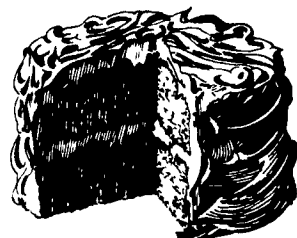


Home On The Range



Toast the Holidays with a Cup of Cheer

You've planned your dinner and baked your cookies, now all you need is a snappy punch or eggnog recipe to complete your meal. Some of the recipes are even red, making them just the right color for Christmas.

These two recipes come from Charlotte Stratton, Chambersburg.

PUNCH

- 1 large can pineapple juice
- 1 cup lemon juice
- 1 cup sugar
- 1 pint cranberry juice
- 2 quarts ginger ale

Chill all juices and ginger ale. Combine juices and sugar in punch bowl, add ginger ale last. An ice ring of cranberry juice, garnished with orange or lemon slices can be floated in the punch.

HOLLYBERRY PUNCH

- 1 can (6 oz.) frozen lemonade
- 1 can (6 oz.) frozen orange juice
- 5 cups water
- 1 quart ginger ale, chilled
- 1/4 cup grenadine syrup

Combine all the above ingredients in large punch bowl, except ginger ale which is added last. Float lemon or orange slices for garnish.

TEA WINE WARMER

- 1/2 cup brown sugar
- 1/3 cup instant tea powder
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 quart water
- 1 32-ounce bottle cranberry juice
- 1 bottle (4/5 quart) burgundy wine

Combine ingredients in large saucepan. Heat through, but do not boil, stirring occasionally.

HOT ALMOND EGGNOG

- 3 quarts dairy eggnog
- 3 cups milk
- 3 tablespoons almond extract
- whipped cream
- slivered almonds

Heat eggnog and milk in a large, heavy saucepan, stirring occasionally. Remove from heat and stir in extract. Serve garnished with dollops of whipped cream and slivered almonds.

EGGNOG WASSAIL BOWL

- 3 quarts dairy eggnog
- 1 1/2 quarts cider
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 4 whole cloves
- 1 teaspoon grated lemon peel

In a saucepot combine eggnog, cider, nutmeg, cinnamon, cloves and lemon peel. Heat over low heat, stirring occasionally.

FROTHY EGGNOG

- 8 eggs
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 to 2 tablespoons rum extract or brandy extract
- 1 teaspoon vanilla
- 2 quarts milk
- 1 cup whipping cream
- nutmeg

In a large mixing bowl beat eggs at high speed of mixer, until thick and foamy. Gradually add sugar and salt, then rum or vanilla extracts. At low speed, gradually add milk. Cover and chill. Just before serving, whip cream; fold into eggnog. Pour into punch bowl. Serve garnished with nutmeg.

Patsy Herr
Willow Street



A red punch adds a festive touch to holiday celebrations.

The next two recipes are from Betty Biehl, Mertztown.

CRANBERRY EGGNOG

- 6 eggs
- 3/4 cup sugar
- 1 pint cream
- 2 quarts cranberry juice
- ground cloves

Chill all liquids. Separate eggs, beat yolk until frothy and add 1/2 cup sugar and beat until smooth. Beat whites into peaks, add remaining sugar and beat until

smooth and shiny. Fold yolks into white until all patches of white disappear. Pour in cream, then cranberry juice and stir thoroughly. Serve cold with cloves on top.

PINK LADY PUNCH

- 2 cups cranberry juice cocktail
- 1 1/2 cups sugar
- 2 cups pineapple juice
- 2 quarts chilled ginger ale

Pour cranberry juice over sugar.

Stir and add pineapple juice, ginger ale and ice.

EGGNOG ICE CREAM FLOAT

For each serving, mix one scoop of vanilla ice cream and one-half cup of dairy eggnog in a tall glass. Fill the glass two-thirds full with lemon-lime carbonated beverage. Add another scoop of ice cream and fill the glass with more carbonated beverage.

Kitchens Reflect Changes in Society

NEWARK, Del. — You can learn a lot about people by looking at their kitchens, and American kitchens are changing, says University of Delaware Extension Home Economist Sally Foulke.

Recently, 1,400 Extension home economists were surveyed about changes that have already taken place, as well as those anticipated over the next decade. They noted that today's kitchens are no longer totally women's domain. Men are becoming more interested in nutrition, cooking, and kitchen appliances. And during the next decade, they said, kitchen duties will be assumed equally by men, women, and children.

Behind this trend is the growing number of women in the work force, which has had other major impacts on American kitchens. For example, 79 percent of the home economists agreed that in making purchases for the kitchen, working women are primarily interested in convenience.

Extension home economists also believe that women employed outside the home are trying to use their time more efficiently. They foresee a trend toward less frequent grocery shopping and more quantity buying. Employed women will spend less time preparing food than they did a decade ago. Interest in nutrition

has not suffered, however.

Time-saving appliances were chosen as the most useful for consumers starting their own households. Among 11 kitchen appliances, the microwave oven and the food processor were selected most frequently. The hand mixer ranked third, with the toaster oven close behind.

When asked which kitchen appliances would be most useful in 1992, Extension home economists again selected the microwave oven and food processor. They believe deep fryers may be obsolete by 1992. About 60 percent predict the same fate for traditional ovens and

stand mixers.

Consumers will use less energy due to more energy-efficient appliances and energy-saving practices.

Extension home economists also predict that more home computers will be used in American kitchens. Fifteen percent of those questioned indicated this would be among the most significant changes during the next decade. They believe computers will be used to inventory supplies, program appliances, determine calories and nutrients, compile shopping lists, order groceries, prepare food, and other tasks.

Cook's Question Corner



QUESTION - We're still looking for last week's recipe requests, drop-out cookies using sugar substitutes, whole wheat sugar cookies, canned spicy chili sauce, chili con carne made with kidney beans and ground meat, and spicy canned pears.

QUESTION - I would like the recipe for Leb cookie or Leb Kuchen.

Mildred A. Wessner
Lenhartsville

Recipe Topics

- December 31
- January 7
- 14

- Calorie Counting Favorites
- Chinese Recipes from Mifflinburg FHA
- Favorite Hamburger Dishes



Featured Recipe

This week's featured recipe is from Doris Shenk. She described her "Yuletide Punch" as "real good and refreshing." Read about how Doris helped plan a Christmas Eve wedding in a springhouse on page B13

Yuletide Punch

- 2 quarts cranapple juice
- 1 quart orange juice
- 1 1/2 can of pineapple juice
- 1/2 cup granulated sugar
- 1 large bottle of ginger ale, chilled
- 1 quart rainbow sherbet

Combine and chill juices, add sugar. Stir until dissolved. Pour in punch bowl. Just before serving add small scoops of sherbet to top.