

# Kid's KOrner

Junior cooks, it's time to make a change in our recipe section. We are receiving letters stating that recipes you send in are sometimes incomplete, thus ruining a lot of batter. Perhaps when you write down your recipe, you miss an ingredient. But don't feel bad because this happens to a lot of great cooks. Ask mom, she's probably done it at least once, too.

From now on, we are requesting that you have mom proofread the recipe and sign it at the bottom so we have good permission to use it. Remember, every recipe must include instructions for pan size and baking temperatures and times if it is baked.

Until we get new recipes from all you cooks, try some of these goodies that Sharpe School of Chambersburg made in their first grade class.

## WATERGATE SALAD

- 1 eight ounce container Cool Whip
- 1 box pistachio instant pudding
- 1 can crushed pineapple
- 1 cup miniature marshmallows
- 1/2 cup walnuts

Mix ingredients all together and chill for one hour. Fill dessert dishes and top each with a marichino cherry for a colorful, fresh dessert.

## SHOO-FLY CAKE

- Crumbs:  
 4 cups flour  
 2 cups light brown sugar  
 3/4 cup shortening
- Liquid:  
 1 cup molasses  
 1 tablespoon baking soda  
 2 cups hot water

Crumble crumb mixture together and save 1 cup. Stir liquid ingredients together and pour into crumbs. Mix well. Pour into well greased sheet pan and top with 1 cup crumbs. Bake at 350 degrees for 40-45 minutes.

## Is process cheese really cheese?

LITITZ — On our way up and down supermarket aisles, we are likely to remember that snacks are those food items we dare not

come home without-and then we wonder which snacks to choose.

Quite likely we will settle for one of the standbys—cheese. But at the dairy case we are brought to a standstill, face to face with kinds of cheeses too numerous to count and, also, to identify.

According to Dairy Council Inc., Southampton, cheese, like meat, eggs, fish, and poultry, is high in good quality protein. And cheese supplies about 15 percent of the calcium available in the U.S. food supply.

We will see natural and processed cheeses side by side in the dairy case. What is the difference?

Natural cheese is made from milk. Characteristic flavors and textures depend on the type and quality of milk used, the method of curdling the milk, the ripening process, length of ripening, the addition of salt and/or seasonings, temperature, and humidity.

Process cheese is made from one or more unripened or ripened natural cheeses that have been melted and mixed together with water and an emulsifier to form a smooth, homogenous mixture. The pasteurization stops further aging and

## Did you know?

Last week we decided dad is a pretty busy guy, what with having to produce all that food for the country. And you know, it's not as easy as it seems. You may see dad plant seeds, and then think he walks away and lets nature take over. Well, it's not that simple.

Every year farmers across the country must fight nasty little pests that try to destroy his crops. Like what? Well, like grasshoppers, snails, loopers, fruitworms, aphids, mites, leaf rollers, potato beetles, and leafminers in grain, vegetable and fruit crops. How's that for a mouthful? And as if that's not enough, Dupont Agrichemicals tells us that every year more than 500 species of weeds must be taken care of as they compete for moisture and soil nutrients.

No wonder dad's a busy man!

## Find the crops

You may think the next paragraph looks like a lot of nothing, but then that's what Farmer Lance uses to grow his crops - practically nothing other than a few seeds and some sun and water. Help him find some of these cash crops in the paragraph. Start with the first letter, C, and then skip every other letter to find what Farmer Lance raises on his farm. For example, your first word will be corn. After you've finished once, start at the bottom with the second to the last letter, W, and go backwards, skipping every other letter. You will find a total of 15 crops. The answers are beneath, upside down.

c s o a r e n p b e a g r a l b e b y a o c a s t e s o o t r a  
 a t n o g p e s s e s o o t y a b m e o a t n s s e h l a p y  
 p t a o s b t a u c n c a o e l p e t t a t e u h c w e

- |          |         |          |
|----------|---------|----------|
| peas     | peanuts | soybeans |
| cabbage  | wheat   | oranges  |
| potatoes | lettuce | oats     |
| tomatoes | tobacco | barley   |
| apples   | hay     | corn     |

improves the keeping quality. Types of cheese used, in the process, will be listed on the label.

Pasteurized process cheese food is similar to process cheese, but it has a higher moisture, and lower fat and protein contents. At least 51 percent of the weight, of the finished cheese food, must be cheese. Ingredients other than milk products may be added, but they must be listed on the label.

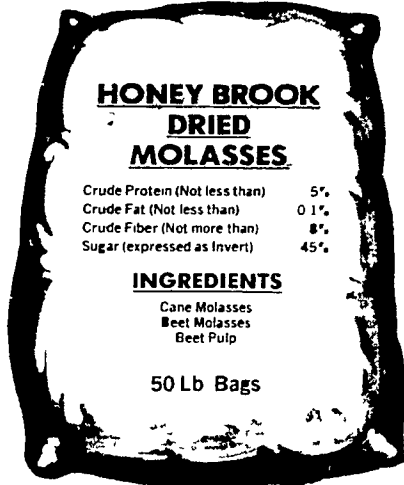
Pasteurized process cheese spread is similar to process cheese food, but it is spreadable at room temperature. The moisture content is still higher than cheese foods, while the fat and protein contents are lower. Stabilizers, sweeteners and other ingredients may be added, but they must be listed on the label.



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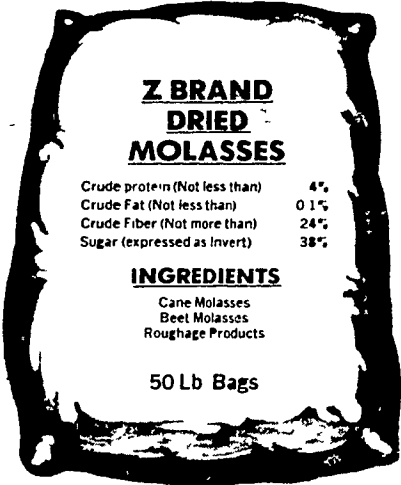
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