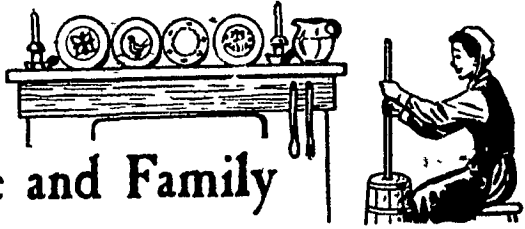


## For the Farm Wife and Family



### Citrus Fruits Add Zest to Meals, Provide Family with Vitamin C

Fruits of the citrus clan — tangerines, oranges, and grapefruit can add zest to the family meals and provide your family with valuable Vitamin C.

At this time of year more than ever, shoppers want to make every penny count. To help out, here are some tips on selecting citrus fruits.

If you want a large amount of juice, look for fruit that is firm and heavy for its size. For little waste and sweet flavor, see that the fruit you choose is free from mold or soft spots. Pick smooth skinned fruit for high juice content. The skin should be thin skinned for the variety. Avoid overripe fruit by selecting only fruit with a pleasing odor. Once you get the fruit home, spread it out in a cool dry place, and keep

it dry. This will prevent the development of bruises or decay.

Citrus fruits, as most menu-makers know, are especially valuable for their vitamin C content. Vitamin C is very stable at refrigerator temperatures. You don't need to worry about losing vitamins by preparing juice or sections ahead of serving time. Just keep the fruit juice or sections covered and in the refrigerator.

Grapefruit can add a special tang to your winter meals when served plain and chilled, or broiled. To broil, add two teaspoons of white or brown sugar, or maple syrup or honey, a dash of cinnamon and a dot of butter. Then broil 15 or 20 minutes or until the grapefruit is slightly brown and heated through.

Fruits for salads can be kept

from turning dark by dipping the freshly peeled fruit into grapefruit, orange, pineapple, or lemon juice.

Speaking of fruits here is a dessert recipe which uses canned fruit cocktail. Mrs. Richard B. Nolt says in her letter:

We sure enjoy the paper and wouldn't want to do without it. We enjoy the photos of farm activities, etc. Also news of Farm Women Societies as I am a member of Farm Women #19. I am sending a recipe along for a salad called "Fruit Freze" It will be a good one for the Easter holidays

#### FRUIT FREZE

Mrs. Richard B. Nolt,  
R2 Mt. Joy

1 cup heavy cream, whipped  
1 tablespoon sugar  
1 teaspoon vanilla  
1 No. 2½ can (3½ cups) fruit cocktail, drained  
1 ripe banana, sliced  
½ cup tiny marshmallows  
½ cup chopped California walnuts

Combine whipped cream, sugar, and vanilla. Fold in remaining ingredients. Pile into shallow pan. Freeze firm. Remove from freezer one-half hour before serving. Cut in squares and serve on lettuce. Makes 9 servings. A very delicious and pretty salad. Hope you like it as much as we do.

A reader who does not want her name used sends us another suggestion for a hot breakfast cereal. She says

Heat about two quarts milk to boiling. Add ½ pint graham flour (scant), ½ pint cream of wheat and ½ teaspoon salt mixed together with cold milk. Stir in and boil a few minutes. Sweeten with molasses and brown sugar before setting on table. Eat with fruit and milk. Very delicious.

Feel like making some cookies. Mrs. Isaac Mumma sends us a recipe for

#### 11 DOZEN COOKIES

Mrs. Isaac Mumma,  
R3 Ephrata

4 cups sugar  
2 cups lard  
6 cups flour  
1 teaspoon soda  
¼ cup cocoanut  
pinch of salt  
Work like pie dough, then add: 1 cup thick milk  
Roll out like pie dough. Then cut in desired shapes. Bake in moderate oven until done.

Another reader sends in a recipe for

#### BROWN SUGAR ICING

Butter size of a walnut  
Let brown, then add:  
2 cups brown sugar  
Stir till it is brown. Add:  
¼ cup hot water  
Stir till it melts and add:  
½ cup cream  
Boil till it's a soft ball stage. Let cool and mix in 4X sugar till it's right consistency to spread. Add one teaspoon vanilla.

Cocoanut pies are everybody's favorite and Mrs. Louetta Rice sends us her favorite recipe for

#### COCOANUT TARTS

Mrs. Louetta Rice,  
R1 Kinzer

1 pint sweet milk  
1 cup sugar  
2 tablespoons cornstarch  
½ cup cocoanut (fresh if you have it)  
4 egg whites beaten stiff  
After you have taken the cornstarch mixture from the stove put whites of eggs and cocoanut in. Put in baked crusts when cold. These are delicious!

#### TIPS FOR A TENDER, Flaky Pie Crust

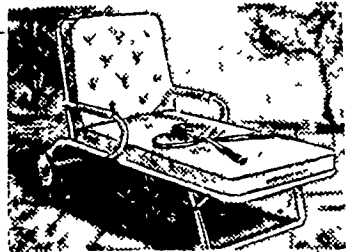
— Too much water, too little fat, or excessive dough handling makes pastry tough. Use too much fat, or an oil as the shortening, and the pastry is crumbly.

The correct proportions of fat and flour vary with the kind of fat. With hydrogenated shortenings, use ½ cup for each cup of flour, with lard use ⅓ cup minus 1 tablespoon. Some people like the flavor that lard gives to the pastry and others do not. The recipe for a 2-crust pie usually calls for 2 cups of flour, ⅓ cups of hydrogenated shortening, and 1 teaspoon of salt.

Mix flour and salt together and cut in ½ of the fat until the mixture has the consistency of cornmeal. Add the rest of the fat and cut in until the mixture is the size of peas.

The finely cut-in fat makes pastry tender, the coarsely cut-in fat makes it flaky. Fat cuts in better if it is cold and if it is cut in with a pastry blender or two

(Continued on page 9)



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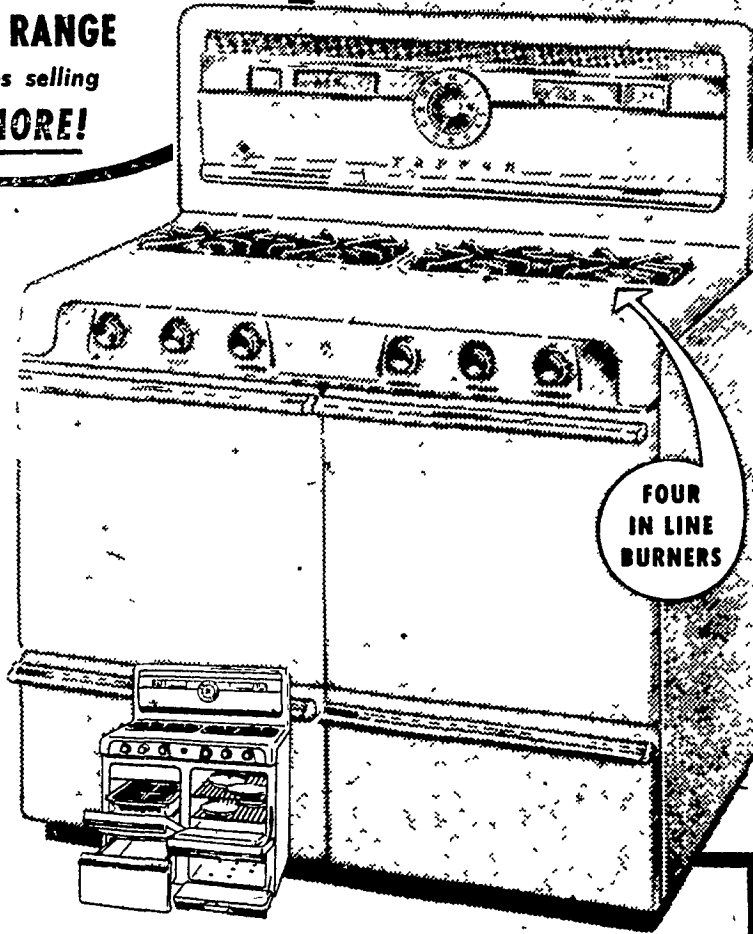
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