

● Concentrates

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needed especially during summer months. The punches are a good source of Vitamin C as well as many of the other nutrients found in pure fresh lemon juice and the fresh fruit puree.

Frozen fruit punches are 4 1 concentrates. Each six ounce can will make one quart of punch. You just add water and ice to serve. But don't stop there. Each can of punch is a versatile performer that will add flavor to many of your summer beverages, desserts, fruit cups and salad dressings, salads, sauces, cold soups, and main dishes.

FRUIT BAKED APPLES

6 apples
1/2 cup raisins
2 tablespoons butter or margarine
2 tablespoons brown sugar
1 6-ounce can frozen concentrate for fruit punch (any flavor)
Core apples and set in baking dish. Fill cavities with raisins, butter and brown sugar. Cover with thawed fruit punch concentrate. Bake in moderate oven (350 degrees) for 30 to 40 minutes or until apples are tender. Makes 6 servings.

PUNCH PIE

1 envelope unflavored gelatin
3/4 cup sugar
1 6-ounce can frozen concentrate for Strawberry-

Lemon punch, thawed
1 egg white
1 cup heavy cream, whipped
1 cup fresh, frozen or canned mixed fruit
1 9-inch baked pie shell
Combine gelatine and sugar in saucepan with punch. Heat until sugar dissolves. Beat egg white until stiff, slowly beat in a little hot syrup. Continue adding all syrup gradually while beating. Cool slightly. Fold in 3/4 of the whipped cream and the fruit pieces. Spoon into prepared pie shell. Garnish top with remaining whipped cream and chill until set. Makes 6 to 8 servings.

FRUIT PUNCH FILLING FOR CAKES

7 tablespoons cornstarch
1/2 teaspoon salt
2-1/2 cups water
1 6-ounce can frozen concentrate for fruit punch (any flavor)
1 cup heavy cream, whipped
Mix cornstarch, salt and water in saucepan, cook over medium heat until thick and clear. Stir in thawed punch, blended well, cool. Fold in whipped cream. Spread filling between layers of cake and over top.

RASPBERRY RIPPLE PIE

1-1/4 cups graham cracker crumbs
2 tablespoons sugar
1/4 cup melted butter
1-1/2 pints vanilla ice cream

3 tablespoons frozen concentrate for fruit punch (any flavor)
Combine first three ingredients and line sides and bottom of ice cube tray. Spoon slightly softened ice cream in crust. Ripple fruit punch through ice cream. Put in freezer until firm. Makes 6 servings.

SUGGESTIONS FOR FRUIT CONCENTRATES

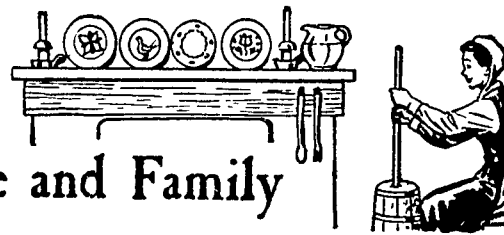
Give a special fruity flavor to summer gelatin salads by using diluted frozen concentrate fruit punch as part of the liquid. When partially set, add fresh, frozen or canned fruit and nuts. Serve with commercial sour cream or whipped cream.

You get salad dressing with extra zest by combining 1 can thawed frozen concentrate for Pineapple-Lemon punch with 1/2 cup salad oil and your favorite seasoning. Serve on crisp greens, fruit or molded salads.

Frozen fruit punch adds a new freshness to oven baked chicken. Dilute 1 can frozen concentrate for Grape-Lemon punch with 1 can of water. Dip chicken parts in punch and roll in bread, cracker or cornflake crumbs. Season with salt and pepper and bake uncovered in a shallow baking pan in moderate (350 degree) oven, for 1 hour.

Everyone goes for ice cream sodas. Try Raspberry-Lemon Soda Ripple—for each soda, put a scoop of vanilla ice cream in a tall glass. Add ice cold carbonated water, ginger ale or other sweetened carbonated beverage. Drizzle in two tablespoons of the partially thawed punch concentrate. (Continued on Page 16)

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By Jane Thurston

Sweet Corn Now In Good Supply

To keep corn sweet and tender, you must refrigerate it. At high temperatures, the sweetness turns to starch and the corn loses its tenderness.

When storing corn, wrap the ears unhusked in a damp towel and refrigerate until ready to use. If your storage space is limited, you may husk ears and put them in plastic bags in the refrigerator.

For garden fresh corn, buy at stores where corn is kept refrigerated, or buy at roadside stands where corn is usually picked just before it's sold.

Don't overcook sweet corn . . . corn loses its sweet flavor when overcooked. Young slender ears need only three to four minutes in boiling water. Larger ears take five to six minutes.

Oranges A Favorite Fruit

If you could have just one fruit or juice for a month, what would it be? A majority of women interviewed in a recent study said they would choose oranges because they consider them healthful, flavorful, and good for the children. After questioning consumers about citrus fruits, avocados, dates, and raisins, U.S. Department of Agriculture workers found that all consumers used fresh citrus fruits. This was true of city and rural dwellers, high-and-low-income



THURSTON

families with children and without children. Consumers of almost every educational and age level were included.

Of the homemakers questioned, only a fourth used avocados. In fact, some had never heard of them. Consumers used dates during winter holidays and raisins throughout the year.

(Continued on Page 17)

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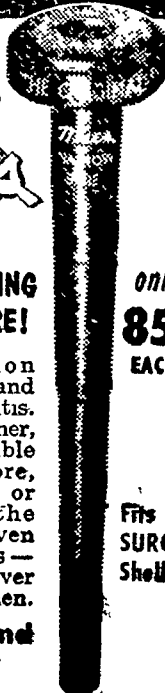
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