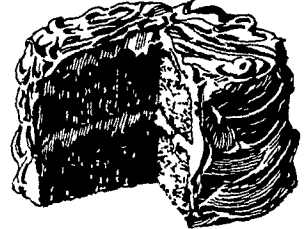


# Home On The Range



## Cost of lunch up? Bag it!

Lunch box fare can be as nutritious and inexpensive as it is fun to eat. So if the cost of lunch is 'taking a bite' out of your budget, then bag it!

Youngsters will appreciate lunches and snacks that offer a little surprise everyday and so will those hired hands in the field.

One welcome addition to any lunch box is nuts. High in protein and low in saturated fat, nuts provide a healthful alternative to sugary treats. Included among our recipes this week are nut recipes that give a homemade touch to lunch box snacks and are great to have on hand for unexpected guests.

But the hallmark of the paper-bag lunch is the sandwich, followed by a pickle. Choose your favorite too. Following the recipes are a few suggestions for adding flare to a brown bag lunch.

### PEANUT CRACK-UPS

- 10 cups warm popped popcorn
- 1 1/2 c. salted peanuts
- 1/2 c. margarine
- 1 c. firmly packed light brown sugar
- 1/4 c. dark corn syrup
- 1/4 t. salt
- 1/4 t. baking soda
- 1/2 t. vanilla extract

Mix together popped corn and

salted peanuts in a very large bowl. Keep warm in 250 degree oven. Melt margarine in a heavy 2-quart saucepan. Stir in brown sugar, corn syrup and salt. Bring to a rolling boil, stirring constantly.

Boil without stirring, for 5 minutes. Remove from heat, stir in baking soda and vanilla. Quickly pour over popcorn-peanut mixture, tossing until kernels and nuts are well coated. Spread out in shallow baking pan.

Bake at 250 degrees for 45 minutes, stirring once or twice. Remove from oven. Turn out on aluminum foil to cool. Break into pieces. Store in tightly covered container.

### WHOLEWHEAT NUT MORSELS

- 1/2 c. walnuts
- 1/2 c. margarine
- 1/2 c. firmly packed light brown sugar
- 1 egg
- 1 t. vanilla extract
- 1 1/2 c. unsifted whole wheat flour
- 1/2 t. baking soda
- 1/2 t. salt
- 1 pkg. semi-sweet chocolate morsels

Coarsely chop walnuts; set aside. Cream margarine and brown sugar on medium speed of



If the cost of buying your child's school lunch and your lunch - if you work off the farm - is getting you down, then start bagging it. A brown paper bag lunch doesn't have to be boring or unnutritious. Bag lunches are excellent too for those days when the fieldwork demands long hours.

electric mixer. Beat in egg and vanilla until mixture is light and fluffy. Sift together flour, baking soda and salt; add to creamed mixture and mix on low speed until just blended. Stir in chocolate morsels and walnuts.

Drop mixture by rounded teaspoonsfuls onto ungreased baking sheets. Bake at 400 degrees for 10 minutes or until done. Remove cookies from sheets and cool on wire racks.

### COTTAGE EGG SPREAD

- 1 1/2 c. small curd cream-style cottage cheese
- 1 t. salt
- 1/2 t. Worcestershire sauce
- 1/4 t. pepper
- 1/4 t. dry mustard
- 4 to 6 drops hot pepper sauce
- 8 hard-cooked eggs, chopped

If desired, press cottage cheese through sieve. Combine in medium bowl with seasonings, stirring until blended. Stir in eggs. Cover and chill several hours or overnight to blend flavors. Use as a sandwich filling, spread on crackers or melba toast.

### FRESH KOSHER DILL PICKLES

- 30-36 cucumbers
- 3 c. white vinegar
- 3 c. water
- 4 T. salt
- spices

Bring vinegar, water and salt to a boil. Place 1/2 T. dill weed, 1/2 t. of clove garlic (sliced) and 1/2 T. mustard seed in the bottom of each quart jar. Fill jars half full of cucumbers. Add another layer of 1/2 T. of dill weed only. Finish packing jar with cucumbers. Fill jar 1/2 inch from brim with boiling solution. Process in sterilizer for 5 minutes.

## Beat the cost with brown bags

Costs of school lunches — up. Cost of shoppers delight — up. Cost of businessman's special — up. It's time to revive that great American tradition, the brown bag lunch.

Once something to hide, the brown bag lunch is out in the open — in the office, in schools, at meetings, and just about any other place people get hungry. They're easy to carry, their contents cost less than lunch in a cafeteria or in a restaurant, and usually taste much, much better.

Extension nutritionists at Penn State say that there is no need to sacrifice nutrition or taste in order to reduce family lunch costs. A little advance planning and the use of proper containers can keep family favorites fresh and ready to eat for hours. The key words are planning and favorites.

First, think about what the lunch carrier really likes to eat. If it can be made in sandwich form, so much the better. And if you make sandwiches the night before, leave the lettuce, and tomato to be added in the morning,

or wrap them up separately to assemble before eating. Do vary your speciality by trying several types of breads and fillings. Whole wheat and bran breads add zest and nutrition.

Second, if the lunch carrier wants soups, spaghetti, or other hot dishes, those wide-mouthed, single serving sized insulated jars are the answer. They come in several sizes, to fit every appetite. The containers can also be used for cold salads, especially those made with salad dressing or mayonnaise which must be kept cool, or for gelatin or pudding desserts.

Your planning should include selections from each of the four food groups: milk and cheese; meats, eggs, or other meat substitutes; fruits and vegetables; and breads and cereals. The midday meal should contain about one-third of the day's nutrients.

Remember, the only good lunch is one you want to eat. So, pack up your brown or green, or polka dot bag, and you're all set to go.

## Cook's Question Corner



**ANSWER** — Jean Coleman of Louisa, Virginia and all other cooks interested in homemade loaf bread can find an oatmeal bread recipe, thanks to Doris Weaver of New Holland, at the end of the recipe section. Another bread recipe from Benjamin Beiler has been forwarded to Mrs. Coleman.

**QUESTION** — Could I have a few recipes for Italian dressing, made from scratch? I do not want the prepacked store envelopes. Can anyone help?

Elizabeth Schlegel, Mertztown

**CORRECTION** — If you snipped out a fudge recipe in the March 6 issue of Lancaster Farming, you may want to make the following correction sent in by Mrs Ruth Wright: When she wrote 3x6 oz., it means 3 packages of 6 oz. or 18 oz. all together of chocolate chips. Thank you Mrs. Wright.

### Recipe Topics

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