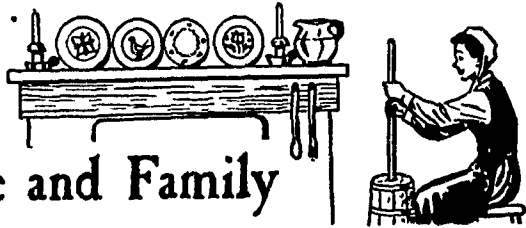


For the Farm Wife and Family



Peaches Are Here; Make Use of Them In Planning Mealtime Variety

Many appetizing hot-weather menus can be planned around peaches — the "king" of the summer fruit crops.

There is no better way to start off the day than by serving fresh peaches for breakfast. The distinctive flavor of fresh peaches will be a good booster to pep up lagging appetites brought on by the hot weather. Besides tasting so good, peaches are also good

for you. Yellow peaches especially are a source of Vitamin A, the vitamin needed for healthy skin, normal vision, and good growth.

On hot mornings serve a tempting, cool, refreshing breakfast of fresh peaches with ready-to-eat cereal and cream or milk. You can serve this easy-to-fix breakfast with a minimum of time and effort. Sliced fresh peaches and milk are not only good as a breakfast starter but they also make a light, refreshing, but nourishing, summertime dessert or between-meal snack.

BAKED OR BROILED PEACHES EXCELLENT WITH MEATS

The use of peaches is not limited to desserts, for peaches may

be used in a wide variety of ways, such as in beverages, soups, salads, and other miscellaneous dishes.

Baked or boiled peaches are excellent with meats, and, when served on the meat platter, they give the dish a "dressed-up" appearance that's appetite appealing. In addition they add a zest and flavor all their own. With fresh peaches in plentiful supply, it will be easy to try the following recipe.

The quantity of peaches used will depend upon the number to be served, but for serving six the following portions may be used. Place 10 to 12 peach halves cut side up in a shallow baking dish, and sprinkle with one-fourth cup brown sugar. Add your own special spices — cinnamon, allspice, or ginger. Dot with two tablespoons butter and bake in a moderate oven for 15 to 20 minutes or until brown.

To broil peaches, turn oven on "broil" and cook for about 10 minutes or until peaches are lightly browned.

Serve either baked or broiled peaches with ham, pork roast, baked chicken or turkey.

VALUABLE HINTS ON FREEZING PEACHES

Peaches are one of the most suc-

cessfully frozen fruits from both the flavor and appearance standpoints. Here are hints to keep in mind in preparing them:

For best results, prepare a sugar syrup several hours in advance of the time it is to be used; cool and store in the refrigerator until thoroughly cold. The amount of sugar depends upon individual taste, from two to three cups of sugar being used to four cups of water. This amount will freeze four quarts of fruit.

To keep peaches from darkening, ascorbic acid, citric acid or lemon juice may be used. The first two products may be bought at many drug stores or locker plants in tablet, crystalline or powdered form.

Ascorbic acid, which is vitamin C, is in itself odorless and tasteless, yet it is the most effective of the above in preserving the color and flavor of the fruit. In addition, it increases the nutritional value. Add one-half teaspoonful to a quart of the cold syrup just before it is to be used. Stir well to blend.

If the peaches are not to be sweetened, add the ascorbic acid dissolved in a little cold water to the sliced fruit. Mix carefully to cover all pieces and package at once, as vitamin C is destroyed by long exposure to air.

Citric acid is added to the water in which peaches are placed as they are peeled to keep from darkening. Use one-fourth teaspoonful to a quart of cold water. Allow the peaches to remain in the solution for a minute or two, then drain well and pack in syrup. One tablespoonful of lemon juice added to the cold syrup also retards darkening. The flavor of lemon juice will be slightly apparent, whereas the ascorbic acid is tasteless.

Also available on the market to prevent the darkening of fruit are mixtures of ascorbic acid and sugar or of ascorbic acid, citric acid and sugar. Where these products are used, directions of the manufacturer should be carefully followed. Sucrose, lactose, maltose or fructose are forms of sugar used in these products.

SMALL FREESTONE PEACHES GOOD FOR PICKLES

Small peaches, usually the most economical in price, are desirable for home preparation of spiced or sweet peach pickles.

Contrary to popular belief, freestone peaches make excellent spiced products, and they are now being used in the home as well as in commercial canneries. Removing the edible portion from a

(Continued on page 7)

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