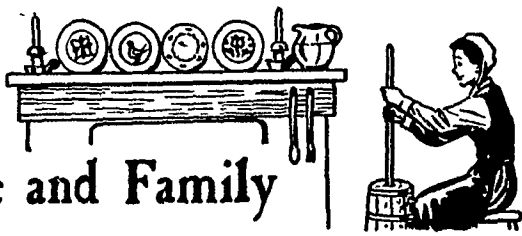


For the Farm Wife and Family



Plan Meals for Cooler Cooking; Half Century Old Roll Recipes Sent

Putting up snap or green beans is the order of the day with many housewives, but even though the crop is abundant, don't use all your canning or freezing space for them.

Too frequent serving of food is the best way to create a distaste for it. Instead, can or freeze several kinds of vegetables or fruits in recommended amounts, and all will be enjoyed throughout the winter.

An easy way to determine the amounts of the different vegetable to can or freeze is to multiply these recommended amounts for one person by the number of individuals in your family: green beans, six quarts; peas, five pints; greens, six quarts; tomatoes, 20 quarts; soup mixture, six quarts;

corn or butterbeans, seven pints; sauerkraut, two quarts; carrots or beets, seven quarts.

A total of 42 quarts of fruits are recommended per person, including berries, cherries, grapes, plums, rhubarb, peaches and pears. In addition, five quarts of apples should be put up.

PEACHES WITH SPANISH CREAM

The preparation of family meals during hot weather offers a real challenge to housewives who are concerned not only with supplying sufficient nutrients in the family meal but also in providing appetizing dishes that will help keep body temperatures down. We would recommend fresh

peaches with Spanish cream as an ideal summertime dessert. If fresh peaches are on hand, all other ingredients can probably be found in the pantry.

Here's the recipe:

PEACHES WITH SPANISH CREAM

- 4 large fresh peaches
- 1 tablespoon gelatin
- ¼ cup cold milk or water
- 3 eggs, separated
- ¾ cup sugar
- ¼ teaspoon salt
- 2 cups scalded milk
- 1 teaspoon vanilla

Add gelatin to cold milk and let it soften. Add sugar, salt, and the gelatin to the scalded milk in top of double boiler and stir until dissolved. Beat egg yolks slightly. Add hot mixture to egg yolks slowly, stirring constantly. Return to top of double boiler and cook over hot water until slightly thickened. Cool. When mixture begins to thicken, add vanilla and fold in stiffly beaten egg whites. Turn into one large mold or into individual molds and chill until firm. When ready to serve, turn from mold on cake plate or other large serving plate. Slice the fresh peaches and arrange around the molded Spanish cream.

We had a request for a Jelly Roll recipe sometime ago and Mrs. Luther C. Lightly, R1 Elizabethtown has sent us two of her favorite recipes. She says in her letter:

Here are two old recipes of Jelly Rolls. I hope these are what Mrs. J. A. Stumpf is looking for. They are over 50 years old. These recipes were given to me by a very dear and old friend.

We take the paper and like it a lot

JELLY ROLL

Mrs. Luther C. Lightly,
R1 Elizabethtown

- 3 eggs
 - 1 cup sugar
 - 2 tablespoons milk
 - 1 cup flour
 - 1 teaspoon baking powder
 - ½ teaspoon Lemon flavoring
- Beat egg yolks, sugar and milk until very light. Add stiffly beaten egg whites and fold in flour in which baking powder has been sifted. Flavor with grated rind of lemon or one-half teaspoon lemon

flavoring. Bake in long shallow pan in moderate oven. Remove from pan while hot and place on a wet cloth. Spread with tart jelly and roll quickly. Sprinkle with powdered sugar.

JELLY ROLL

Mrs. Luther C. Lightly,
R1 Elizabethtown

- 3 beaten eggs (beat separately)
- 1½ cups flour
- 1 cup sugar
- 2 level teaspoons baking powder
- ½ cup warm water

Kind of Flavoring as desired. Sift flour once, then measure; add baking powder and sift three times. Beat whites stiff; fold in Sugar; fold in beaten egg yolks. Add water, then mix in flour lightly. Bake in shallow pan 25 minutes at 350-375 degrees. When baked spread quickly with jelly and roll.

SATISFYING SALADS FOR SUMMER MEALS

Take the easy way out and do beforehand cooking — before it gets hot in the middle of the day, that is. Plan the kind of cooking that can be done the night before, early in the morning, or even two or three days in advance.

Any kind of salad or cold plate can be prepared ahead of the time it is to be served, and, when well planned, it can be as nutritious as a hot meal.

Main-dish salads are of many kinds:

You might start with a mixed green salad of lettuce, celery, onion and green pepper then add sliced hard-cooked eggs, slivers of cheese, ham or chicken, and cottage cheese or cream cheese

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balls on the side. The addition of the protein foods (cheese, ham or chicken) makes this a satisfying salad when served with French, mayonnaise or roquefort dressing, added last.

Seafoods lend variety to summer meals, whether the fish is shrimp, tuna or salmon. Tomatoes, cucumbers, a bit of onion and a wedge of lemon are the perfect companions to fish, frozen or canned.

Potato salad moistened with a generous amount of dressing, and allowed to blend in flavor with hard-cooked eggs, pimento, chopped pickle and a dish of garlic salt, is popular with cold cuts of luncheon meats or home-prepared roast beef or pork.

Chicken salad is always a company dish, but need not be an extravagance. If sale prices are taken advantage of.

Hearty aspic salad becomes a main dish when chopped eggs, cheese, diced ham, chicken, or luncheon meats are added before chilling.

Dessert-type salads add a satisfying and refreshing sweet without the richness of heavy desserts: fruit and melon ball salads with mint garnish; peach halves filled with blueberries or black-

(Continued on page 7)

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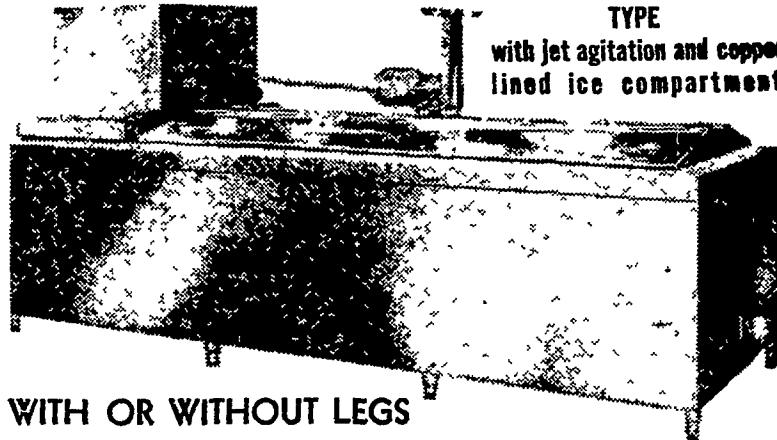
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