

TOASTED PUMPKIN SEEDS

- 2 cups pumpkin or squash seeds
1½ teaspoons salt
1½ tablespoons oil

Separate fiber from pumpkin or squash seeds. Sprinkle salt in rimmed cookie sheet. Arrange seeds on salt in single layer. Drizzle with oil. Bake at 300 degrees for 45 to 50 minutes until crisp and brown; stir occasionally. Cool. Store in dry place. YIELD: 1 medium pumpkin makes about 2 cups seeds.



JACK O'LANTERN PASTIES

- 2 potatoes, pared
1 medium onion
1 pound ground beef
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic salt
1 teaspoon crushed basil
½ cup melted butter
Pastry for two double crust pies

Cut potatoes and onion into ½-inch cubes. Combine with beef, seasonings and butter. Roll out pastry ⅛-inch thick; cut into 24 4-inch circles. Place half on ungreased rimmed baking sheet. Cut slits for Jack O'Lantern faces in remaining circles. Place about 4 tablespoons meat mixture on each plain circle; brush edge with water. Place "face" circle over filling; seal edge with fork. Bake at 375 degrees 30 to 35 minutes until browned. Serve hot or chilled. YIELD: 12 pasties.

SALT WATER TAFFY

- 2 cups sugar
1 cup light corn sirup
½ cups water
½ teaspoons salt
2 teaspoons glycerin
2 tablespoons butter
1 teaspoon vanilla
Food coloring, optional

Combine sugar, sirup, water, salt and glycerin in heavy saucepan. Place over low heat and stir until sugar is dissolved. Cook without stirring to hard-ball stage, 260 degrees. Remove from heat; add butter and pour onto a greased shallow pan, platter or marble slab. Cool to lukewarm, 110 degrees. Sprinkle with vanilla and food coloring. Gather into balls and pull until light, elastic and glossy with tiny bubbles throughout. Divide into ropes of desired thickness; roll under palms of hands until smooth. Cut with scissors into 1-inch lengths. Wrap each piece in saran wrap. YIELD: 100 pieces.

ORANGE CHIFFON CAKE ROLL

- 1 cup sifted flour
¾ cup sugar
1½ teaspoons baking powder
½ teaspoon salt
¼ cup salad oil
4 egg yolks
6 tablespoons orange juice
1 teaspoon grated orange rind
1 teaspoon orange food coloring
4 egg whites
¼ teaspoon cream of tartar
Powdered sugar
Chocolate Filling

Sift flour, sugar, baking powder and salt into bowl. Make a well in dry ingredients; add oil, egg yolks, orange juice, rind and food coloring to tint as desired. Beat until smooth. Combine egg whites and cream of tartar in large mixing bowl; beat until very stiff peaks form. Do not underbeat. Slowly fold egg yolk mixture into beaten egg whites. Grease 10x15-inch jelly roll pan and line with wax paper; grease paper lightly. Spread batter evenly in pan. Bake at 375 degrees 12 to 15 minutes until lightly browned. At once invert cake onto tea towel sprinkled with powdered sugar. Remove paper and trim crust with sharp knife. Immediately roll up cake with towel; cool. Unroll; spread with Chocolate Filling. Re-roll; chill 1 hour before serving. YIELD: 8 to 10 servings.

CHOCOLATE FILLING: Soften 1 envelope unflavored gelatin in ¼ cup orange juice. Melt 1 1-ounce square unsweetened chocolate over hot water; add ⅓ cup sugar, ½ cup milk, 1 tablespoon water and dash salt. Bring to boil; stir in dissolved gelatin. Remove from heat; add ½ teaspoon vanilla. Cool until slightly thickened. Fold in ½ cup heavy cream, whipped. Chill until mixture mounds from spoon.

TOASTED SUNFLOWER SEEDS

- 4 cups sunflower seeds
½ cup salt
Water

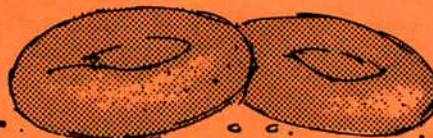
Select sunflowers with dry stalks. If plants were sprayed wash seeds; pat dry. Spread on cheesecloth or screening and allow to dry in a warm place for at least a week. OR, hang the flowers, dust free, in a cool, dry place for a month. It is important that the seeds be thoroughly dry.

Measure seeds and salt into saucepan; add water to cover. Bring to a boil; boil 5 minutes. Drain; spread on absorbent paper to dry. Place in shallow baking pan; bake at 325 degrees for 25 to 30 minutes, stirring occasionally. Cool thoroughly. Store in dry place. YIELD: 1 flower makes about 3 cups seeds.

MARSHMALLOW POPCORN BALLS

- 32 marshmallows,
½ pound
¼ cup butter
2 teaspoons vanilla
10 cups popped corn,
⅔ cup unpopped

Measure marshmallows and butter into large saucepan. Cook over low heat, stirring until mixture is melted and smooth. Remove from heat; stir in vanilla and popcorn. Wet hands; shape mixture into 2½-inch balls. Wrap in wax paper and store in loosely covered container; do not refrigerate. YIELD: 12.



PUMPKIN DOUGHNUTS

- 2 tablespoons shortening
1¼ cups sugar
2 eggs
1 cup canned pumpkin
1 teaspoon vanilla
3½ cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg

Blend shortening and sugar. Add eggs, one at a time, beating well after each. Stir in pumpkin and vanilla. Sift dry ingredients; stir in. Chill dough. Roll out on floured board to ½-inch thickness. Cut with floured doughnut cutter. Fry in deep hot fat, 375 degrees, until golden, about 3 minutes. Drain on absorbent paper. Dust with sugar or frost, if desired. YIELD: About 2 dozen.

The following is a list of products which are to be featured in the Homemakers Department during October, 1970:

CANNED FRUITS—Libby's

CANNED VEGETABLES—Libby's

CORN CHIPS—Frito's

CRACKER SNACKS—Sunshine

DRESSING—Rod's IMO

MAYONNAISE—Kraft

PACKAGED SAUCES—Pillsbury

PLASTIC BAGS—Baggies

TURKEY ROASTS—Armour