down very low. Do not sim- . 1 teaspoon calt mer. 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 parslcy.

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

FRUIT SPARKLE

1 2 cups water

READY-MIXED

CONCRETE

NEW HOLLAND, PA.

1 cup milk  $\frac{1}{2}$  cup granulated sugar ar, 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)

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

apricot halves, drained

mer 14 minutes. Remove-the saucepan from the heat but leave the lid on 10 to 15 1¼ cups light brown sug- minutes. Spread the rice over a greased shallow baking dish about 8"x12"x2". Pour  $\frac{1}{2}$  cup of the milk over the rice. Sprink'e 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 makes 4 servings. 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.

Lancaster Farming, Saturday, October 21, 1961-9

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

RICE RAISIN PUDDING

2 envelopes low calorie

- vanila pudding 2 cups skim milk
- 2 cups cooked rice
- 1/3 cup raisins
- 1 teospoon vanilla

with Prepare pudding skim milk as package directs While hot, stir in rice, raisins and vanilla. Chill. This

GOLDEN AMBROSIA RICE 2 cups cold. cooked rice

banana, diced 1 orange, peeled and dic-

ed 1/2 cup miniature marshmallaws

1 envelope Dessert Topping Mix

1/2 cup skim milk

ange Make up Dessert Topping winter, keep it in a room not Mix according to directions used at night. Begin the on the package substituting short days Oct 5 and conskim milk for milk. Fold in- tinue until to rice mixture. Chill. Makes Put it in the dark at 5 pm. 4 to 6 servings

a low fat or low cholesterol interfere diet-

SEAFOOD GUMBO broth

1/2 cup clam broth 1/2 can (7-ounce) crab meat 1/4 pound fish fillets, cut in 1-inch pieces

1 tomato chopped

1/2 cup okra, (optional) 1/3 cup diced carrots 2 tablespoons chopped onion Salt and pepper

1 cup cooked rice

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

## POINSETTIAS

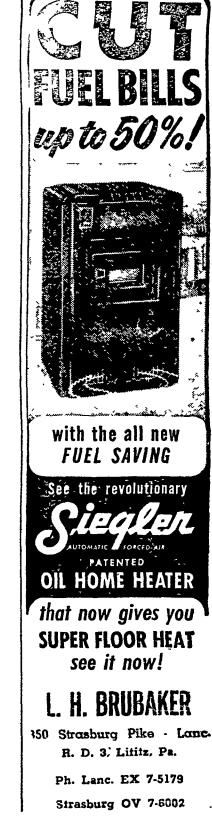
## By Mrs. R. C. Spence

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

The poinsettia develops its bloom when days are short Combine rice, banana, or- and nights are long To help and marshmallows your poinsettia bloom this Thanksgiving. and remove it at 8 am each day Even short periods of Another dish for those on exposure to night lights will blooming. with When the plant begins to bloom. you will, of course, 1 can (1334 oz) chicken want to display it in your lighted rooms. At this stage, the light will make no differ-

(Turn to page 10)

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nnsylvania Power & Light Company's proam of educational assistance could help swer that question for some deserving young an or woman.

Perhaps you have a youngster-a high ool senior-who will be eligible for college in 2. Or perhaps you know of some other ing person who will soon be ready to enroll a Central Eastern Pennsylvania college or iversity.

If you do, be sure to tell them about PP&L's programs for educational assistance: the meral Scholarship Program, under which ten olarships are available each year to young ple whose parents are customers of PP&L; the Agricultural Scholarship Program, der which three scholarships are available h year on the same basis as above. Each General Scholarship winner will have <sup>10</sup> paid toward his or her tuition each year, erein, each grantee may choose to attend any of the 15 Central Eastern Pennsylvania leges or universities listed below. and may ct any four-year college course which leads <sup>a</sup> baccalaureate degree.

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.

Ph. Lanc. EX 3-3921

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



WHAT DIRECTION?

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