MINT FROST

1 quart vanilla ice cream 1 6-0z. can frozen concentrate for pineapple-lemon

Few drops peppermint ex-

fresh mint leaves Beat just until blended ice ream, concentrate and pepermint extract to taste. pour into 4 tall glasses. Garservings.

SPICED FRUIT NOG

3 eggs, separated 2 tablespoons sugar 1/2 teaspoon salt 1/4 teaspoon nutmeg or cinnamon

egg yolks with salt and nut. for fruit punch, (any flavor) meg; gradually stir into the and fill with gingerale or punch. Fold in the beaten carbonated water.. egg whites. Pour into glasses Makes 6 servings.

punch concentrate into an electric blender. Blend for a 1 6-0z. can frozen concentin. Add 1 quart chipped ice. Flip to snack with crisp butrate for fruit punch (any Blend until contents are ter cookies or a he-man sandservings.

WHO DOESN'T like ice cream sodas? And this one is quickly made right at home Reconstitute frozen fruit Put a scoop of vanilla ice punch with 3 cans ice water cream in the bottom of each Beat egg whites to soft peaks of six glasses. Add 2 tableand beat in the sugar. Beat spoons of frozen concentrate For the

For a quick and relativelow-calories pick-up try a Children will "flip" over Buttermilk Frost. Just stir Fruit Flip. Put one package your favorite flaver of the pour into 4 tan glasses. Gar-fruit-flavored gelatin and new frozen fruit punches in-fresh produce this week will try meats, fryers remain on one 6-ounce can frozen fruit to a tall glass of buttermilk.

few seconds to dissolve gela-make a tangy Milk 'n Fruit Marketing Agent.

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Lancaster Farming, Saturday, August 6, 1960-7

Farm Wife and Family



Best Food Buys

this one — and so it's called in a tablespoon or two of Meat and Local Crops Top List

Lower prices on beef and tractive buy. In other poul-

Beef will be a featured sales. bargain at most food stores snowy Use rubber spatula wich. Mix sweet cherry or this week end. Take your buys include sweet corn, cuto aid in mixing. Makes four berry preserves with rich choice among the beef roasmilk in an electric blender, ts-rib, chuck, rump and sirmixer or with a hand beater. loin tip or beef steakssirloin,

Turkeys continue as an at-

Every Second Saturday of the month you can enjoy

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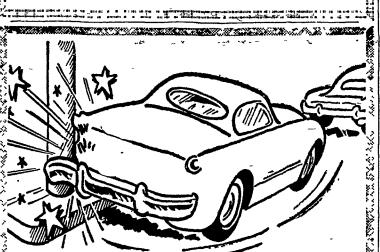
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simplify the task of plan- the brink of downward pricning economical menus re- ing. Current retail quotes In two shakes you can ports Tom Piper, Penn State are unchanged from a week ago except for some isolated

Outstanding vegetable cumbers, peppers, cabbage, and tomatoes. Remember those high prices for tomaround or ground toes last winter? Not so now Prices are low while quality has never been better Excellent quality corn is avaiable now at your local roadside stand, farmers' mar ket and food store.

Other good vegetable buys include potatoes, squash, spinach, onions, and leafy greens. Firm prices hold for green beans, carrots, cauliflower, and celery. sweet potatoes are starting and prices are moving down.

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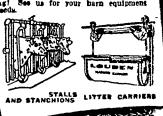
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