

(Continued from Page B9)

ANSWER — Elizabeth Beaver, Ringtown, wanted a recipe for apple butter cake. Thanks to Anna Martin, Denver, for sending a recipe.

Apple Butter Cake

- ½ cup shortening
- 1 cup sugar
- 4 eggs, beaten
- 2½ cups all-purpose flour
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- 1 cup sour milk or buttermilk
- 1 cup apple butter

Cream the shortening. Add sugar gradually and continue to cream until fluffy. Add well-beaten eggs and mix thoroughly. Sift flour; measure and sift again with salt, soda, and spices. Add apple butter and blend well into mixture. Pour into a greased loaf pan. Bake at 350 degrees for 45-50 minutes.

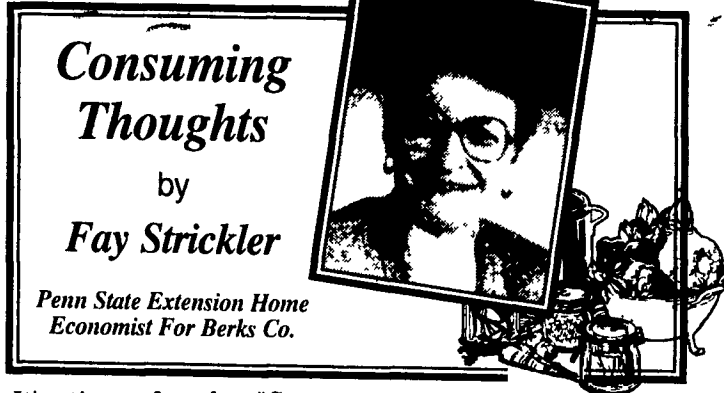
ANSWER — An Annville reader wanted a small cookie that contains anise and is rolled in confectioners' sugar, which is similar to those made by Archway. Thanks to Anna Martin for sending her recipe.

Grandmother's Anise Cookies

- ¾ cups sifted flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- ½ teaspoon salt
- ½ cup butter
- 1¼ cup sugar
- 2 eggs
- 6 tablespoons milk
- 2 tablespoons anise seed OR ½ teaspoon anise extract
- Confectioners' sugar

Sift together flour, baking soda, cream of tartar, and salt; set aside.

Cream together butter and sugar in bowl until light and fluffy; using an electric mixer, add eggs, beat well. Gradually stir in flour mixture and milk; mix well. Stir in anise seed. Cover and chill for three hours. Shape dough into one-inch balls and roll into confectioners' sugar. Place balls about 2-inches apart on greased baking sheet. Bake in 350 degree oven for 8 minutes or until golden.



Consuming Thoughts

by
Fay Strickler

Penn State Extension Home Economist For Berks Co.

It's times for the "Great Pumpkin" to light up the night with his bright, saw-tooth grin. But this versatile squash has a lot more going for it than simply its use as porch decoration. Here are some tasty alternatives for fall menus.

Cooked Pumpkin: For pumpkins of less than three pounds, cut in half, scoop out the seeds and place one half, rind-side up, on a glass pie plate or utility dish. Cook in the microwave on high for 20-25 minutes, or until tender in the center. Repeat with remaining pumpkin half.

For large pumpkins, seed and cut into three-inch wedges and arrange rind-side up in a glass utility dish. Cover with wax paper and cook in microwave on high until all pieces are tender. You may need to rearrange the inside pieces to the outside to assure uniform distribution of cooking.

After letting the cooked pumpkin cool, remove meat from the rind and mash or puree. Slicing it off the rind with a knife is the easiest method. Yields 1 cup of mashed pumpkin per 1 pound of raw pumpkin.

Toasted Pumpkin Seeds: Healthy Method - In a bowl, mix 1 cup cleaned and dried pumpkin seeds with 1 teaspoon oil. Spread in a heat proof glass dish, then microwave 3-4 minutes, stirring frequently. Seeds should be crisp when cooled.

And when the "ghosts and goblins" gather for a Halloween party, what kinds of party fare will you provide this year?

Why not make your party treats count nutritionally? Instead of candies, consider fruits, vegetables, breads, cereals, milk, cheese, meats, peanut butter, nuts and seeds. Not only will they be good for the youngsters, they're fun too.

For younger children try:

- A fruit milkshake - a banana blended with milk and seasoned with a dash of nutmeg

Build Holiday Traditions

LANCASTER (Lancaster Co.) — The Lancaster County office of Penn State Cooperative Extension is offering the workshop "Strengthening Families With Holiday Traditions" to be held on Tuesday, October 27, from 9 a.m.

- of cinnamon
- Apple slices peeled and spread with peanut butter or soft cream cheese.
- Cereal cookies baked on popsicle sticks.
- Breads made with fruits or vegetables, like banana, zucchini or pumpkin.
- At a Halloween party for older children or teenagers, try these popular but still healthful snacks.
- Hot spicy fruit juices.
- Fruit punch made with a mixture of juices, like grape-orange or cranberry apple, with club soda for "fizz".
- Celery stuffed with cottage cheese, bean dip, peanut butter with raisins or, pimento cheese.
- Nachos - A new food fad of shredded cheese on corn chips broiled until the cheese melts.
- snack pizza - Guests choose their own toppings from lean ground beef, lean ham bits, onions, mushrooms, and green pepper.
- Pita bread sandwiches - Each teen fills the pocket bread with "salad bar" items like shredded lettuce or cabbage; cheese; lean roast meat; refried beans; chopped egg, onions, cucumbers or tomatoes; sliced green peppers or zucchini; and several choices of salad dressing. Goblins and Ghosts will love these party snacks.

to 1 p.m. at the Farm and Home Center, 1383 Arcadia Road, Lancaster.

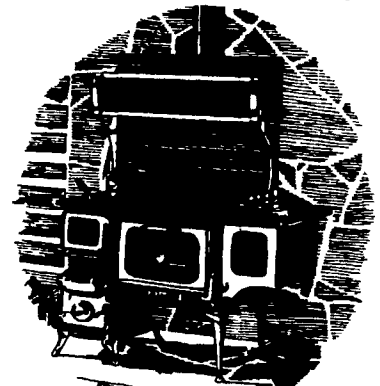
The workshop is open to all those individuals who would like to learn new ideas for family traditions as they relate to family celebrations, fun in the kitchen, and holiday spending. Participants will enjoy hands-on food and greenery demonstrations, as well as the opportunity to share their unique holiday traditions with others.

Cost of the workshop is \$10 to register, call the Lancaster Cooperative Extension office at (717) 394-6851.

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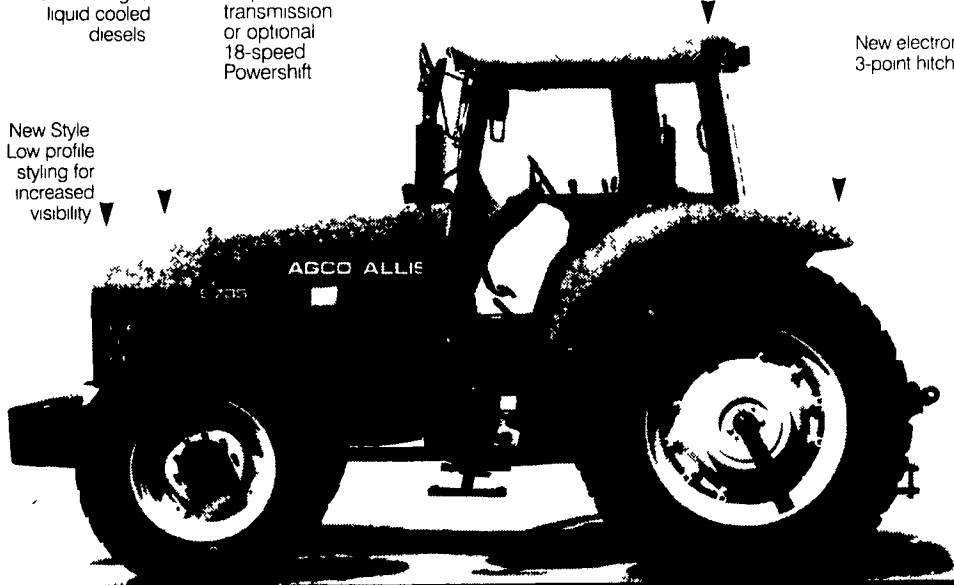
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