

# Cookbook

## Some food tastes better outdoors

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Staff Correspondent

June 21 ushered in the summer season with its blue skies, warm, sunny days and gentle breeze and many homemakers turn their thoughts to picnics and informal meals, whether in the backyard or at some nearby park or camping area.

This week marks the first big holiday of summer - the Fourth of July - and plans by many Back Mountain families to enjoy a day outdoors. Whether a family of four or a group of 12 or 18, every family has one or more favorite recipes they enjoy preparing for eating in the outdoors.

To bring some of these to Dallas Post readers, we asked several residents to share a recipe on this Fourth of July. In answer to our request, we give you Wimpies by Marilyn Morris, Macaroni-Tuna Salad by Florence Allabaugh, German Potato Salad by Mrs. William Weigel and Blueberry Cake by Ruth Quinn.

Marilyn Morris, an employee of the food service at Dallas Junior High School, is often asked to make Wimpies for a family gathering or one of her four children's outdoor parties. Florence Allabaugh of Dallas is noted among family and friends for her unique but tasty Macaroni-Tuna Salad. Mrs. Weigel is a professional at making German Potato Salad having been taught how to make it by her husband, who came from Germany. When her family gets together, Ruth Quinn, a retired school teacher, is always asked to make a blueberry cake. It is a favorite of her many nieces and nephews, all residents of the Back Mountain.

Each of these recipes is easy to prepare and we hope our readers will try preparing at least one of them for this American holiday.

### GERMAN POTATO SALAD

- 2 1/2 lb. potatoes
- 1 med. onion, grated
- 1/3 c. oil
- 1/2 c. vinegar
- 2 T. mayonnaise

Salt and pepper to taste  
Boil potatoes with skins on; peel and slice on grater while still warm. Combine onions and potatoes in large bowl; add oil, vinegar and mayonnaise. Add enough water to moisten, salt and pepper to taste. Mix ingredients well. May be served warm or if desired, chill in refrigerator before serving. Makes six generous servings.

### MACARONI-TUNA SALAD

- 1-8 oz. pkg. elbow macaroni
- 1 can tuna fish
- 2 eggs, hard boiled
- 2 stalks celery, diced fine
- 1 sm. onion, chopped fine
- 1/4 small green pepper, chopped fine
- 3-4 radishes, sliced thin
- 1/2 raw carrot, finely shredded
- Miracle Whip salad dressing

Cook macaroni according to directions on package, stand aside to cool. When cool mix in large bowl with tuna fish, mash in one of the hard boiled eggs and mix well. Add celery, onion, green pepper, radishes and carrots. Mix all ingredients together then add enough Miracle Whip to moisten to individual preference.

Place on lettuce leaf on large plate or platter, garnish with sliced hard boiled egg.

### WIMPIES

- 3 lb. ground meat
- 1 small jar chili sauce
- 1 small jar green pickle relish
- 1/2 bot. ketchup
- 2 med. onions, diced fine
- 1 T. sugar
- Dash of Worcestershire sauce

Salt and pepper to taste  
Brown diced onion then add meat and sautee until meat is brown. Add remaining ingredients, mix well and let simmer on low heat for approximately one hour. Serves 12 to 18.

Mixture may be reheated before serving if necessary.

### BLUEBERRY CAKE

- 2 c. sifted flour
- 2 t. baking powder
- 1/2 t. salt
- 1/2 c. sugar
- 1/3 c. flour
- 1/4 c. soft butter or margarine
- 3/4 c. sugar
- 1/4 c. Spry, Crisco, etc.
- 1 egg
- 1/2 c. milk
- 2 c. blueberries (fresh, frozen,



### Let's eat out!

The Fourth of July is a perfect time for an outdoor picnic. Families may want to follow some of these recipes to have a nice outdoor picnic.

canned) drained

Pre-heat oven to 375 degrees. Sift together 2 c. flour baking powder, salt. Grease 9x9x2 square dish. Combine 1/2 cup sugar, one third c. flour, cinnamon and butter. Set aside. In large electric mixer bowl,

at high speed, mix 3/4 c. sugar with shortening until light and fluffy, add egg and continue mixing. With mixer at low speed, add baking powder mixture and milk alternately; mix until just blended. Carefully stir in blueberries. Pour into

baking dish; smooth top with spatula.

Bake 40-45 minutes or until toothpick, inserted in center, comes out clean. Serve hot, with vanilla ice cream, for dessert or hot or cold for picnic lunch. May be topped with glaze if desired.

## Unsafe canning causes increase in botulism

A recent increase in the number of botulism cases has resulted from unsafe home canning methods and recipes.

Improper canning techniques that contribute to botulism include the use of aspirin, overprocessing, open-kettle heat processing for some foods, boiling-water methods for low-acid vegetables, meats and seafood, and sterilizing food for too short a time in pressure cookers.

Other factors which have contributed to botulism outbreaks is: failure to thoroughly clean old jars before reuse; canning overripe, uncleaned or unpeeled vegetables; packing food too tightly in jars; failure to exhaust pressure canner

adequately; processing time inadequately controlled; failure to use time; loss of power source; and doing too many other things while canning. Most failures result from human error and can be prevented if you take care to the job right.

Before you begin preserving this year's crop of food, be sure you have the correct procedures in hand. Penn State provides such information in the form of a correspondence course. You can get a copy of the course by sending \$9.00, including handling to FOOD PRESERVATION, Dept. 5000, University Park, PA 16802. Make check payable to PENN STATE.

## Egg Recipe Contest set for August 21 and 22

"Scramble" for the recipe box and "crack open" your favorite selection because "eggstatic" chefs from across Pennsylvania are now entering the annual Eggstravagant Egg Recipe Contest.

The event, held in conjunction with Ag Progress Days, August 21-22 near State College, features egg dishes with a dessert theme. Ten finalists are chosen from all the entries and must bring their already-made desserts to Ag

Progress Days on August 21. Deadline for entries is July 23.

Contestants should submit an original dessert recipe containing at least three eggs as ingredients to: Eggstravagant Egg Recipe Contest, Pennsylvania Farmer Magazine, 704 Lisburn Road, Camp Hill, PA 17011.

Judges will choose first and second place winners, and three honorable mentions, with cash prizes totaling \$110.

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### Book available

A new guide, "Tips to Help You Protect Your Association Funds," is available free from the Community Associations Institute (CAI).

CAI has prepared this report in response to recent losses by some condominium property owners. Intended specifically for condominium, cooperative, and homeowner associations, it is a guide designed to help assure their financial well-being.

Tips to Help You Protect Your Association Funds provides a list of those steps every board must take to establish fiscal authority and ensure financial accountability. The more each association board knows, the better equipped they will be to prevent financial disasters that can drain association resources.

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