



Mount Shasta Cookies

Linda Yungling—age 15 • Sacramento, Calif. • See story on page 20.

- 1 cup (about 4 oz.) walnuts, chopped
- 1 1/2 cups sifted flour
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1 teaspoon vanilla extract
- 1/2 cup sugar
- 1/2 cup firmly packed brown sugar
- 1 egg yolk
- 3 tablespoons milk
- 1 cup (about 4 oz.) moist coconut
- 1 egg white
- 1/2 cup sugar

1. Sift together the flour and salt. Set aside.
2. Cream together the shortening and vanilla extract until shortening is softened. Add the 1/2 cup sugar and the brown sugar gradually, creaming until fluffy after each addition.

3. Add the egg yolk and beat well. Add milk and beat thoroughly.
4. Mixing until well blended after each addition, add dry ingredients in fourths. Stir in the nuts.
5. Beat the egg white until frothy. Add 1/2 cup sugar gradually, beating well after each addition. Continue beating until stiff peaks are formed and egg whites do not slide when bowl is partially inverted. Carefully blend in the coconut.
6. Drop dough by rounded teaspoonfuls about 2 in. apart onto ungreased cookie sheets. Slightly flatten dough; top with a teaspoon of the coconut meringue, shaping meringue into peaks.
7. Bake at 375°F 10 to 12 min., or until meringue is lightly browned. With spatula remove cookies to cooling racks.

About 4 1/2 doz. cookies



Barbara Poole—age 13
Fayetteville, N. C.

Cola Salad

- 1 cup (about 4 oz.) pecans, coarsely chopped
- 1 cup maraschino cherries, drained and cut into eighths
- 2 pkgs. raspberry-flavored gelatin
- 2 cups very hot water
- 1 1/2 cups cola beverage

1. Empty the raspberry-flavored gelatin into a bowl. Add the very hot water and

- stir until gelatin is completely dissolved. Stir in the cola beverage.
2. Chill in refrigerator or in pan of ice and water until gelatin mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.
 3. Lightly oil a 1 1/2-qt. mold with salad or cooking oil (not olive oil); drain.
 4. When gelatin mixture is of desired consistency, mix in the pecans and cherries. Turn into the prepared mold and chill in refrigerator until firm.
 5. To unmold, run tip of knife carefully around edge of mold. Invert onto a chilled serving plate and remove mold. (If necessary, wet a clean towel in hot water and wring it almost dry; wrap hot towel around mold for a few seconds. If mold does not loosen, repeat.) 6 to 8 servings

here's what teen-agers cook!

Mount Shasta Cookies, created by 15-year old Linda Yungling and entered in Family Weekly's 1957 "Holiday-in-Chicago" Recipe Contest for Teen-Age Readers, won first prize. As in all such contests, there were many outstanding entries, and here are other recipes that ranked high in the final contest judging.



Linda Yungling serving her prize-winning Mount Shasta Cookies in editorial offices of Culinary Arts Institute division of Family Weekly during her holiday in Chicago. Left to right are Melanie De Proft, Director of Home Economics, Linda, Ben Gorman, Editorial Director, and Leonard J. Gendy, President of Family Weekly.

MELANIE DE PROFT, Director, Culinary Arts Institute



Judy is a fine musician who plays the flute, piano, and harp. She is especially fond of horses and dogs. The Girl Scouts claim Judy as an active scout, first class. She enjoys activities such as sports, camping, and cooking over an open fire.



Judy White—age 13
Dubuque, Ia.

Hi-Fi Brownies

GOOD FOR FREEZING

- 1 cup (about 4 oz.) pecans, chopped
- 1/2 cup butter or margarine
- 3 sq. (3 oz.) unsweetened chocolate
- 1 1/4 cups sifted flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- 5 oz. marshmallows, cut in small pieces
- 1/2 cup semisweet chocolate pieces
- 2 tablespoons butter or margarine
- 2 cups sifted confectioners' sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 3 tablespoons double-strength coffee beverage
- 1/2 cup moist coconut

1. Grease bottom only of 11x7x1 1/2-in. baking pan. Set aside.
2. Melt together in top of double boiler over simmering water 1/2 cup butter and the unsweetened chocolate. Set aside to cool.
3. Sift together the flour, baking powder, and salt. Set aside.
4. Beat together the eggs, sugar, and 1 teaspoon vanilla extract until thick and piled softly. Add cooled chocolate mixture gradually, beating until well blended after each addition.
5. Mixing until blended after each addition, add dry ingredients in thirds to chocolate mixture. Stir in the nuts. Turn mixture into the pan and spread evenly into corners.
6. Bake at 325°F about 25 min., or until a wooden pick or cake tester comes out clean when inserted in center. Remove pan to cooling rack. Immediately arrange marshmallow pieces over hot brownies.
7. Melt together over hot water the semisweet chocolate pieces and 2 tablespoons butter. Add confectioners' sugar gradually, beating well after each addition. Mix in the salt and vanilla extract. Add the coffee beverage gradually, beating constantly. Beat until mixture loses its gloss (about 2 min.). Stir in the coconut.
8. Spread the chocolate mixture evenly over top of brownies. Cut into 1x2-in. bars.

About 3 doz. brownies

Margery created her delicious snack recipe from left-over pie dough and gave it the Dutch name, "Schnetzie". For four years Margery was active in 4-H Club work. A recent hobby is collecting United States stamps. She likes to try new recipes.



Margery Hart—age 15
Imperial, Tex.

Schnetzie

- 2 cups sifted flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup lard
- 1/2 cup butter
- 5 to 6 tablespoons icy cold water
- 1 cup sugar

1. Sift together into a bowl the flour, baking powder, and salt. Cut in lard and butter with a pastry blender or two knives until pieces are size of small peas. Sprinkle water over mixture, a teaspoon at a time. Mix lightly with a fork after each addition. Add only enough water to hold pastry together. Work quickly; do not overhandle. Shape into a ball and set in refrigerator to chill thoroughly.
2. Flatten chilled pastry on a lightly floured surface. Roll from center to edge into a rectangle 15x18 in. and about 1/8 in. thick. Sprinkle surface of pastry evenly with the sugar.
3. Cut pastry into 2-in. strips. Fold each strip in half lengthwise, making a 1-in. wide strip. Cut each strip diagonally into 3-in. pieces. Arrange on a baking sheet.
4. Bake at 400°F 10 to 15 min., or until light golden brown. Cool on cooling racks.

About 40 snacks



Lavonne Hodges—age 17
Asotin, Wash.

Teen-Age Delight

- 6 slices bread, crusts removed
- 3 tablespoons butter, softened
- 1/2 lb. ground beef
- 1/4 cup chopped onion
- 2 tablespoons chopped celery
- 1 tablespoon prepared mustard
- 1 cup (about 4 oz.) shredded process American cheese
- 2 eggs, slightly beaten
- 1 cup milk

1. Spread both sides of bread slices with butter. Cut diagonally into halves. Arrange on bottom of 13x9x2-in. baking dish. Toast in 350°F oven 15 min.

2. Put ground beef, onion, celery, and mustard into a skillet. Cook over medium heat until lightly browned, breaking meat into pieces with a fork or spoon.
3. Spread meat mixture over bread slices. Sprinkle evenly with the cheese.
4. Beat together the eggs and milk. Pour over mixture in baking dish.
5. Bake at 350°F 35 min. Serve immediately.

6 servings

Lynn is a young man with an ambition to become a great chef. Although he thoroughly enjoys his work in the Boys Club and is especially interested in shop work, much of his leisure time is devoted to cooking. He helps with the Boys Club banquets and assists his mother who is a cateress. Playing ball with the Little League is a favorite summer pastime.



Lynn Hartwigson—age 13
Costa Mesa, Calif.

Green Rice

Lynn says that he sometimes adds shrimp or crab meat to the rice mixture, or serves a shrimp or crab meat sauce with the rice, as given here.

- 3 cups hot cooked rice
- 1/2 cup finely chopped parsley
- 1/2 cup finely chopped green onion
- 1/2 cup finely chopped spinach
- 1 1/2 cups milk
- 1/2 cup (about 2 oz.) grated sharp Cheddar cheese
- 1/4 cup butter
- 2 eggs, well beaten (until thick and piled softly)
- 3 tablespoons butter
- 3 tablespoons flour
- 3/4 teaspoon salt
- Few grains white pepper
- 1 1/2 cups milk
- 1 tablespoon soy sauce
- 1 cup shrimp or crab meat

1. Butter a 1-qt. casserole. Set aside.
2. Scald 1 1/2 cups milk in top of double boiler over simmering water (just until a thin film appears).
3. Mix cheese and 1/4 cup butter into the hot cooked rice. Mix in the parsley, green onion, and spinach. Add beaten eggs and scalded milk to rice mixture; mix lightly. Turn into the casserole.
4. Bake at 250°F 45 min., or until set.
5. Melt 3 tablespoons butter in a saucepan over low heat. Blend in flour, salt, and pepper. Heat until mixture bubbles, stirring constantly.
6. Remove from heat. Add milk gradually, stirring constantly. Return to heat. Cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer. Mix in the soy sauce and shrimp or crab meat. Serve immediately over the rice.

4 to 6 servings



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