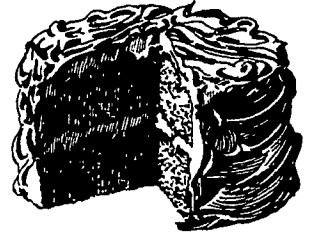


Home On The Range



"What's to eat, Mom?"

When the kitchen door slams shut and the crashing of lunch pails sounds upon the counter, you know the youngsters are home from school and they're going to be hungry.

The next time this question filters through the house, be ready with a delicious snack and a cold glass of milk.

Following are recipes — some of them packed with calories, some famous for protein content and others you will declare are "good for you" when you serve them. Take your pick and make your youngsters happy.

MICROWAVE CARAMEL CORN

7 large marshmallows OR 2 T. light corn syrup
1 stick butter
1/2 c. brown sugar
1/4 t. baking soda

Combine marshmallows or corn syrup, butter, and brown sugar in mixing bowl. Cook on 100 percent power for 3 minutes. Add baking soda and stir. Cook additional 30

seconds on 100 percent power or until marshmallows are melted.

Stir immediately and pour over 3 to 4 quarts of popped corn, stirring to coat evenly with caramel.

Pour coated corn onto wax paper and let it cool or chill.

GRAPE SNACK CUPS

1 lb. seedless green or red grapes, stemmed
1 pint vanilla ice cream, softened
1/4 c. cookie crumbs
9 or 10 paper muffin baking cups

Reserve about 30 grapes for garnish; mix remaining grapes with ice cream. Place paper baking cups in muffin pan; sprinkle half the cookie crumbs into cups. Spoon grape mixture over crumbs. Top with reserved grapes and remaining crumbs. Freeze several hours or until firm. Remove from freezer about 5 minutes before serving to thaw slightly.



For an after school snack that's filled with nutrition and packed with vitamins, try this egg sandwich. Simply fry the eggs, add bacon



QUESTION - I would like a recipe for canning vegetable soup in quantity. Can anyone help me?

Mrs. Leo Barsnica
Neshanic, NJ

ANSWER - For Lois Miller from New Freedom who requested a fruit pie filling is the following recipe from Evelyn Hissong of Greencastle. Another recipe appears at the end of the recipe section this week.

APPLE PIE FILLING

4 1/2 c. sugar
1 c. cornstarch
2 t. cinnamon
3 T. lemon juice
2 or 3 drops yellow food coloring

In large sauce pan, blend first 3 ingredients and add 1 t. salt. Stir in 10 c. water. Cook and stir until thick and bubbling. Take off heat, add lemon juice and food coloring.

Slice raw apples in quart jars. Pour hot syrup over apples until full. Hot water bath 20 minutes. Makes approximately 7 quarts.

Evelyn Hissong
Greencastle

ANSWER - J.A. Rauhauser and other cake lovers can find two recipes for pumpkin cake at the end of the recipe section this week.

Recipe Topics

September	
18	After school treats
25	Welcome fall with soup
October	
2	Tasty Casseroles
9	It's pork month!
16	Have an unusual cookie recipe?

CHOCOLATE SAUERKRAUT CAKE

2 1/4 c. flour
1 t. baking soda
1 t. baking powder
1 1/2 c. sugar
2/3 c. shortening
3 eggs
1 1/4 t. vanilla
1/4 t. salt
1/2 c. unsweetened cocoa
1 c. water

1 c. sauerkraut, rinsed, drained and chopped

Sift together flour, baking soda and baking powder; set aside. Cream sugar and shortening, add eggs, mix well, then add vanilla, salt and cocoa. Mix well. Alternately add flour mixture and water. Add sauerkraut. Bake in greased and floured pan, 8-inch square pan, 325 degrees for 25 to 30 minutes or angel food cake pan at 375 degrees for 45 to 50 minutes.

For a special effect for the kids, spread 1 can of cherry pie filling over the top or drizzle powdered sugar glaze.

MATRIMONIALS

1 1/4 c. flour
1 c. brown sugar
1 1/4 c. rolled oats
1/2 t. salt
3/4 c. butter
3/4 c. jam

In a medium bowl, mix first five ingredients. Cut mixture together with a fork to crumb-like consistency. Place 1/2 mixture in shallow 8x8 inch pan. Cover with jam. Sprinkle remaining crumbs on top and press firmly. Bake at 350 degrees for 40 to 45 minutes.

Barbara Russell, Pine Bush



Chocolate Sauerkraut Cake

LITTLE MISS COOKIES

2 c. brown sugar
3/4 c. butter
2 eggs
2 c. flour
2 c. oatmeal
1/2 t. salt
1 t. baking powder
1 t. cinnamon
2 t. soda
3 T. boiling water

Cream eggs and sugar, put soda in water, then add to mixture. Add other ingredients, and mix well. Bake at 350 degrees for 15 minutes.

Filling:

5 T. flour
1 c. milk

Cook till like a paste. Cool well and beat before adding 1 cup powdered sugar, 1/2 c. butter, 1/2 c. shortening and 1/2 t. vanilla.

Beat till like whipped cream, then spread between two cookies.

Mrs. Luke Wise, Lebanon

EASY CHOCOLATE CAKE

3 eggs
2 1/2 c. brown sugar
3/4 c. shortening
3 3/4 c. flour
2 t. soda
2 T. chocolate
1 T. vanilla
2 c. milk

Combine eggs, brown sugar, shortening. Sift flour, soda and chocolate. Add vanilla. Pour in milk when sifting. Bake at 350 degrees for 45 minutes or until done.

Annie Miller, Paradise

(Turn to Page B8)