in the pan. Refrigerate until firm, about 1 hour. Remove from the refrigerator for 10 minutes before cutting. Cut into bars (6 rows x 4 rows). Makes 24 bars.

### STUFFED DATES

- 2 cups seeded dates
- ½ cup almonds, pecans or walnuts
- confectioners sugar

Chop the nuts very fine. Stuff each date with the nuts and roll in the confectioners sugar.

Arlene Zeiset, Narvon

### ICE CREAM CANDY

- 2 cups sugar
- 1 cup water
- 1 teaspoon cream of tartar
- 1 teaspoon vanilla
- 1 tablespoon butter

Combine the sugar and water and bring to a boil. Dissolve the cream of tartar in a little water and add. Cook until a syrup forms a hard ball when dropped in cold water, 265° F. Remove from the heat and add vanilla. When cool, pull like taffy until snowy white.

Arlene Zeiset, Narvon

### MARSHMALLOW CREME

- 2 cups sugar
- 2½ cups corn syrup
- 1 cup water
- ½ cup warm Karo
- 7/8 cup egg whites
- 1 teaspoon vanilla

Cook sugar, corn syrup and water to 242° F., medium ball stage. While this mixture is cooking, place the Karo and egg whites into a bowl. Beat slowly until mixed, then beat hard until light and fluffy. Pour the first mixture into this in a fine stream. When the mixture is completely combined, beat hard for 3 minutes. Add the vanilla and store in cans or jars. Don't cover until the mixture is cold.

Arlene Zeiset, Narvon

### STICKY BUNS

- ½ cup milk
- ½ cup sugar
- ¼ cup margarine
- ½ cup warm water
- 2 packages active dry yeast
- 2 eggs, beaten
- 4 cups sifted flour

Scald the milk and stir in sugar, salt and margarine. Cool to lukewarm. Measure the warm water into a large bowl. Sprinkle in yeast. Stir until dissolved. Stir in lukewarm milk mixture, beaten eggs and half of the flour. Beat until smooth. Stir in remaining flour to make a slightly stiff dough. Turn dough out on a lightly floured board. Knead until smooth and elastic, about 8 minutes. Place dough in a greased bowl, turning to grease the top. Cover. Let rise in warm place, free from draft, until doubled in bulk about 1 hour. Punch down. Turn out on a lightly floured board and roll out like cookie dough. Spread with butter and sprinkle brown sugar and cinnamon on to suit taste. Roll up like a jelly roll and cut down. Put in pan and let set in a warm dry place, free from the draft, for about an hour or until doubled in size. Meanwhile put the ½ cup butter, brown sugar, corn syrup and water in a small saucepan until the mixture is well blended and the sugar is dissolved and begins to clear. Boil for 2 minutes. Remove from heat and cool. Pour over the buns just before baking. Bake for about 15-20 minutes at 350° F.

Nancy Sadler, Age 14, Myerstown

(Turn to Page C13)

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