

Sand Tarts

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 1 teaspoon cinnamon
 3 tablespoons granulated sugar
 Bake in roll and place in refrigerator. Cut thin when chilled and bake at 370 degrees for 15 minutes.

MAKE YOUR OWN PUDDING MIXTURES

Make your own pudding mixes in the quantities you wish—with nonfat dry milk. The following recipes make 24 servings. You can divide them up any way you want to suit the size of your family.

VANILLA PUDDING MIX

1 1/2 cups sugar
 2 1/2 cups nonfat dry milk
 1 1/4 cups flour
 1 teaspoon salt

Stir the ingredients together until well mixed. Store in covered containers in a cool place.

CHOCOLATE PUDDING MIX

Add to above ingredients

1/4 cup cocoa.

CARAMEL PUDDING MIX

Substitute 1 1/2 cups brown sugar (packed) for the white sugar in the Vanilla Pudding Mix.

TO USE THE MIX—When you're ready to use the mix here are the ingredients you'll need to make 6 servings of pudding.

1 1/4 cups pudding mix
 2 1/2 cups warm water
 1 tablespoon butter or margarine
 1 egg, beaten
 1/4 teaspoon vanilla

Combine the mix with the water in top of a double boiler. Place over boiling water and cook until thickened, stirring constantly. Cover and cook 10 minutes longer.

Add the butter or margarine. Remove from heat and beat half of the hot mixture into the egg. Blend slowly into the remaining hot mixture. Cook over hot water 1 minute more. Remove from heat and

stir in the vanilla. Pour into serving dishes and cool.

LOW-CALORIE WHIPPED TOPPING

Did you know that you can make a whipped topping out of nonfat dry milk? Here's how to do it.

WHIPPED TOPPING

1/2 cup cold water
 1/2 cup nonfat dry milk
 2 tablespoons lemon juice
 2 to 4 tablespoons sugar
 Sprinkle dry milk on the water. Beat until stiff enough to stand in soft peaks. Add lemon juice. Continue beating until stiff. Beat in sugar.

NON-RUN CHERRY PIES

There's nothing quite so pretty—and so mouthwatering—as a freshly baked pie made with frozen sour red cherries. Yet all too often when the first piece is removed the plate is flooded with juice from the rest of the pie. Or the juice is so thick and the cherries appear suspended in a jellied mass.

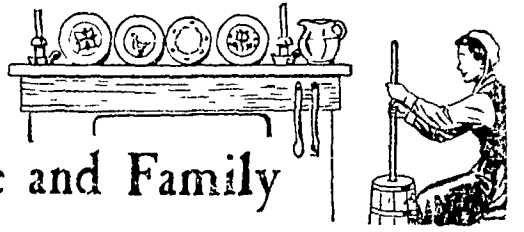
Here are some suggestions for a good-looking as well as a good-tasting cherry pie from home economists at Cornell University who have been test-baking frozen red cherry pies with various kinds and amounts of thickener.

Use 1 quart frozen cherries for a well-filled 8 or 9-inch pie.

Mix 2 1/2 tablespoons of tapioca with 1 1/2 tablespoons of cornstarch.

Sugar to taste. But remember

For the Farm Wife and Family



ber, you probably have already put some sweetening in the cherries when you froze them. So don't add too much. Cherries sweetened with corn syrup and sugar will need slightly more thickener (about 1/2 teaspoon each of cornstarch and tapioca).

Now—to make the pie. Thaw the cherries only until most of the free ice has disappeared. Drain off the juice and add to it the thickener and sugar mixed together. Heat rapidly until thickening is complete. Pour into unbaked pie shell and add latticed cover.

So the pie won't bubble over in the oven, keep the temperature at least 100 degrees. Put the pie on the lowest shelf in the oven to get a brown undercrust. Bake 15-25 minutes or until top crust is light brown.

POTATO-DAIRY WAFER

A fat-free low-calorie wafer that combines delicious flavor with high-protein nutrition has been developed by the U. S. Department of Agriculture.

This wafer designed as a snack item is made from potatoes and nonfat milk. It is light and crisp and has a flavor suggestive of cheese, which comes from the calcium in the milk.

Because they are not fattened, these wafers are relatively fat-free and contain about 25 percent fewer calories. They also should have a longer storage life because of their very low level of fat.

Consisting essentially of two-thirds potato solids and one-third nonfat milk solids, this potato-dairy wafer represents a concentration of the protein and other nutritional ingredients for which these two wholesome foods are well known. In addition to providing

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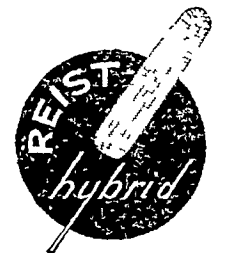
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