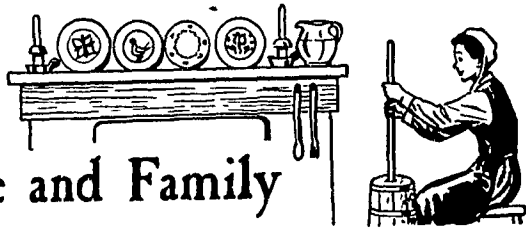


## For the Farm Wife and Family



### Dress Up Holiday Ice Cream With Easy Home Made Toppings

In these hot summer days, ice cream seems to be the favorite dessert of everyone. Unadorned ice cream is a real treat — but with a topping it's a special treat.

Three toppings that you can make now for use all summer are mint marshmallow, fudge, and fresh fruit.

First, the marshmallow, the easiest of the three — add a few drops of mint flavoring to marshmallow topping. Color it a delicate green with food coloring. Serve in a tall glass, alternating layers of chocolate ice cream and topping. A sprig of mint or a chocolate cookie make nice garnishes.

Hot fudge sauce takes more time to prepare but it's a favorite with most folks. Make it by heating one and one-half cups evaporated milk and two cups of sugar to the boiling point and boiling hard for 1 minute. Add four ounces (squares) unsweetened chocolate. Stir and heat until it melts. Remove from heat and beat with a rotary beater until smooth. Add one-fourth cup butter, one teaspoon vanilla, and one-half teaspoon salt. Cool and store. Reheat in the top of a double boiler before serving.

For a natural fresh taste and color, try a fresh fruit sauce. Add one cup water to a quart of fresh raspberries, strawberries, blackberries, currants, or concord grapes. Bring to a boil, and simmer for 10 minutes. Drain through several layers of cheesecloth, pressing the fruit lightly to extract all of the juice. To every cup of extracted juice, add one cup sugar except for current and grape juice. Use one-third cup sugar for those two fruits. Boil the sugar-fruit juice mixture vigorously for 2 minutes. Remove foam, if any, and pour into sterilized bottles or jars and seal.

Several weeks ago we talked about substituting whipped dry milk for whipped cream in our high-calorie recipes — not only to cut calories but also to improve nutritive value. Here's a recipe for chocolate angel pie, using whipped dry milk instead of whipped cream.

#### CHOCOLATE ANGEL PIE

In the top part of a double-boiler combine one-half pound (30-32) marshmallows, two one-ounce squares of chocolate, one-eighth teaspoon salt, and one cup milk. Heat until marshmallows and chocolate are melted. Cool.

While it's cooling, make the whipped dry milk in a mixing bowl. Mix one-half cup dry milk powder, two tablespoons lemon juice, and one-half cup cold water and beat until stiff. This makes enough whipped dry milk to substitute for a cup of whipped cream in any dessert recipe that calls for folded in whipped cream.

When the chocolate-marshmallow mix is cool stir in one teaspoon vanilla. Fold in the cup whipped milk (or cream) and one-half cup chopped walnuts. Pour into a cooled pie shell and sprinkle with coconut. Chill and serve.

A chocolate wafer crust is good with this filling. You can make it by combining one and one-half cups crushed chocolate wafers, two tablespoons confectioner's sugar, and four to six tablespoons melted butter. Press this mixture into a nine-inch pie pan. This pie freezes well since — unlike most pies of this type — it does not contain gelatin.

#### EGGS IN THE PICNIC BASKET

When the weather warms up enough for outdoor eating, hard-cooked eggs take a prominent place in picnic baskets. The easiest way to prepare, carry and

keep them is in the shell. Then, at mealtime they can be shelled and eaten out of hand. Hard-cooked eggs keep for hours without refrigeration in an unbroken shell, thanks to the protection of both the shell and papery lining underneath.

But hard-cooked eggs out of the shell — stuffed, or in salad or sandwiches, for example — need to be kept cold to be safe against spoilage. In just a few hours in a warm picnic basket or out on a picnic table on a warm day, stuffed eggs or egg mixtures may become spoilage hazards. Safety calls for cold-keeping from the time they are prepared until they are eaten.

As for buying eggs for hard-cooking, those of top quality (Grades AA or A) are preferred for eating out of hand because of their delicate flavor. They're also preferred for stuffing because they are most likely to have well-centered yolks. But for cutting up for salad or chopping for sandwich filling, Grade B eggs are suitable and cost less.

Finally, about "hard cooked" versus "hard-boiled" eggs. Even though it takes longer to simmer than to boil eggs, most people prefer the firm, tender white of "hard-cooked" eggs to the tough, leathery "hard-boiled" texture.

Here are directions for Hard-cooking eggs. Wash eggs, put them in a pan, cover completely with cold water, bring water to simmering — that is, just below boiling — and simmer 25 to 30 minutes, depending on the size of the eggs. After cooking put the eggs at once in cold water. The chill halts the cooking, helps preserve the dark ring from forming on the outside of the yolk, and some cookery advisors say it also loosens the shell. When shelling hard-cooked eggs, speed the job by doing it under running water which helps carry off all bits of shell.

Summer vegetables look good — and taste even better, when they're served with a sauce. It's a smart way to get your family to eat more of those nutritious vegetables too. This plate of broccoli stars a bowl of cheese sauce in the center and gets added attraction from appealing color. Here's the recipe for the sauce.

#### CHEESE SAUCE

1½ tablespoons butter or margarine  
1½ tablespoons flour  
1 cup milk  
Salt to taste  
¾ cup grated cheese (or three ounces sliced cheese)  
Melt the butter or margarine and blend in the flour. Add the milk. Stir and cook until sauce is thick and smooth, then cook about a minute longer. Add salt. Add cheese and remove from heat. Stir until cheese is melted.

Even in the heat of summer, you must prepare hearty meals for that hungry family. So try this carrot-cheese rice casserole — it's hearty, and can be cooked easier than most main meals!

#### CARROT-CHEESE-RICE CASSEROLE

2½ cup grated raw carrots  
¾ cup boiling water  
3 eggs, beaten  
1½ tablespoons melted butter or margarine  
2 cups cooked rice  
1 tablespoon chopped onion  
1½ cups shredded cheese  
½ teaspoon salt  
½ teaspoon Worcestershire sauce

Parboil grated raw carrots 5 minutes in boiling water. Drain well and save liquid to use in sauce. Combine all ingredients, blending well. Pour into well-

greased baking dish or casserole. Set in pan of hot water and bake at 325 degrees for 30 minutes or until set. Serve with a white sauce with cooked green peas added. Six servings.

Another favorite main dish that is easy to prepare these hot summer days is a tasty meat loaf. A meat loaf may be prepared early in the day, then slipped into the oven an hour before it is to be served. Try this "tangy" meat loaf for a change.

#### TASTY MEAT LOAF

1 pound ground beef  
¼ pound pork sausage  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
Pepper  
1 tablespoon horseradish  
1 egg  
¾ cup cracker crumbs  
1 cup milk  
2 tablespoons catsup  
Combine ground beef, sausage, Worcestershire sauce, seasonings, and egg. Blend thoroughly. Add crumbs, milk and catsup and beat well. Place in loafpan and top with one-fourth cup catsup. Refrigerate until ready to bake in 350 degree oven for one hour. Serve four to six.

With this meat loaf you might serve potatoes in cream sauce, butter asparagus, tossed salad, rolls and fruit shortcake.

#### Won't Hurt Child to Miss a Meal

If a child refuses to eat, let him miss a meal. A certain nursery school dietitian says that a mother should give her child a chance to eat three times a day. If he refuses to eat, she should let him miss a meal, keeping her attitude one of friendly indifference. It will not hurt him to miss one meal. In fact, it often takes that to make him learn that refusing to eat does not pay. The child will not starve to death, and he will not become stubborn if the mother does not.

It is wise to let the child decide when and how much to eat. Just be sure that the food is tasty, nutritious and attractive and that the portions are small enough. When a child is hungry, he will eat without urging. Everyone's appetite varies from time to time. And a child may be hungrier one day than another. So long as he is healthy, he need not be urged to eat or drink, but will regulate the amounts himself.

Call 'em what you like—franks,

hot dogs, weiners, or red hots — these little sausages frankly are summer favorites! From red hots with mustard at the baseball park to barbecued hot dogs on the backyard grill, versatile frankfurters star in eating plans all summer long.

Barbecued franks are the perfect meat for casual summer meals, served either indoors or out. Keep them hot in a chafing dish for a back porch supper, grill them over an outdoor fireplace, or serve them buffet style in the dining room. Here is a menu ideal for any style of serving:

Barbecued Franks	Sliced Rye Bread
Frank Buns	Baked Beans
Cole Slaw	Tomatoes
Milk	Coconut Cupcakes
	Tea

In the following recipe, the barbecue sauce is spicy with chili powder, Worcestershire sauce and catsup. Make it ahead of time for quick heating with the meat at meal time, if you like.

For an interesting variation, make criss-cross slashes on the meat before cooking. Piercing franks before cooking usually is

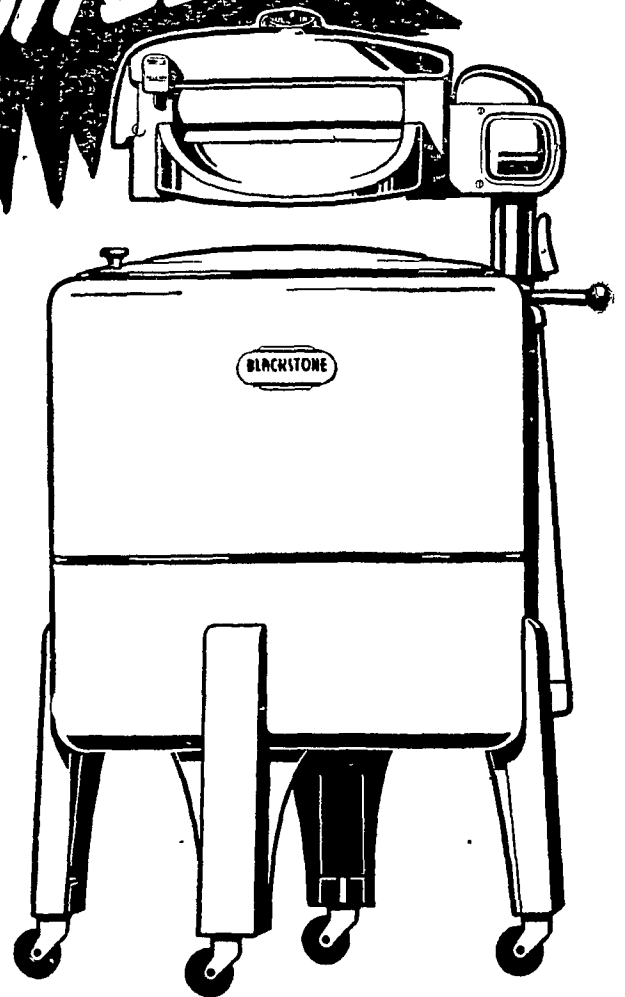
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