

If you are looking for a recipe but can't seem to find it anywhere, send your recipe request to Cook's Question Corner, care of Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543. There's no need to send a SASE. If we receive an answer to your question, we will publish it as soon as possible.

Answers to recipe requests should be sent to the same address.

QUESTION - Mrs. E.J. Martin, Jr. Selryville, Del., would like a good recipe for potato dumplings.

QUESTION - A reader in New York would like suggestions for using whey, ie, soups, etc.

QUESTION - P.J. Clark, Milan, would like a recipe for peanut butter fudge that uses marshmallows instead of marshmallow creme. She would also like to know the equivalent for substituting marshmallows for marshmallow creme.

QUESTION - Jane Coate, New Milford, would like a recipe for rock candy (clear crystalized sugar on a string).

QUESTION - Turlia Hogg, Slippery Rock, would like a recipe for the apple dish served on Shoney's Restaurant Buffet. The apples are sliced with cinnamon, etc.

QUESTION - Mrs. Edith Rader, Holmes, would like a recipe for pan pudding that is not gummy.

ANSWER - Several weeks ago a reader requested a recipe for pearl tapioca pudding. Thanks go to Betty Biehl, Mertztown, for sharing the following recipe.

Pearl Tapioca Pudding

- 1/2 cup pearl tapioca
- 1 cup water
- 2 cups milk
- 2 tablespoons butter
- 2 egg yolks
- 1/4 cup sugar
- Little salt
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 2 egg whites

Cover tapioca with water and let stand. Add milk and butter. Cook in double boiler until clear (about 1 hour) and cool slightly. Pour hot mixture over egg yolks which have been beaten with sugar and salt. Add lemon rind and juice. Pour into a buttered baking dish. Bake about 1 hour at 325°F. Cool slightly. Top with meringue made with 2 egg whites beaten stiff but not dry. Add 4 tablespoons sugar and a teaspoon vanilla. Beat well. Bake about 5 minutes more at 325°F. or until egg whites are nicely browned. Serves 6.

ANSWER - Alan E. Mays, Lancaster, requested recipes that use Bible references to indicate ingredients. Thanks go to Eva Southard, Glen Rock, and to Lucy Martin, Narvon, for the following recipes.

Study Seeks To Determine Benefit Of Calcium Pills

WASHINGTON - Women today take more calcium supplements than ever, but it still is not clear whether the pills really do slow

bone loss that leads to osteoporosis in older women.

A study now underway at the U.S. Department of Agriculture's Human Nutrition Research Center on Aging, at Tufts University in Boston, promises to settle this question for women who take calcium supplements after menopause. The study, lasting five years and using 360 volunteers, will be the longest and largest of its kind.

"We want to learn who, if anyone, will benefit from taking calcium supplements after menopause—and if there is a benefit, does it last over the long term," said Dr. Bess Dawson-Hughes, director of the center's calcium and bone metabolism laboratory and architect of the study funded by USDA's Agricultural Research Service.

In 1985, Americans spent an estimated \$260 million on the supplements—twice as much as in 1983, according to the Council for Responsible Nutrition, an association of vitamin and mineral supplement manufacturers. Sales are expected to keep rising.

Dawson-Hughes hopes to resolve conflicting findings from previous studies on the effects of increasing calcium intake after menopause. No similar study has been done with women who are still menstruating.

In the new study, researchers will also be looking for any unsuspected risks from the supplements, said Dawson-Hughes, who is associated with Tufts University Medical School. It is already known that excess calcium can cause kidney stones, and a preliminary study by Dawson-Hughes indicated that taking the supplements with meals can reduce the amount of iron that gets into the body.

The 360 volunteers will take a daily 500-milligram calcium supplement or a look-alike placebo and be checked once a year for any changes in bone density. To ensure objective results, neither scientists nor volunteers will know which pill each woman is getting until the study ends, Dawson-Hughes said.

The researchers will use state-of-the-art technology called dual photon absorptiometry to detect changes in the spine and hips—where osteoporosis is most serious, she said. Other studies have used the forearm, she said, but arm and leg bones are less susceptible to fractures than those in the central skeleton.

Scripture Cake

- 1/2 cup butter (Judges 5:25)
- 1 cup sugar (Jeremiah 6:20)
- 3 eggs (Isaiah 10:14)
- 1/2 teaspoon salt (Leviticus 2:13)
- 3 tablespoons honey (1 Samuel 14:25)
- 2 cups flour (1 Kings 4:22)
- 2 teaspoons baking powder (Amos 4:5)
- 1 teaspoon cinnamon, 1 teaspoon nutmeg (2 Chronicles 9:9)

1/2 cup milk (Judges 4:19)
 1 cup chopped figs (Nahum 3:12)
 1 cup sliced almonds (Numbers 17:8)
 1 cup raisins (1 Samuel 30:12)
 Cream butter and sugar; add honey and beaten yolks. Add remaining dry ingredients mixed together, alternately with milk. Stir in figs, raisins and nuts. Fold in beaten whites last. Bake at 325°F. for 45 minutes in 9x13-inch pan. Serve with whipped cream topping.

Fruit Cake

Be sure to use all the following fruit:

- Love
- Joy
- Peace
- Longsuffering
- Gentleness
- Goodness
- Faith
- Meekness

Temperance (all found in Galatians 5:22-23)

Add a generous amount of bread (John 6:33)
 Put in 1 egg (Luke 11:12)
 Sweeten with honey (Psalms 19:10)
 Season with salt (Colossians 4:6)
 Add one tiny grain of mustard seed (Mark 4:31)
 Combine ingredients and mix. If mixture becomes too firm, add a little milk (1 Corinthians 3:2).

Do not add any leavening, a little leavening will leaven the whole lump (1 Corinthians 5:6).

Pour mixture into vessels of silver and gold (2 Tim 2:10). Bake over heat made by coals of fire (Romans 12:20). Serve at once, but don't let stand alone (Hebrews 4:7). If this "fruit cake" should make you thirsty, drink water freely (Revelation 22:17).

ANSWER - Harold Latshaw, Walnutport, requested recipes for kiefels. Thanks go to Dorothy Riesterer, New Providence, for providing the following recipe.

Sour Cream Kipfel

- 4 cups flour
- 1 cup sweet butter
- 3/4 cup sour cream
- 1/2 teaspoon cinnamon
- 2 eggs, separated
- 1/2 pound almonds, chopped
- 2 tablespoons sugar

Mix flour, butter, sour cream and 2 raw egg yolks together. Put in ice box overnight. Then roll it out and fold it at least 4 times; then roll again as thin as pie crust. Cut into 2-inch squares. Put teaspoon of jam on each, fold over corners, press edges together and sprinkle with sugar, cinnamon and chopped almonds. Bake at 400°F. Time is not given. Recipe taken from 1940 issue of Settlement Cookbook.

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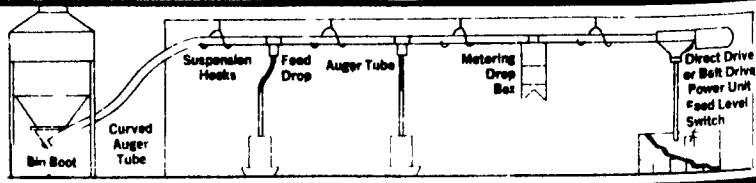



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