



Home on the Range

Bag A Lunch

A new school year signals the start of morning rush hour in many households. The kitchen is often the scene of family traffic jams as household members prepare on-the-run breakfasts and hastily pack bag lunches.

To put an end to some of the morning confusion and to help provide more creative, nutritious take-along lunches, here are some suggestions:

- Create a bag lunch menu that allows you to shop and plan ahead for supplies.

- Spread butter or mayonnaise right up to the edges on both slices of bread to prevent sandwich fillings from seeping through.

- Spread bread slices or hamburger buns out and, using an ice cream scoop, fill sandwiches assembly line fashion.

- Stack several sandwiches together and cut all at once.

- Cut sandwiches for youngsters in small, fun shapes — hamburger buns into pie-wedge quarters or bread into diagonal strips.

- For dieters, put sandwich filling into a scooped-out tomato, lettuce leaf, or pita pocket.

- Use salad dressings such as Thousand Island, Creamy Garlic, or Ranch Dressing to make excellent spreads for meats.

- Keep foods cold by packing into lunch bags or boxes with a chilled can of juice, frozen sandwich or cookies. Frozen items will thaw in time for lunch.

- Pack separate bags of sandwich garnishes such as lettuce, tomato, and green pepper slices, and celery sticks. Salad greens stay crisp if first wrapped in a damp paper towel.

- Pack a creative mixture of cheeses in one bag and a variety of crackers and breads in another.

- Save time and money by purchasing or making large amounts and portion-packing the items in tight bags and containers to seal in freshness. Cookies and sandwiches may be frozen until ready to use.

- Enlist the help of your children when packing lunches. If children help prepare a meal, they are less inclined to throw it away. Older children should be encouraged to look through cookbooks for ideas for lunches.

- Bagles with light cream cheese or peanut butter is a healthy alternative to sandwiches.

- Pack bite-size wheat, rice, and corn cereal squares.

- Melon balls and cubes of fresh fruit in a plastic container.

LITTLE DEBBIE'S OATMEAL SANDWICH

1 cup shortening
2½ cups sugar
1 cup molasses
4 eggs
Beat together ingredients. Sift flour and spices and add to above:

4 cups flour
1 teaspoon salt
2 teaspoons baking soda
2 teaspoons cinnamon
Stir in 4 cups quick oatmeal.

Roll in little balls and press slightly on greased cookie sheet. Bake at 350 degrees for 15 minutes.

Filling:
2 cups confectioners' sugar
2 eggs, beaten
1 teaspoon vanilla
Beat filling ingredients well and add ½ cup shortening. Continue beating until smooth. Spread between two cookies.

Mrs. Carl Martin
Goshen, In.

BIG APPLE BARS

1 cup sifted flour
½ teaspoon salt
½ teaspoon baking soda
½ cup light brown sugar
1 cup quick-cooking rolled oats
½ cup shortening
2 tablespoons butter
2½ cups tart apple slices
¼ cup sugar

Sift flour with salt and baking soda. Stir in brown sugar; mix in rolled oats. Cut in shortening until mixture is crumbly. Press half of the mixture firmly into bottom of 8-inch square pan. Dot with butter. Add apple slices and sprinkle with ¼ cup sugar. Cover with remaining crumbs. Bake at 350 degrees for 45 minutes until top is golden. Cut in 6 large bars.

Sarah Clark
Breezewood

DRIED BEEF SANDWICH FILLING

4 ounces dried beef
4 ounces sharp cheese
1 medium onion
1 medium green pepper
2 eggs, beaten
1 tablespoon flour
6-ounce can tomato puree
Grind together dried beef, cheese, onion, and green pepper. Combine with eggs, flour, and tomato puree in saucepan. Cook for 10 minutes or until thickened, stirring constantly. Cool to room temperature. Store in refrigerator. Yield: 20 servings.

Grange Cookbook

PUMPKIN WHOOPIE PIES

2 cups brown sugar
1 cup oil
2 eggs
1 teaspoon cinnamon
¼ teaspoon cloves
3 cups flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
1 cup pumpkin

Combine all ingredients. Drop by spoonfuls onto cookie sheets and bake at 350 degrees for about 10 minutes.

Filling:
2 egg whites
2 teaspoons vanilla
4 tablespoons flour
2 cups confectioners' sugar
4 teaspoons milk
½ cup shortening

Beat together until fluffy. Spread filling between cookies to form whoopie pies.

Barbie Fisher
Quarryville

PUPPY CHOW FOR PEOPLE

1 cup milk chocolate chips
1 cup semisweet chocolate chips
1 cup peanut butter
½ cup butter
16-ounces Crispix cereal
2 cups confectioners' sugar
Combine chocolate chips, peanut butter, and butter in saucepan. Cook over low heat until melted, stirring occasionally. Pour over cereal in large bowl; toss until coated. Stir in confectioners' sugar; toss or shake until coated. Yields 10 servings.

Helen Jacobson
Mahoning Valley

PRETZEL SNACK

1 cup melted butter
1 envelope onion soup mix
1 pound large hard pretzels, broken
Mix melted butter and soup mix in small bowl. Add to pretzels in large bowl; mix well. Spoon into 9x13-inch baking pan. Bake at 200 degrees for 2 hours, stirring at 20 minute intervals. 8 servings.

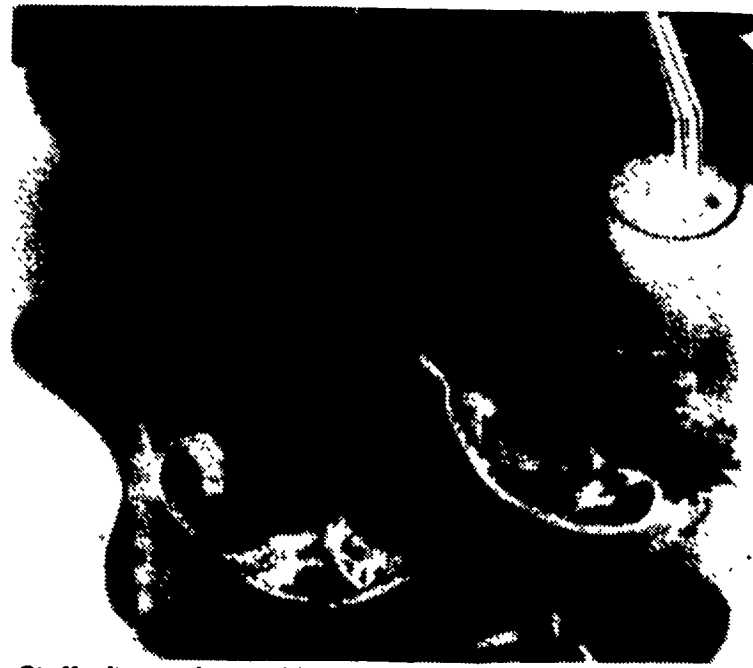
PITA SANDWICH

Pita bread
Cooked chicken chunks
Creamy ranch dressing
Dill pickle, chopped
Tomato chopped
Fill pita pocket with chicken, pickle, and tomato. Top with ranch dressing.

CHICKEN SALAD DIJON

¼ cup mayonnaise
¼ cup chopped green onions
1 tablespoon Dijon mustard
1 teaspoon dried dill
Dash pepper
2 cups cubed chicken or turkey
6 croissants
Lettuce
Tomato
Combine mayonnaise, green onions, mustard, dill, salt, pepper, and chicken. Fill croissants with lettuce, tomato, and salad. Serves 6.

The Shartlesville
Community Cookbook



Stuff pita pockets with on-hand ingredients for infinitely versatile lunches.

CHEESE SANDWICH SPREAD

6 eggs
1 pound longhorn cheese, at room temperature
4-ounce can pimentos
Salt and pepper to taste
1 cup mayonnaise
Cook eggs in water in saucepan until hard-boiled. Cool slightly. Grind with cheese and pimentos. Combine with salt and pepper in mixer bowl. Add mayonnaise; beat for 5 minutes or until smooth. Store in refrigerator. Yield: 6 cups.

SHAKE AND BAKE CHICKEN

2 cups dry bread crumbs
2 tablespoons paprika
¼ cup shortening
2 teaspoons onion powder
1 teaspoon red pepper
¼ cup flour
4 teaspoons salt
2 teaspoons sugar
2 teaspoons ground oregano
1 teaspoon garlic powder
Mix together ingredients until crumbly. Store in covered container. Makes about 3 cups. Bake in 350 degree oven for about 1½ hours. Refrigerate. Wrap in foil the next day.

GINGER SNAPS

Old Recipe

1 cup sugar
1 cup molasses
1 cup butter
1 tablespoon ginger
1 teaspoon baking soda dissolved in a little water
As much flour as can be stirred in

Pinch off pieces as large as a good-sized marble; roll in the hands; flatten slightly and place on cookie sheet, leaving room for them to spread. Bake in 350 degree oven — watch closely, as they burn easily. Leave on sheet until cool enough to snap. Children's Delight.

This recipe is from an 1894 cookbook. That is why directions and measurements are a bit vague.

Anita Moyer
Bernville

ROAST BEEF KAISER

Kaiser roll
Roast Beef slices
Horseradish OR Coleslaw
Slice roll and fill with cold roast beef topped with horseradish or coleslaw.

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

September

23- Rice Month
30- Chicken Month

October

7- National Pork Month
14- Ground Beef

Featured Recipe

A newly-released cookbook, "Brethren Disaster Relief Cookbook," promises to be a favorite among cooks. The hardcover, spiral bound book with tab dividers is easy to read and contains 1,014 recipes.

It was compiled by a committee raising funds for victims of disaster. The cookbook will first be sold for \$20 at the Brethren Disaster Relief Auction held at the Lebanon Area Fairgrounds on September 22 and 23.

Mailorders for the cookbook will be accepted only after September 25, by sending \$25, which includes postage and handling. For a copy, send a check made out to Brethren Disaster Relief and include your complete mailing address to Audrey Myer, 145 S. Shirk Rd., New Holland, PA 17557.

For more information about the cookboob and auction, turn to page B2. Here is one of Audrey Myer's recipes, which is included in the cookbook.

ONION LOAF

2 tablespoons butter or bacon fat
¼ cup white cornmeal
1 egg, beaten
¼ cup chopped onion
1½ cups buttermilk
¼ teaspoon salt
¼ teaspoon pepper
Put butter in 1-quart casserole or loaf pan and heat in oven. Mix together ingredients until smooth and put into heated pan. Bake at 425 degrees for 30 minutes.