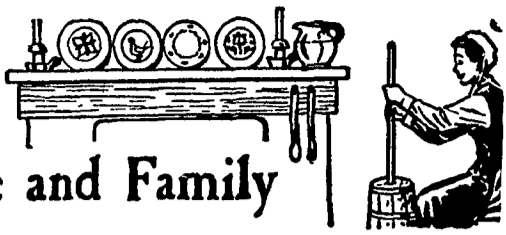


## For the Farm Wife and Family



## Tasty Eating With Pineapple

By Mrs. Richard C. Spence

A wealth of good eating is yours when the kitchen shelves are well-stocked with Hawaiian pineapple and pineapple juice.

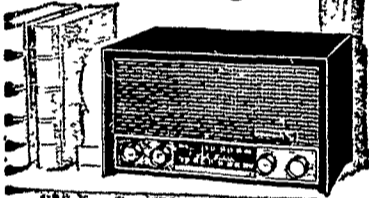
Refreshing, delicious, appetizing—pineapple juice may be served for breakfast, as a first course at lunch and dinner, and between meals anytime. Crushed pineapple, chunks, and tidbits garnished with a sprig of mint, also make a quick first course. Pineapple chunks, wrapped in bacon and broiled, make pretty party appetizers.

Any meat platter looks twice as handsome garnished with colorful broiled pineapple slices. Skewered chunks too, come to the table with the main course.

Ever thought of the possibilities of pineapple quick breads? Coffee cakes take on added appeal with a sweet topping of brown sugar coated pineapple slices or chunks. Crushed pineapple finds its way into bran muffins and nut breads for a new taste.

Save the syrup from canned pineapple to use for sauces, in gelatin salads and desserts, and for fruit punch.

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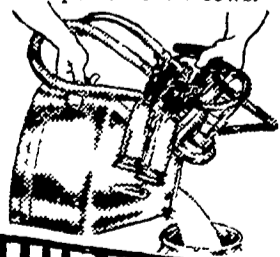
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es, chunks, tidbits, or crushed pineapple. Now, easier than ever with a cake or gingerbread mix. Pineapple sundaes or cake toppings from crushed or tidbits, will score with the family. Treat them to pineapple sodas too, with icy pineapple juice. For the quickest possible dessert, serve any style of pineapple "as is" right from the can with its own delicious syrup. Chill it, of course.

### PINEAPPLE IS NUTRITIOUS —

Most of us eat pineapple just because it is so delicious and so easy to cook with. But, there is satisfaction in knowing how good it is for us too. Pineapple is a good source of the essential vitamins C and B1 or thiamine. It also supplies small quantities of the minerals iron, calcium, and phosphorus.

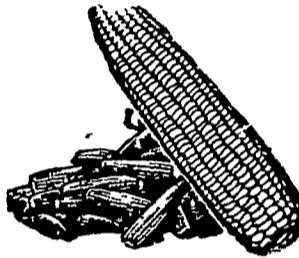
According to recent research one 6-ounce glass of pineapple juice weighs 186 grams and contain 110 calories. One No. 2½ pineapple slice, or two No. 2 slices with 2 tablespoons weighs 122 gms. and contains 124 calories.

Pineapple salads are natural for taste and appearance. Slices and chunks team up with cheese, cream cheese bananas, Waldorf salad, salmon or chicken salad, or creamy soleslaw. These same slices and chunks are ideal on large buffet salad arrangements. Pineapple tidbits and crushed pineapple are delicious in molded and frozen salads.

At the end of a meal, a pineapple dessert takes top honors. Think of pineapple upside down cake with slice-

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## 'County Bank' Donates Steer



Above is Elaine Herr, Quarryville, R. D. #2 daughter of Mr. and Mrs. John S. Herr and Stanley Musselman, Director of Personnel and Community Relations of The Lancaster County National Bank with the 1095 pound Angus steer 'Dobie'.

1961 is the 10th year the 'County Bank' has donated a 4-H steer to the Banquet Committee for the Annual Red Rose Baby Beef and Lamb Club Banquet, which was held at the Armstrong Auditorium, Friday evening, February 3.

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Here are some ways to use pineapple or pineapple juice:

### HAM HAWAIIAN

One No. 2 can crushed pineapple  
1 1-inch thick slice ham  
½ cup brown sugar

Drain pineapple; reserve syrup. Place ham on rack in shallow baking pan. Pour the pineapple syrup over the ham. Bake in a slow oven (325 degrees) for 1 hour. Combine pineapple with brown sugar. Spread over top of ham. Bake in a hot oven (400 degrees) for an additional 15 minutes. Garnish with whole beets which have been hollowed out a bit and filled with Horseradish Sauce (Combine ½ cup whipped cream, whipped stiff with 3 tablespoons drained prepared horseradish and ¼ teaspoon salt.) 6 servings

### PINEAPPLE CUCUMBER MOLDED SALAD

#### PINEAPPLE LAYER:

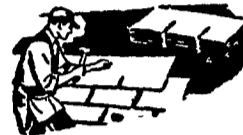
1 cup crushed pineapple, not drained  
1 package lemon flavored gelatin  
½ teaspoon salt  
½ cup finely grated carrots.

#### CUCUMBER LAYER:

1 envelope unflavored gelatin  
¼ cup cold water  
1 cup mayonnaise  
½ cup light cream  
½ teaspoon salt  
1 tablespoon grated onion  
½ cup finely chopped celery  
½ cup grated cucumber drained

Pineapple layer: Drain the pineapple. Add enough water to syrup to make 1¾ cups of liquid. Heat to boiling; dissolve gelatin in it. Chill until the consistency of un-beaten egg whites. Add salt, carrots, and crushed pineap-

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