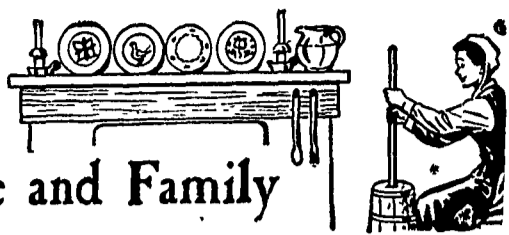


For the Farm Wife and Family



Prunes For Pep

By Mrs. Richard C. Spence

Prunes are a valuable asset to good nutrition. This well-known fruit almost as old in history as man, is as modern as all the new nutritional knowledge of this age.

LEMON HARD SAUCE

- 2/3 cup butter or margarine
 - 2 cups confectioners sugar
 - 1 1/2 teaspoons grated lemon rind
 - 1 tablespoon lemon juice
- Cream butter or margarine, add sugar, lemon rind and juice. Cream until fluffy.

SPICY PRUNE TAPIOCA

- 1 pound prunes
- 3 cups water
- 1 teaspoon ground cloves
- 2 teaspoons cinnamon
- 2 eggs separated
- 3 cups milk
- 1/2 cup sugar
- 4 tablespoons granulated tapioca
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream, whipped

Combine prunes, water, cloves and cinnamon, bring to boiling point. Cover and simmer 10 to 20 minutes, cool. Drain and remove pits. Chill. Mix egg yolks in saucepan with a little of the milk, add remaining milk, 1/4 cup sugar, tapioca and salt. Cook over medium heat until mixture comes to a full rolling boil, stirring constantly. Beat egg whites until stiff, gradually add remaining 1/4 cup sugar, beating constantly, until mixture stands in peaks. Gradually fold hot tapioca mixture into egg whites, blending thoroughly. Add vanilla extract. Cool, stirring once after 15 minutes. Chill.

When ready to serve, fold in whipped cream. Place alternate spoonfuls of spiced prunes and tapioca cream into parfait glasses. Top with prunes. Makes 8-10 servings.

BAKED

PRUNE-APPLE WHIP

- 1 cup plumped finely chopped prunes
 - 1 cup canned apple sauce
 - 2 teaspoons grated lemon rind
 - 1 tablespoon lemon juice
 - Dash salt
 - 1/2 teaspoon mace
 - 4 egg whites
 - 1/4 teaspoon cream of tartar
 - 1/3 cup sugar
- Combine prunes, apple sauce, lemon rind and juice, salt and mace. Beat egg whites until

foamy; add cream of tartar and beat until stiff. Gradually add sugar, beating constantly until stiff. Fold in fruit mixture. Pour into 2 quart casserole. Bake in moderate oven, 350 degrees, 20 to 30 minutes, or until set. If desired, serve warm or cold with custard sauce.

PRUNE COFFEE KUCHEN

- 1/4 cup shortening
 - 1/4 cup sugar
 - 1 egg
 - 1 1/2 cups sifted all-purpose flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1/2 cup milk
 - 1 cup plumped pitted chopped prunes
 - 1/2 cup light brown sugar
 - 1 teaspoon cinnamon
 - 1/4 cup butter or margarine
- Prune halves for garnish.

Cream together shortening and sugar until smooth. Add egg mix well. Sift together flour, baking powder and salt, add alternately with milk to creamed mixture. Stir in prunes. Pour into well greased 9 x 9 x 2-inch pan. Combine brown sugar and cinnamon, sprinkle over batter, dot with butter or margarine. Bake in a moderate oven, 375 degrees, 50 to 55 minutes. Garnish with prune halves.

PRUNE CRANBERRY MOLD

- 1 package lemon-flavored gelatin

- 1 cup hot water
- 1 large orange
- 2 cups fresh cranberries
- 1 cup plumped pitted chopped prunes
- 1/2 cup chopped celery
- 1/2 cup sugar
- 1/4 cup slivered toasted almonds

Chicory or lettuce

- 1 8-ounce package cream cheese, cubed

Slivered toasted almonds

Dissolve gelatin in hot water; cool; peel orange; put orange rind and cranberries through food grinder using medium blade. Section orange; combine with rind, cranberries, prunes, celery, sugar and almonds. Add cooled gelatin. Pour into 1 quart mold; chill until set. Unmold on greens. Garnish with cream cheese cubes topped with slivered almonds. If desired, serve with mayonnaise or salad dressing. Makes 6-8 servings.

namon, nutmeg and lemon juice; heat. Add pineapple and syrup. Heat. Just before serving top with slivered toasted almonds. Serve over waffles. Makes about 1 quart.

They are unique in the contribution they make as a natural source of food elements essential to a good diet as we know it today. They are: 1) an excellent source of Vitamin A; 2) a source of other essential vitamins; 3) high in important minerals; 4) good hemoglobin and red cell builder; 5) good source of quick energy; 6) a natural regulator; 7) a sweet that is healthful; 8) a teen-age beauty aid; 9) a pick-up snack for the overweight.

It is a simple matter to prepare today's already semi-plump and succulent prunes for either ingredient use or table service. Following are some of the methods. With any of them you can vary the flavor by adding lemon or orange slices, whole cloves, or stick cinnamon. Additional sugar is not added because nature has provided this in abundance right in the fruit itself.

1. Boiling Water Method: Cover a pound of prunes with a quart of boiling water. Cover the container and let prunes

(Continued on Page 15)

WATER, SOILS, FEEDS AND FOODS

Do you have a problem in one of these areas?
If so, let us help you.

LANCASTER LABORATORIES, INC.

2425 NEW HOLLAND PIKE, LANCASTER, PA.
Phone Leola 656-9048

YOU CHOOSE

You choose from nine colors when you select Holland Stone for the finish, inside or outside of your home, office, business, school or church.

- Colonial White
- Terra Cotta Red
- Burgandy
- Yellow
- Buff

- Desert Brown
- Charcoal Grey
- Limestone Grey
- Sandstone Brown

New Holland Concrete Products

New Holland, Pa.

354-2114

Every Second Saturday of the month you can enjoy

BARBECUED CHICKEN

at the "Poultry Center" of the Lancaster County Poultry Assn.
340 W. Roseville Road,
Lancaster

SAT., MAR. 9

2 P.M. to 6 P.M.

Plan a party at home, or a dinner for your organization. Reserve your chicken in advance by calling Sally Harper, 569-0128. We do all the cooking, and will specially-package your orders for pick-up on barbecue dates.

CARRY-OUT ONLY!

- \$1.00 PER HALF
- 3 HALVES AT \$2.75
- Min. Net Wt. 1 1/4 lbs. per half

Special Prices on 50 or more halves by advance reservation!

CALL US!

SUPER SHOES

Self Service
220 W. King St.
Lanc Co's Largest Shoe Store
All 1st Quality
Super Low Prices



You save money with our Texaco "All-Star" heating oil service!

GARBER OIL CO.

MOUNT JOY, PA.
Ph. 653-2021
105 Fairview St.

For the home you want...

TURN-
R-
GHT-

To The "County Bank"

"Whom should I turn to?"—that's the question, when the need for money comes up. It means everything to borrow from people who have a real interest in your financial welfare, from the day you first deal with them to the last.

Many people turn to us for money to buy the home they want and need—a home that will bring them lasting comfort, happiness and security. If that's what you want, come in to see us. Our mortgage rates are economical and we plan repayment schedules that borrowers can meet without worry.

THE LANCASTER COUNTY NATIONAL BANK

8 Convenient Offices

LANCASTER

- 9 East King Street (temporary address)
- 138 North Queen Street (Drive-in Window)
- Prince and James Streets (Drive-in Window)
- 1643 Lincoln Hwy. East
- 1847 Columbia Avenue

MOUNT JOY

One West Main Street (Drive-in Window)

QUARRYVILLE

State and Church Streets

FLORIN

801 Main Street

Established 1841

Member Federal Deposit Insurance Corporation