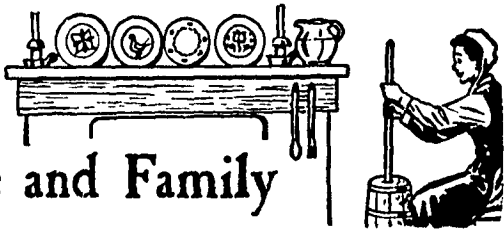


For the Farm Wife and Family



A Summer Medley

Dairy Foods and Fruit

By Mrs. Richard C. Spence

Fresh fruit and summer are synonymous. But let's add a new taste dimension—two winsome ingredients like ice cream and buttery tart shell.

Use any fresh fruit you like: ripe strawberries plump with the sweetness of the vine, green grapes so cool and summery looking, peaches or nectarines that are sweet but slightly tart. A cornstarch glaze adds luster to the fruit and an extra tinge of sweetness.

Make this dessert at your leisure, in the calm cool morning, and refrigerate un-

til serving. The dough is pat- ted out into the tart pans, eliminating the floury fuss that often comes with a roll- ing pin and board.

Fruited ice cream tarts make a splendid buffet ser- vice. Arrange the pies about bowls of assorted ice creams and let guests decide which flavors they care to scoop. Strawberry, vanilla and peach ice cream are most compatible with the fresh fruit.

FRUIT ICE CREAM TARTS

Tart Shells:
1 cup biscuit mix
¼ cup (½ stick) butter, softened
3 tablespoons boiling water

Filling:
2 tablespoons sugar
1 tablespoon cornstarch
1 cup water
1 teaspoon fresh lemon juice
Few drops red food color- ing
¾ cup sliced fresh straw- berries
½ cup halved green grapes
¼ cup sliced fresh peaches or nectarines
6 scoops strawberry, vanilla or peach ice cream

Put biscuit mix and but- ter in mixing bowl. Pour boiling water over the but- ter. Stir with fork until dough forms soft ball and cleans bowl. Divide dough between tart pans; pat even- ly over bottom and sides of pans. Prick with fork; bake 8 to 10 minutes in a 450 de- gree oven. Cool. To prepare filling combine sugar and cornstarch in saucepan; stir in water and lemon juice. Heat, stirring constantly, until glaze thickens. Tint pink with red food coloring; chill. Combine strawberries,

grapes, peaches and chilled glaze; spoon into cooled tart shells. Refrigerate until g'aze sets. To serve, remove tarts from pans and top with spoonfuls of ice cream.

Much to your liking will be this custard sauce and its flavored variations to spoon over fresh fruit. Try both the Almond and Lemon vari- eties for flavorsome eating at its best.

Milk, the base for this custard sauce, adds a tasty and nourishing fillip to fruit, fortifying it with protein, calcium, phosphorus, other minerals, and vitamins. A milk and fruit treat will en- tice the saggiest summer ap- petite, and how easily it en- riches the diet of youngsters who must be drawn from play. Adults, too, will find this custard sauce refreshing dessert or evening snack.

CUSTARD SAUCE FOR FRUIT

2 cups milk, scalded
2 eggs
¼ cup sugar
1 teaspoon vanilla
½ teaspoon salt
Beat eggs slightly. Add sugar, then hot milk. Cook in double boi'er, stirring con- stantly until the custard thickens enough to coat a spoon. Remove from heat

and add salt and vanilla well. Chill before serv- ing over fresh or canned fruit.

Almond Custard Sauce:
Omit the vanilla from the basic recipe and add ½ te- spoon almond extract. Serv- with bananas, peaches, ras- berries, fresh or canned pur- ple.

Lemon Custard Sauce:
Omit the vanilla from the basic recipe and add 1 te- spoon lemon extract. Serv- with strawberries, peache- and fresh or canned pur- ple.

For a slightly dress- ed company dessert, serv- Orange Custard Sauce with hot Butter Baked Peache- Mmm! what this sauce does to peaches. We don't have to remind you that fresh fruits, as peaches, to retain their color-brightness should be covered with lemon juice or other ascorbic acid, which is peeled in advance.

BUTTER-BAKED PEACHES WITH ORANGE CUSTARD SAUCE

6 peeled ripe peach halves
6 scant tab'espoons sugar
½ stick (4 tablespoons) butter
½ cup shredded cocoanut
Place peach halves, side up, in shallow bak-

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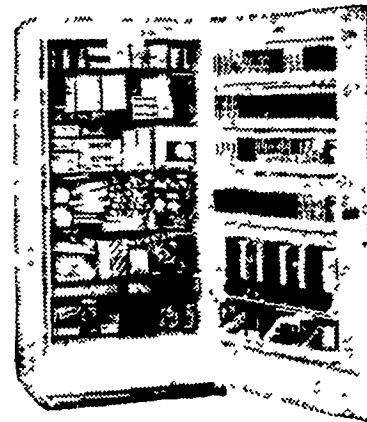
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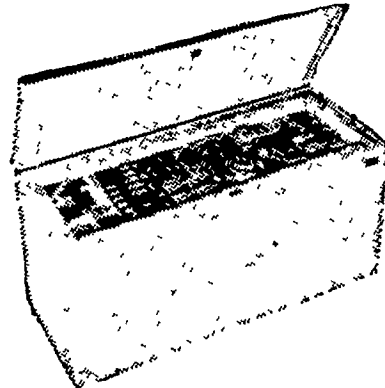
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