



If you are looking for a recipe but can't find it, send your recipe request to Lou Ann Good, Cook's Question Corner, in care of Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. There's no need to send an SASE. If we receive an answer to your question, we will publish it as soon as possible. Check your recipe to make sure you copy the right amounts and complete instructions for making the recipe. Sometimes we receive numerous answers to the same request, but cannot print each one.

Answers to recipe requests should be sent to the same address. You may also e-mail questions and answers to lgood.eph@lfpnews.com

**QUESTION** — Cindy Stahl has Alpine dairy goats that provide the family with more milk than needed. She would like recipes for milk-based recipes other than puddings, ice cream, cheese, butter, and milk soap. Non-dessert recipes would be most appreciated.

**QUESTION** — Herman Bean, Easton, writes that he is 78 years old. He remembers his grandmother made molasses cookies when he was a small boy. His mother still made them at 95 years of age but died 10 years ago and took the recipe with her. The dough was cut with flower or boy and girl-shaped cookie cutters. When baked, the cookies were about an inch thick, 4-inches high, and 2- or 3-inches wide. They were sort of a grayish color, soft, and had to be put into a can for a couple of days before eating. Bean said, he believes the cookies are a "Dutch favorite."

**QUESTION** — Shirley Schworer, Wysox, requests a recipe for canned pickled sausages or ring bologna.

**QUESTION** — A reader would like to have vanilla or lemon pudding recipes used to fill doughnuts.

**QUESTION** — Ruth Erb, Beavertown, wants a recipe called Ann-Margaret's Favorite Chocolate Cake.

**QUESTION** — A reader from Dauphin would like a recipe for society pickles, which she heard stay crunchy after they are canned.

**QUESTION** — Elaine Fyock, Windber, is looking for a recipe for New England clam chowder, which tastes similar to that served at Ponderosa Restaurant.

**QUESTION** — Steven Skramko, Richfield Springs, N.Y., would like a recipe to make Shoe Top cookies, which look like leather used for repairing shoes. He writes the recipe is from 60 years ago.

**QUESTION** — Chris Martin, Benton, wanted to know how to make dough pockets similar to "Hot Pockets."

**QUESTION** — The Early American Steam Engine and Old Equipment Society is looking for corn meal recipes. They want to provide a corn meal recipe brochure to those who buy the stone mill-ground corn meal from them. Send recipes to the society in care of Susan Knaub, EASE&OES, P.O. Box 652, Red Lion, PA 17356.

**QUESTION** — Trina Boitnott, Boones Mill, Va., wants a recipe for pecan jelly and other nut-flavored jellies. She tasted pecan jelly in a specialty shop in Virginia. The jelly tasted exactly like pecan pie in a jar.

**QUESTION** — A reader wants to know if it's possible to make puffed wheat or puffed rice without much financial investment.

**ANSWER** — A reader wanted a recipe for the jelly-filled Archway cookies or one similar to it. Thanks to Marie Miller for sending a recipe.

#### Fruit-Filled Archway Cookies

**Cream together:**

- 1 cup shortening
- 1½ cups sugar

Add alternately with 1 cup milk, stir in:

- 2 eggs, beaten
- 2 teaspoons vanilla
- 4½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon baking powder

Beat mixture and drop by tablespoonsful onto cookie sheet. Imprint center of each cookie with floured thumb. Add cherry pie filling or any fruit mixture desired into imprint. Bake at 375 degrees for 12-15 minutes. Makes 4

dozen.

**ANSWER** — Linda Fletcher, Walnutport, wants a recipe to make summer bologna in the oven. Thanks to I. Wenger for sending two recipes that she uses.

#### Beef Or Pork Roll

25 pounds beef (use pork for pork roll)  
¾ pound Tender Quick  
Grind together twice. Let stand 24 hours in refrigerator. Add:  
2 cups brown sugar  
3 tablespoons black pepper  
2 teaspoons saltpeter (may be omitted)  
5 tablespoons Liquid Smoke  
Mix well and stuff in bologna bags. Wrap in aluminum foil and bake at 350 degrees for one hour.

#### Summer Sausage

2 pounds ground meat  
1 cup water  
1½ teaspoon Liquid Smoke  
1 teaspoon garlic powder  
1 tablespoon mustard seed  
1 teaspoon seasoned salt  
2 tablespoons Morton Tender Quick, or to taste  
Combine ingredients and wrap in roll shapes in foil. Refrigerate for 24 hours. Bake in 350 degree oven for 75 minutes. Open foil for last 15 minutes of baking.

**ANSWER** — Lucy Lowe, Claymont, Del., wanted a recipe for ozark pudding. Thanks to D.W. Seibert, Hummels-town, for sending a recipe.

#### Ozark Pudding

1 egg  
¾ cup sugar  
2 tablespoons flour  
1½ teaspoons baking powder  
1½ cups apples, sliced thin  
1 teaspoon vanilla  
½ teaspoon salt  
½ cup nutmeats  
Combine egg and sugar. Combine flour, baking powder, and salt. Add to first mixture. Fold into this mixture the nutmeats, apples, and vanilla.

Bake in greased baking pan until apples are tender and top is browned in 350-degree oven, about 25 minutes.

Serve hot or cold over ice cream or with whipped cream.

Here's a similar recipe sent by an anonymous reader.

#### Ozark Pudding

¾ cup sugar  
¼ cup flour  
¼ teaspoon salt  
1 egg  
1¼ teaspoons baking powder  
1 teaspoon vanilla  
½ cup chopped nuts  
½ cup chopped apples  
Mix flour, sugar, salt, and egg. Add vanilla and baking powder. Mix. Fold in chopped nuts and apples. Spread thin in a greased pan. Bake at 350 degrees for 35 minutes.

**ANSWER** — Phyllis Stauffer, Carlisle, wanted a recipe that Little Caesar's used to have. It was a buttery dip with herbs that they served with breadsticks. Thanks to Melissa Lapp, Cassadaga, N.Y., for sending a recipe.

#### Breadsticks

½ cup butter, melted  
3 tablespoons olive oil  
3 tablespoons parmesan cheese  
1 teaspoon garlic powder  
1 tablespoon oregano  
1 tablespoon parsley  
Combine ingredients and serve hot.

**ANSWER** — Sandy Farmer, here's another granola bar recipe from Vera Zimmerman.

#### Granola Bars

1½ pounds marshmallows  
¼ cup margarine  
Melt together and add:  
¼ cup vegetable oil  
½ cup honey  
¼ cup peanut butter  
In another bowl, combine:  
9½ cups rice crispy cereal  
5 cups oatmeal  
1 cup crushed peanuts  
1½ cups raisins  
1 cup coconut  
1 cup graham crackers, crushed  
1 cup chocolate chips or M&M's  
Combine both mixtures. Pat into oblong cake pan. Cut into bars.

## Tribute

### CRUMB CAKE

3 cups flour  
2 teaspoons baking soda  
¼ teaspoon salt  
2 cups sifted sugar  
½ cup butter  
Mix and reserve half cup for the crumb topping. To the remaining ingredients, add:  
2 eggs, beaten  
1 cup milk  
½ teaspoon vanilla  
Bake at 350 degrees for 45 minutes or until top springs back when lightly touched.

Michelle McMichael  
Berks Co.

## Grandma Right About Fiber

I was surprised to read that fiber doesn't help against colon cancer after all.

Does this mean a high-fiber diet is no longer important?

Not by a long shot. The studies you mention, published in March 2000, were disappointing but not totally unexpected.

First, the research studied only people who had already suffered from colon polyps, which are growths on the inner wall of the colon or rectum. About 40 percent of people over age 50 get polyps. About 5 percent to 10 percent of polyps become cancerous.

Two studies showed no difference in the rate of the recurrence of polyps between people put on special diets and those who weren't. The first study, conducted over four years, showed no effect from a low-fat, high-fiber, high fruit and vegetable diet. Another three-year study showed no difference between those eating a high fiber (13.5 grams) cereal each day compared with eating a low-fiber (2 grams) cereal each day.

That's probably what you read in the headlines. There's more to the story, though.

For one thing, colorectal cancer takes decades to develop. Dietary factors may affect the formation of polyps years before they can be detected. Even studies lasting three or four years might not show any effect if the process has already started. The researchers in both studies plan to continue following patients, watching for more long-term impacts.

Also, the polyps that did form in the study tended to be small.

Dietary factors might help prevent their growth into large polyps, or lower the risk that any large polyps develop into cancer. The studies did not look at those possibilities.

Fiber has other benefits, too. Soluble fiber has been linked with a decrease in blood cholesterol, so it may be helpful for people susceptible to heart disease. A high-fiber diet also can help prevent diverticulosis, a condition in which tiny pockets form in the colon. (Ironically, if you've already got diverticulosis and those pockets become inflamed, you need to severely limit fiber intake until the inflammation goes down).

High-fiber foods, like beans, whole grains, fruits and vegetables, also have vitamins, minerals and phytochemicals that may reduce cancer and offer other benefits. So don't write fiber off yet.

Editor: This column was reviewed by Sharron Coplin, registered dietitian and Ohio State University Extension associate in the College of Human Ecology.

## A Little Selenium, An Essential Nutrient, Goes A Long Way

Selenium is a trace mineral and essential nutrient, but its importance in human health was revealed just 20 years ago. It's not surprising you haven't heard of it.

The new Recommended Dietary Allowance for selenium is just 55 micrograms a day. A microgram is one-millionth of a gram.

Selenium first gained attention in the mid-20th century when researchers realized a deficiency could cause farm animals to die during weaning. They added selenium to animal diets, and survival rates increased. Now, thanks in part to Ohio State University research, selenium is routinely added to infant formula and products designed to be a sole source of

nutrients.

Among other things, selenium helps form four types of the enzyme glutathione peroxidase which fight peroxides that can damage cells and tissues. It also appears to be important in sperm formation. A severe selenium deficiency can lead to Keshan disease, a form of heart disease that strikes children and women of child-bearing age.

Luckily, most people get enough selenium from a balanced diet. Good sources usually include tuna and other seafood, liver, meat, pasta and grains.

The new recommendations for selenium also include a daily upper limit of 400 micrograms, but that takes into account a safety factor of 400-600 micrograms.