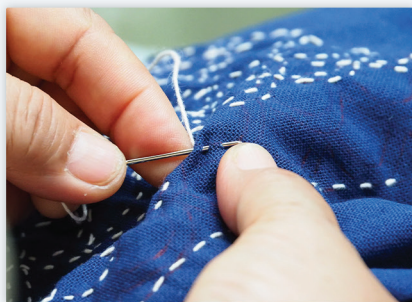




# WANDA & BRUNSTETTER'S

## *Amish Friends* **LIFE HACKS**



Hundreds of Tips for Cooking, Cleaning,  
Gardening, Wellness, and More

© 2023 by Wanda E. Brunstetter

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All scripture quotations are taken from the King James Version of the Bible.

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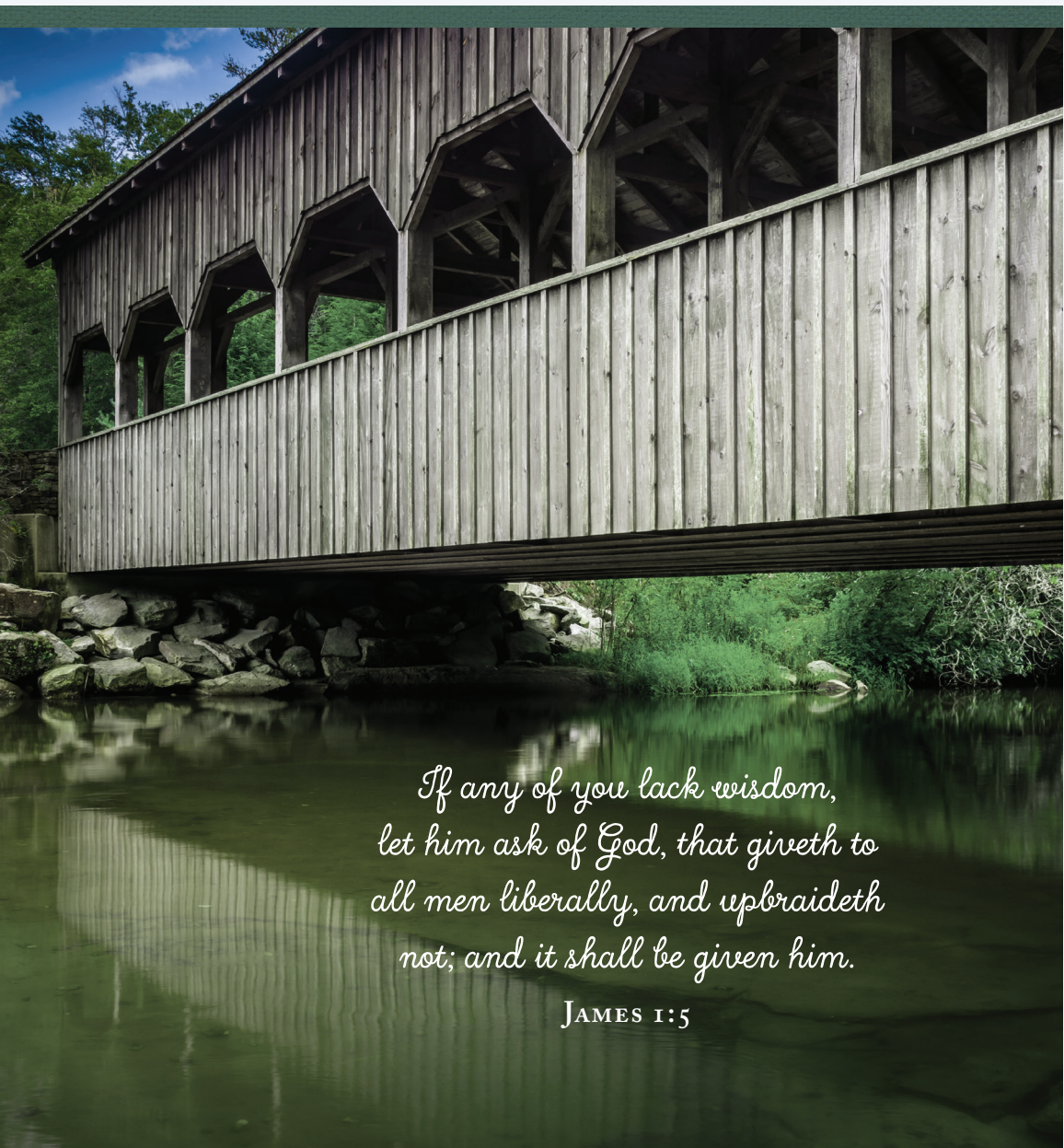


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# CONTENTS

Introduction .....	5
<b>KITCHEN AND COOKING TIPS.....</b>	<b>9</b>
Meal Prepping .....	10
Vegetables and Fruits .....	15
Meats .....	21
Other Cooking Tips .....	27
Baking Tips .....	29
Cleanup Tips .....	41
Tips for Hosting Guests.....	44
Tips for Transporting Food.....	46
Tips for Picnics.....	47
Basic Recipes .....	48
Handy Charts.....	58
<b>CANNING AND PRESERVING TIPS.....</b>	<b>63</b>
Canning .....	64
Freezing .....	67
Dehydration .....	69
Cold Storage.....	70
<b>HOUSEHOLD CLEANING TIPS.....</b>	<b>73</b>
Recipes for Homemade Cleaning Products .....	84
Pest Deterrents .....	91
<b>LAUNDRY AND STAIN REMOVAL TIPS .....</b>	<b>95</b>
<b>HOME HEALTH REMEDIES.....</b>	<b>103</b>
Immune Support.....	104
Health Teas and Tonics.....	107
First Aid Tips and Ointments.....	125
Respiratory Aids.....	134
Other Health Advice .....	141
Bath and Body .....	147
<b>GARDENING TIPS .....</b>	<b>157</b>
Planting .....	159
Companion planting.....	165
Fertilizing and Managing .....	166
Pest and Weed Control.....	176
Harvesting .....	185
Houseplants .....	187

LIVESTOCK AND WILDLIFE CARE TIPS .....	189
CRAFTING AND HOBBY TIPS .....	197
Sewing Tips .....	198
Quilting Tips .....	201
Knitting Tips .....	204
MISCELLANEOUS TIPS .....	207
INDEX OF CONTRIBUTORS .....	217
INDEX OF TIPS BY KEY SUBJECT .....	220



*If any of you lack wisdom,  
let him ask of God, that giveth to  
all men liberally, and upbraideth  
not; and it shall be given him.*

JAMES 1:5



# INTRODUCTION

## AMISH HISTORY

The Amish and Mennonites are direct descendants of the Anabaptists, a group that emerged from the Reformation in Switzerland in 1525 and developed separately in Holland a few years later. Anabaptists believed adults must be baptized (even if baptized as infants) after a confession of faith and only the baptized should partake in Communion, which the established Catholic and Protestant churches took offense to. They also maintained that the baptized should remain separate from anything perceived to be evil of the world, should have pastors from among them who were of good repute but also capable of being disciplined by the church, should not partake in violence such as war, and should not swear an oath. They also came to believe that the government and the church should have no interaction, which opened them up to harassment by government agencies.

Most Anabaptists eventually became identified as Mennonites, after prominent Dutch leader Menno Simons. The word *Amish* comes from Jacob Ammann, an influential leader who in 1693 led a group that separated from the Mennonite churches to follow even stricter teachings and practices of excommunication. Driven by persecution from their homes in Switzerland and Germany, hundreds of Mennonites began to immigrate to North America, first settling in Germantown, Pennsylvania, in 1683, becoming among the first to formally protest against the practice of slavery. The Amish were later welcomed in Pennsylvania by William Penn and first settled there around 1760.

## AMISH TODAY

As Amish settlements continued to grow and seek more land, new Amish communities were started in many parts of the United States and Canada, and new ones continue to appear. The Amish population has grown to over 370,000 in the United States. Pennsylvania is home to the majority of Amish with concentration in and around Lancaster County, while Ohio (primarily in and around Holmes County) is a close second in total number of Amish. Other notable settlements

of Amish are located in Indiana, Wisconsin, New York, Michigan, Missouri, Kentucky, Iowa, and Illinois, though they can be found in many other states also.

While all Amish believe in the authority of the scriptures and adhere to the regulation of their *Ordnung* (church rules), their willingness to stand apart from the rest of the world shows through their simple, plain way of living. And though their outward appearance of dress, transportation, and rules of order would make them appear frozen in time, they do continually adapt to changes in society, including adopting some new technologies. For example, many Amish will now use electricity and phones in their businesses but still not in their homes. Each community will adapt at different rates as the leadership determines, and many communities differ in practices or rules, style of clothing, design of their homes and outbuildings, and types of buggies.

## AMISH WISDOM

Over the twenty-plus years I've been writing in the Amish genre, my husband and I have become close friends with many Amish people, and they are like family to us. We visit them often, and they have come to our home to spend time with us. We also keep in touch through letters, phone calls, and fun gatherings in Sarasota, Florida.

Spending quality time with our Amish friends has given me insights into their lives, and I've learned a lot of interesting information and tips they incorporate into their daily lives. One time, when we had been invited to an Amish friend's wedding, we stopped by the bride's home a few days before the big event. I was impressed with the speed and efficiency with which everyone worked together to prepare for the meal that would follow the wedding service. I learned something new as I watched some of the women preparing pineapples that would be included in the fruit salad to be served at the meal. They laid the pineapples on their sides, and without using knives, they grabbed the crown top and twisted to remove it. Then the pineapples were placed upside down in boxes to ripen further and become sweeter until time to cut them for the salad.

Our Amish friends enjoy passing along to the next generation the tips, recipes, and shortcuts they have learned from their parents and grandparents. Most of their baking is done from scratch and often without following a recipe closely. One day, after eating a delicious angel cream pie at one of our Amish friends' homes, I asked if she would share the recipe with me. When she wrote the directions on a sheet of paper, I was surprised to see that she hadn't included the time needed for baking the pie. Instead, she'd written, "Bake until a little shaky." My friend understood what that meant, because she'd made the pie many times and had

learned the definition of “a little shaky” from her mother.

One thing that has left a huge impression on me is the wisdom my Amish friends impart to their children, grandchildren, and even to me as their friend. At first I wondered where so much wisdom came from, but it didn't take long to realize it comes from praying and spending time in God's Word, which they practice faithfully in their daily lives and walking with the Lord.

Amish children get training at home and in school. Girls learn to cook, sew, and manage a household. Boys learn how to care for the family's livestock and usually apprentice in a trade. I have visited many Amish schoolhouses over the years and seen for myself how well the children are taught. By the time an Amish child graduates from school, after completing the eighth grade, they have an education that is equal to, if not higher, than an English child who graduates from twelve grades. What the Amish learn in childhood is carried into their adult lives. In addition to their school education, they learn to be forgiving, helpful, hardworking, responsible, faithful, prayerful, problem solvers, prudent with their money, humble, kind, truthful, and obedient to God's commands.

The thing I appreciate most about my Amish friends is the wisdom they have concerning spiritual matters and how to conduct themselves as Christians. Although they certainly do not consider themselves perfect, the Amish people we know personally have a strong faith in God that is reflected in the way they live. Many times, while going through difficult situations, I have reached out to Amish friends for prayer and advice. Several of our friends are ministers in their church districts and have a responsibility to study the scriptures and minister to those in their congregation. What a blessing it is to have Amish friends who freely impart their love and wisdom.

I hope you will find some of their wisdom shared within these pages to be enjoyable and beneficial.

Blessings,  
Wanda E. Brunstetter





## ADVICE FOR IN THE KITCHEN

*The meek shall eat and be satisfied;  
they shall praise the LORD that seek him;  
your heart shall live for ever.*

PSALM 22:26





## MEAL PREPPING

### KNOW YOUR FOOD SOURCES

---

Know where your food comes from and know how to provide wholesome food for your table. Buy and eat the majority of your food grown locally.

### FOOD FOR HEALTH

---

Eat your food as close to its natural state as possible. Say no to processed foods with many preservatives.

### DOUBLE UP

---

Double or triple a recipe and freeze the extra portions for quick future meals.

### DO MORE WITH YOUR EGG SLICER

---

An egg slicer works great for slicing strawberries, mushrooms, boiled potatoes, cooked and peeled beets, and much more.

### DON'T CRY OVER ONIONS

---

Here are some great tear-free solutions for handling onions:

- Keep onions in the refrigerator. Warm onions easily release their fumes.
- Peel and cut onions under running water.
- Don't cut off the "bloom" end of the onion—where the fumes are stored.

## BEAN GAS

---

So that beans don't cause as much gas, discard the water you used to soak them in and use fresh water for cooking. Once they start cooking, leave the lid off. This will help remove toxins.

MIRIAM BYLER, SPARTANSBURG, PA

## DRESSING RECIPE IDEA

---

Bake dressing recipes in muffin tins. A pan of dressing muffins will bake at 350 degrees for 15 to 20 minutes and make perfectly portioned servings for your feast.

## RICE

---

Rice will be fluffier and whiter if you add 1 teaspoon lemon juice to each quart of water.

## PRESOAK PASTA FOR FAST COOKING

---

Soak your pasta in water in a sealed bag for a couple of hours or overnight. Drain and boil in fresh water. It will be fully cooked after 1 minute.

## PANCAKE OR WAFFLE TIP

---

When mixing batter, use a large 4-to-8-cup measuring bowl with a spout and handle. Then just pour the batter onto the griddle or waffle iron.

MALINDA M. GINGERICH, SPARTANSBURG, PA

## BAKING IN TINS

---

Use a muffin pan for baking things like whole potatoes, whole apples, and stuffed green peppers.



*An investment in  
knowledge always pays  
the best interest.*

## NO-MESS DEVEILED EGGS

---

One no-mess method for deviling your eggs is to place your filling ingredients in a plastic bag. Massage the bag to mix; then cut a small hole in one corner of the bag. Squeeze the filling out of the bag and directly into the hollows of the egg whites.

## FLAVOR OOPS

---

Maybe you went a little overboard with your seasoning while cooking. For a quick fix to a dish that is too sweet or too salty, add a splash of vinegar. It will cut the sweet or saltiness without making the food taste vinegary.

MRS. DANIEL WICKEY, BERNE, IN

## SOUP

---

Always simmer soup. “Soup boiled is soup spoiled.”

MALINDA M. GINGERICH, SPARTANBURG, PA

## SOUP THICKENER

---

Instant mashed potatoes can be added to soup to thicken it. (To thin, add additional chicken broth.)

## GREASY FOOD

---

When you see fat rise to the top of your casserole or noodles, lay a paper towel over the food to soak up the grease. Peel off paper towel and throw away.

MARY K. BONTRAGER, MIDDLEBURY, IN

## ICE CUBE SKIMMER

---

When you find a skim of grease on the top of your soup or broth, place an ice cube on a slotted spoon and skim it over the grease. The grease will harden and stick to the spoon and the ice.

## STRETCHING SOUP

---

- When you need to stretch a pot of soup or casserole to feed a crowd, add a jar of beef or chicken broth.

MRS. HENRY J. SWARTZENTRUBER, LIBERTY, KY

- To thicken and stretch soups, add instant potato flakes to the right consistency.

SALOMIE E. GLICK, HOWARD, PA

## FRYING PAN

---

- Heat frying pan before adding oil or butter to prevent sticking.  
KATIE YODER, SUGARCREEK, OH
- Heat frying pan before adding oil or butter and sprinkle with salt to prevent food from sticking.  
SADIE BYLER, FRAZEYSBURG, OH

## SPLATTERS

---

To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.  
BERTHA SCHWARTZ, MONROE, IN

## SAVING COOKING OIL

---

To strain cooking oil after deep frying, put a paper coffee filter in a funnel and use to pour the oil back in the bottle to use again another time.

## HEATING MILK

---

Before heating milk in a saucepan, first rinse the pan with water, and it will keep the milk from scorching.  
NATHAN AND ANNA FISHER, SALISBURY, PA

## CREAMIER PUDDING

---

For a richer, creamier pudding, use canned evaporated milk instead of regular whole milk.

*A good beginning is  
half the job done.*



## HOT CHIPS

---

Put a tray of tortilla chips in a hot oven for just a few minutes. They will crisp up nicely, and your guests will love them warm.

## HOT DRINK DELIGHT

---

For a wonderful addition to a hot drink, try cinnamon sticks. Even better, dip your cinnamon sticks in melted chocolate and let them dry before using them to stir your drink.

## PUNCH TIP

---

Always chill juices or soda pop before adding to punch or other beverages.

SALOMIE E. GLICK, HOWARD, PA

## SLIPPERY CUTTING BOARD?


---

Keep your cutting board from sliding around on the countertop by cutting a piece of nonskid shelf liner to fit under the board.

## EXTRA COUNTER SPACE

---

Counter space is often a precious commodity in a busy kitchen. For a quick and handy extra countertop, set up your ironing board and cover it with a plastic tablecloth.

A close-up photograph of a baking sheet filled with golden-brown, triangular tortilla chips. The chips are scattered across the sheet, which is lined with parchment paper. In the background, a wooden bowl and a pepper mill are visible, suggesting a kitchen setting.

*From what we get  
we can make a living;  
what we give, however,  
makes a life.*



# VEGETABLES AND FRUITS

## FRUIT AND VEGGIE WASH

---

½ cup apple cider vinegar  
½ cup lemon juice

½ cup water

Add ingredients to spray bottle and shake to combine. To use: spray liberally on fruits and vegetables; then rinse with cold water and prepare as usual. To store: refrigerate for up to a month.

It is important to wash pesticides and germs off your produce. This solution removes residues and has germ-killing properties.

SARAH ESH, KINZERS, PA

## BANANAS

---

To ripen bananas fast, keep at room temperature. To ripen slowly, keep bananas in the refrigerator.

MIRIAM BYLER, SPARTANSBURG, PA

## PEARS

---

To ripen green pears, place two or three in a brown bag, loosely close, and store at room temperature out of direct sunlight.

CRYSTAL ROPP, KALONA, IA

## PEELING ORANGES

---

To peel an orange easily and to remove the rind in one piece to use for things like a bird feeder, a candle holder, or a serving dish, heat the orange in a bowl of very hot water for 3 to 4 minutes before peeling.

## JUICING LEMONS

---

- Allow lemons to warm to room temperature before you squeeze them to extract almost twice as much juice.

RUTH BYLER, QUAKER CITY, OH

- Put lemons in a bowl of hot water before juicing and there will be twice as much juice.

SALOMIE E. GLICK, HOWARD, PA

- Freezing lemons and then thawing before juicing them will release more juice.

ESTHER L. MILLER, FREDERICKTOWN, OH

- Microwave a lemon for 10 to 20 seconds before trying to squeeze it.

## GREENS

---

Beet greens can be used in place of spinach.

MARY STUTZMAN, WEST SALEM, OH

## LETTUCE CORE

---

When cutting up a whole head of lettuce, use this nifty tip: To remove the core, give the head's core a whack on the countertop. Then give the core a twist, and it will come right out.

## HUSKING CORN

---

To remove corn silk from corn on the cob, dampen a paper towel or terry cloth and brush downward on the cob. Every strand should come off.

CRYSTAL ROPP, KALONA, IA

## RHUBARB TIPS

---

- To get that sour or tart taste out of rhubarb, wash and cut the stalks. Place in a stainless steel bowl and cover with boiling hot water. Let sit for an hour or more. Drain and use the rhubarb in your intended recipe. You can use the juice for a rhubarb drink by adding sugar and Kool-Aid drink mix of your choice. I always scald rhubarb before I use it, and nobody complains of it being too sour or tart or bitter. This is also a way to use less sugar!

LENA TROYER, REDDING, IA

- A little salt added to cooked rhubarb will help lessen the sugar needed to sweeten it.

EMMA KURTZ, SMICKSBURG, PA

## BUTTER WATER

---

- Put a tablespoon of butter in the water when cooking rice, dried beans, or macaroni to keep it from boiling over. Always run water over the rice, beans, or macaroni when done to get the starch out. Reheat over hot water if necessary.

EMMA BYLER, NEW WILMINGTON, PA

DAVID AND LAURA BYLER, NEW CASTLE, PA

- A little dab of butter in a kettle of potatoes will keep them from boiling over.

NATHAN AND ANNA FISHER, SALISBURY, PA

## COOKING VEGETABLES

---

Anything that grew underground (potatoes, carrots, beets, etc.), start cooking in cold water. Anything that grew above ground (peas, green beans, etc.), start cooking in boiling water. Corn on the cob is tastiest dropped into already boiling water for 3 minutes. It seals in the flavor and vitamins.

DAVID AND LAURA BYLER, NEW CASTLE, PA

## HOW TO ROAST VEGETABLES

---


Set oven to 425 degrees. Chop vegetables. Firm vegetables like cauliflower, broccoli, potatoes, and carrots will take longer to cook than soft vegetables like summer squash, mushrooms, onion, and tomatoes, so either cut your firm vegetables smaller or add the soft vegetables later in the roasting process. Lightly toss vegetables in olive oil, salt, and pepper. Spread in a single layer on a baking sheet. Bake 30 to 40 minutes until tender.

## VEGETABLE PEELS

---

I hardly have vegetable peelings to throw away. Most things can be scrubbed well and cooked with the peels on. Yes, even potatoes. They make delicious mashed potatoes.

MARY PETERSHEIM, GLENVILLE, PA



*Kindness is the oil  
that takes the friction  
out of life.*

## BEFORE ROASTING POTATOES

---

Put whole or large cut potatoes in boiling water for 6 to 10 minutes (depending on size) before roasting them in the oven. They cook faster and are less likely to dry out.

## TIPS FOR PREPPING POTATOES

---

- Place whole potatoes in boiling water. Let them sit for a few minutes, and the skins will peel right off.
- Before peeling new potatoes, soak them in cold, salted water for 30 minutes. They will peel more easily and won't stain your hands.
- To slice potatoes with ease, first heat your knife in boiling water or over a gas flame.
- To keep your potatoes from turning black after peeling, soak them in cold water. Make sure they are fully covered. You can refrigerate them overnight this way. (Be sure to cover with plastic wrap.)
- When frying sliced or cubed potatoes, first sprinkle them lightly with flour so that they will have a golden coating when fried.

## TIPS FOR IMPROVING POTATOES

---

- When you make mashed potatoes and it doesn't look like enough, add a little baking powder to fluff them up.  
S. BYLER, REYNOLDSVILLE, PA
- When your potato casserole curdles, add a little baking soda. Then you almost can't notice it.  
S. BYLER, REYNOLDSVILLE, PA
- To improve the taste of old potatoes, add a little sugar to the cooking water.
- A well-beaten egg white added to mashed potatoes will add to the taste and appearance of the dish.

## HOW TO BOIL POTATOES

---

When making a potato salad or some potato casseroles, you first need to boil your potatoes. Choose an all-purpose potato with low starch like red, white, or Yukon Gold. Wash and peel. Cut to uniform size if needed—about 2 inches. Place potatoes in a pot and cover with cold water. Add a generous amount of salt—1 tablespoon to a large pot. Bring water to a rolling boil. Cook 8 to 10 minutes until a fork easily pierces into the potatoes. Drain. If your recipe calls for grating the cooked potato, cook for a shorter time.

## SQUASH SEEDS

---

Scoop seeds from squash with an ice cream scoop.

## BUTTERNUT SQUASH

---

When I cook butternut squash, I like to cook some sweet potato (yam) with it. Makes very tasty pie filling.

ADEL SCHMIDT, CARLISLE, KY

## CLEANING MUSHROOMS

---

A soft makeup brush can be used in the kitchen to clean mushrooms and tender fruits.

## VEGETABLE TIPS

---

- Never soak vegetables after slicing, or they will lose much of their nutritional value.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.

EMMA BYLER, NEW WILMINGTON, PA

## SMELLY CABBAGE

---

To prevent the odor of boiled cabbage from filling the house, put a little vinegar in the cooking water.

## CARAMELIZE ONIONS QUICKER

---

Caramelize onions in a fraction of the time by adding baking soda.



*Learn to be smart in the things  
that matter, give blessings to others,  
and let your love scatter.*

## LETTUCE SALADS

---

When preparing a salad with leafy greens and watery vegetables ahead of time, first place a small plate upside down in the bottom of the serving bowl. Any moisture that weeps from the vegetables will run under the plate, and the vegetables will stay fresh and crisp.

## LETTUCE

---

To perk up soggy lettuce, sprinkle it with a mixture of lemon juice and cold water.

BERTHA SCHWARTZ, MONROE, IN

## LETTUCE RUST

---

To prevent lettuce from rusting, line container with paper towels. For garden lettuce, paper towels can also be put between layers and over top to absorb moisture.

SHARON MILLER, AUBURN, KY

## CELERY

---

To keep celery crisp, stand it up in a pitcher of cold, salted water and refrigerate.

BARBARA TROYER, MILLERSBURG, OH

## LIMP CELERY

---

When celery goes limp, slice a raw potato into a pan of cold water and place the celery in it for a few hours.

## CHOPPING GARLIC

---

When chopping garlic cloves, place a few drops of cooking oil on the edge of your paring knife before starting to chop. The minced pieces won't stick to the knife.

DAVID AND LAURA BYLER, NEW CASTLE, PA



*Some small deed  
may help to brighten  
someone else's day.*



# MEATS

## FRESH EGGS?

---

Are your eggs fresh? To determine freshness, immerse each egg in a pot of cool water. If it sinks, it is fresh; if it floats on the surface, throw it out.

## TIPS ON HOW TO FRY AN EGG

---

Turn your stove on high. Put on a skillet and add a dollop of butter. Run out to the chicken house and fetch an egg. If the cluck doesn't put up too big of a fight and you don't trip over the dog, you should be on time to crack the egg into the skillet. Warning: if smoke alarm is going off, turn down the heat. After cracking the egg, pick out the pieces of shell. Salt lightly and pepper heavily. By now it should be ready to flip over easy. Repeat for each egg and enjoy.

MALINDA M. GINGERICH, SPARTANBURG, PA

## COOKING EGGS

---

- Use a funnel as an egg separator. Place the funnel over a glass and break the egg into the funnel. The egg white will pass through the funnel, leaving the yolk behind.
- If you get some yolk in your whites when separating eggs, moisten a cloth with cold water and touch to the yolk. It will cling to the cloth.
- When cooking eggs on the stove, always use low to moderate heat to keep them from becoming tough.
- When adding hot liquid to raw beaten eggs, do so just a little at a time so the egg doesn't cook and clump.

## BOILED EGGS

---

To prevent eggs from cracking when boiling, dip in cold water before boiling.

SALOMIE E. GLICK, HOWARD, PA

## HOW TO BOIL EGGS

---

Place eggs in pot and cover with cold water. Bring water to boil over high heat. When water reaches a hard boil, cover pot with lid and turn off heat. Let eggs cook for 8 to 10 minutes for soft yolk or 12 to 15 minutes for harder yolk. Drain off hot water and move eggs to a bowl of water and ice. Chill for 5 minutes. Drain. Let eggs reach room temperature, then peel.

## STRETCHING EGGS

---

When making scrambled eggs and you are short on eggs, add milk or water to stretch them.

DANIEL STOLTZFUS, NOTTINGHAM, PA

## QUICK THAWING

---

- To thaw meat at room temperature, place it on a metal pan and turn occasionally. Metal conducts heat and speeds up the process.
- To thaw meat last minute for company or an unexpected event, put meat in cold water (not warm or hot). Cold water thaws faster and is better for the meat.

MARY K. BONTRAGER, MIDDLEBURY, IN

## GOLDEN CHICKEN

---

For golden-brown fried chicken, roll pieces in powdered milk instead of flour.

KATELYN ALBRECHT, MONTICELLO, KY

## CHICKEN COATING

---

You can easily coat chicken by placing it, along with flour and seasoning mixture, into a brown lunch bag and shaking.

## TASTY SANDWICHES

---

Toast cheese sandwiches in a frying pan lightly greased with bacon fat for a delightful new flavor.

KATELYN ALBRECHT, MONTICELLO, KY

## GRILLING

---

When frying or grilling a hamburger, punch a small hole in the middle of it. It will get done quicker.

EMMA BYLER, NEW WILMINGTON, PA

## JUICY MEAT

---

A fork or knife should never be stuck into meat that is frying or grilling because it lets juices out. When done cooking, remove meat from heat and let rest before cutting into it so that the juices will have time to settle into the meat.

## JUICY HAMBURGERS

---

For extra juicy and nutritious hamburgers, add  $\frac{1}{4}$  cup evaporated milk per pound of meat before shaping it into patties.

DAVID AND LAURA BYLER, NEW CASTLE, PA

## UNIFORM HAMBURGER PATTIES

---

To make uniform hamburger patties, find a jar lid of the desired size and wash it well. Pack the lid tightly with ground beef, smooth the top with a knife, turn it over, tap out the patty. . .and voilà! Beautifully shaped hamburgers!

## HAMBURGER

---

I like to brown two packages of hamburger at one time. Then I have extra ready to use whenever I need in the next 4 days. (Can also be frozen for later.) This doesn't take any more time and makes for fewer dishes.


JOHN LLOYD AND SUSAN YODER, NEWAYGO, MI

## STRETCHING GROUND MEAT

---

Ground meat can be stretched by adding quick oats and moistening them with tomato juice for less expensive burgers.

MRS. BETHANY MARTIN, HOMER CITY, PA



*Every sunrise is a new message from  
God and every sunset His signature.*

DAVID AND LAURA BYLER, NEW CASTLE, PA

## MEAT READY?

---

If you have a hard time knowing if your meat is ready to turn, wait until you see juice on top. Then it is ready to turn.

SADIE BYLER, REYNOLDSVILLE, PA

## MEAT LOAF

---

Meat loaf won't stick to the pan if you place a couple of bacon strips in the bottom of the pan before placing the meat loaf mixture in.

## ADDING OFFAL

---

I have found the best way to use beef heart is to grind it in with hamburger.

ARLENE BONTRAGER, MIDDLEBURY, IN  
BENJAMIN YODER JR., NARVON, PA

## SEASONING

---

When seasoning meat, sprinkle some on the pan first, and then put the meat on top of the seasoning. It will stick right to your meat. Even saves time.

SADIE BYLER, REYNOLDSVILLE, PA

## SEPARATING BACON

---

To easily peel apart cold, uncooked bacon slices, roll the bacon up from the short end like a jelly roll. Unroll, flip over, and roll up again. Then the slices should separate without tearing.

## BACON

---

Bacon won't curl if dipped in cold water or sprinkled with flour before cooking.

SADIE BYLER, REYNOLDSVILLE, PA

## BACON AT THE READY

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Cook a pound of bacon until done but not crisped. When cooled and drained of fat, cut or crumble the bacon and store it in a freezer container. It can then be added quickly to scrambled eggs, soup, a casserole, or a salad.

## BACON GREASE

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I save all my bacon grease and use it to fry eggs, potatoes, meats, and so forth. It can also be used to pop popcorn. If I have grease with lots of bacon bits in it, I scrape it into a separate jar and use it to make gravy.

MRS. CHESTER MILLER, CENTERVILLE, PA

*Love is the master key that  
opens the gate of happiness.*



## WHAT TO DO WITH LEFTOVERS?

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Almost any kind of leftovers are good made into a soup by browning some butter in a kettle and adding the leftovers, stirring to warm and brown. Add enough milk to make enough servings for your family. Season with salt, pepper, and garlic powder. If you have Velveeta cheese, that would be a great addition. Be fearless! If you can't eat it, the dog probably can. But usually it turns out to be one of our favorite soups.

MRS. JOSEPH HOCHSTETLER, DANVILLE, OH

## FREE SOUP

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After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container and freeze. When the container is full, add tomato juice and seasonings to create a money-saving “free” soup.

AMANDA SWARTZENTRUBER, DALTON, OH

## HOW TO BOIL CHICKEN

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Place chicken in a pot and cover with water. Add salt. Bring to a boil, cover, and cook over medium heat. Boneless chicken breasts should cook in 15 minutes. A whole bone-in chicken will take 45 to 60 minutes. Remove from water. Retain water to use as chicken broth. Cool chicken and remove any bones. (Bones can be cooked for bone broth.) Chop or shred chicken as called for in recipes.

## HOW TO COOK BONE BROTH

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Beef bones can be bought from the butcher or in grocery stores. Raw bones would benefit from being roasted in the oven at 350 degrees for 30 minutes before making broth. For poultry broth, save the bones from your chicken or turkey meals. Some meat on the bones is fine, but discard the skin. You can freeze bones until you have saved enough for a pot of broth. Place bones in a large pot or slow cooker and cover with water. Add 1 to 2 tablespoons apple cider vinegar to help release the minerals from the bones. You can also add some vegetables like onion, carrot, and celery. Bring to a boil; cook over low heat for about 1 hour for poultry and 2 or more hours for beef. Occasionally skim any foam from the top of the broth. Strain and use.