

down very low. Do not simmer. Heat 5 minutes. To serve, spread the rice over a hot platter and top with the veal. Spoon the sauce over the rice. Garnish with parsley.

Rows of colorful, luscious fruit grace the top of this "open face" dessert. There are dark sweet cherries, succulent white pears, golden apricots and peaches and plump green figs. Convenient canned fruits are used so this is a dessert you can whip up in a hurry.

FRUIT SPARKLE

1 cup uncooked white rice
2 cups water

1 teaspoon salt
1 cup milk
½ cup granulated sugar
1¼ cups light brown sugar, firmly packed
1 can (1pound - 1 ounce) figs, drained
1 can (1pound - 1 ounce) sliced peaches, drained
1 can (1pound - 1 ounce) pitted dark cherries, drained.
1 can (1pound - 1 ounce) pear halves, drained
1 can (1pound - 1 ounce) apricot halves, drained

Put the rice, water & salt into a 2-quart saucepan. Bring to a vigorous boil. Turn heat down. Cover. Sim-

mer 14 minutes. Remove the saucepan from the heat but leave the lid on 10 to 15 minutes. Spread the rice over a greased shallow baking dish about 8"x12"x2". Pour ½ cup of the milk over the rice. Sprinkle with granulated sugar and half of the brown sugar. Place pears in the center, overlapping the halves.

Make two rows of figs, one at each end, and two rows of the cherries placing them next to the figs. Add peaches and apricots. Pour the remaining ½ cup milk over the fruit. Sprinkle with the rest of the brown sugar. Bake in a 350 degree oven about 40 minutes or until most of the liquid is absorbed. Spoon milk over any brown sugar which does not dissolve. Serve warm with whipped cream or vanilla ice cream. This recipe makes 8 to 10 servings.

For you calorie counters here are two desserts that are easy on your calorie budget.

RICE RAISIN PUDDING

2 envelopes low calorie vanilla pudding
2 cups skim milk
2 cups cooked rice
½ cup raisins
1 teaspoon vanilla
Prepare pudding with skim milk as package directs. While hot, stir in rice, raisins and vanilla. Chill. This makes 4 servings.

GOLDEN AMBROSIA RICE

2 cups cold cooked rice
1 banana, diced
1 orange, peeled and diced
½ cup miniature marshmallows
1 envelope Dessert Topping Mix
½ cup skim milk
Combine rice, banana, orange and marshmallows. Make up Dessert Topping Mix according to directions on the package substituting skim milk for milk. Fold in to rice mixture. Chill. Makes 4 to 6 servings

Another dish for those on a low fat or low cholesterol diet—

SEAFOOD GUMBO

1 can (13¾ oz) chicken broth
½ cup clam broth
½ can (7-ounce) crab meat
¼ pound fish fillets, cut in 1-inch pieces
1 tomato chopped

½ cup okra, (optional)
½ cup diced carrots
2 tab.spoons chopped onion
Salt and pepper
1 cup cooked rice

Combine broth, clam broth, crab meat, fish, tomato, okra, carrots and onion. Bring to a boil. Cover and simmer 15 minutes. Season to taste with salt and pepper. Serve in bowls. Top with scoops of rice. Makes 4 servings.

POINSETTIAS

By Mrs. R. C. Spence

If you've saved your poinsettia plant from Christmas and would like to have it brighten the house again this winter, it's important that you understand its light requirements.

The poinsettia develops its bloom when days are short and nights are long. To help your poinsettia bloom this winter, keep it in a room not used at night. Begin the short days Oct 5 and continue until Thanksgiving. Put it in the dark at 5 p.m. and remove it at 8 a.m. each day. Even short periods of exposure to night lights will interfere with blooming. When the plant begins to bloom, you will, of course, want to display it in your lighted rooms. At this stage, the light will make no difference. (Turn to page 10)

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Perhaps you have a youngster—a high school senior—who will be eligible for college in '62. Or perhaps you know of some other young person who will soon be ready to enroll in a Central Eastern Pennsylvania college or university.

If you do, be sure to tell them about PP&L's educational programs for assistance: the General Scholarship Program, under which ten scholarships are available each year to young people whose parents are customers of PP&L; the Agricultural Scholarship Program, under which three scholarships are available each year on the same basis as above.

Each General Scholarship winner will have \$200 paid toward his or her tuition each year, and herein, each grantee may choose to attend any one of the 15 Central Eastern Pennsylvania colleges or universities listed below, and may elect any four-year college course which leads to a baccalaureate degree.

In addition to the amount payable on behalf of the grantee, PP&L will pay a like amount to

the college or university which the grantee is attending for its use in whatever manner the institution may feel will contribute most toward the realization of worthy educational objectives.

Under the Agricultural Scholarship Program, three undergraduate scholarships will be awarded to be used for study at The Pennsylvania State University's College of Agriculture. The annual amount is \$200 payable to the University on behalf of the grantee.

Have them ask at their school or nearest PP&L office for a copy of either or both of the Company's scholarship brochures. Their high school principal or guidance counselor will be happy to discuss the program with them.

Remember—a college education opens the door to a better job and a better way of life. It is an investment in a young person's future that continues to pay dividends.



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