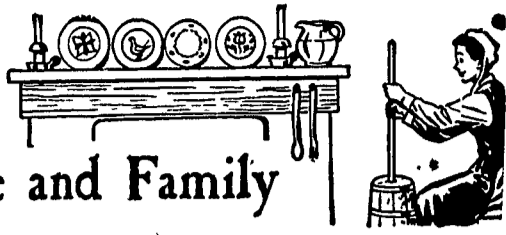


For the Farm Wife and Family



The Lifting Flavor Of Lemon

By Mrs. Richard C. Spence

How fortunate it is that lemons are available to us the year round. It is for you to decide when they are most welcome — giving tart refreshment as lemonade on a hot summer day or lending their distinctive flavor to relieve the drabness of winter days.

Plump yellow wedges of lemon are on a plate to make the foods taste better. Use them! They can make an important contribution to health, too, if the vitamin C from other foods does not meet the daily requirements of the individual. A six-cut lemon wedge can add 5 percent of the amount of vitamin C recommended per day for an adult. A whole lemon has almost one-third of the recommended amount. A whole fresh lemon adds only 11 calories and it makes other low calorie foods as cooked greens, fish and salad greens taste better. Eating such foods often with fresh lemon, thus helps make a wholesome and appetizing low calorie diet.

Lemon-flavored desserts are a welcome finale to any meal. If you are having an oven dinner, you might like to bake these Frosted Lemon Cups along with your meal and then serve them warm for dessert. This dessert combines a cake-like topping with a lemon custard sauce, baked in individual servings. The attractive and crunchy topping is achieved with sugared corn flakes.

FROSTED LEMON CUPS

- 1 cup sugar
- ¼ cup sifted flour
- 2 tablespoons butter or margarine, melted
- Dash salt

- 2 teaspoons grated lemon rind
- ½ cup lemon juice
- 3 eggs, separated
- 1½ cups milk, scalded
- 1 cup sugared corn flakes

Combine sugar, flour, butter and salt, stir in lemon rind and lemon juice. Beat egg yolks well, stir in milk. Add to lemon mixture and mix well. Beat egg whites until stiff but not dry; fold into lemon mixture. Pour into 8 5-ounce custard cups, filling each half full. Crush sugared corn flakes slightly, sprinkle over custard mixture. Set cups in shallow pan, fill pan with hot water to a depth of 1 inch. Bake in slow oven (325 degrees) about 40 minutes or until cake part is done. Serve warm or chilled. Garnish with walnut halves or whipped cream, if desired.

LEMON FROSTED BANANA CAKE

- 2 cups sifted flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ cup chopped nutmeats
- ½ cup soft shortening
- 1½ cups sugar
- 2 large eggs
- ½ cup buttermilk or sour milk
- 1 cup mashed ripe bananas (3 medium)
- ½ cup whole bran cereal

Sift together flour, soda and salt. Stir in nutmeats. Blend shortening and sugar until light and fluffy; add eggs and beat well. Stir in buttermilk, bananas and whole bran cereal. Add sifted dry ingredients, stirring until well-combined. Pour into 2 greased and floured 9-inch layer cake pans. Bake in moderate oven (350 degrees) about 25 minutes. Let stand in pans about 10 minutes before removing to cake racks to complete cooling. Frost with Lemon Frosting.

LEMON FROSTING

- 3 cups sifted confectioner's sugar
- ¼ cup soft butter or margarine
- 2 tablespoons lemon juice
- 2 teaspoons cream or milk

Mix together all ingredients. Beat until smooth and of proper spreading consistency. Spread between layers and over top and sides of cake.

There are few people who don't like lemon-flavored pres-

— try either of these versions.

LEMON CHEESE PIE

- 1 9-inch Vanilla Wafer Crust*
 - 3 tablespoons lemon juice
 - 1 8-ounce package cream cheese
 - 2 eggs, well beaten
 - ¾ cup sugar
 - 1 tablespoon grated lemon peel
 - 1 tablespoon sugar
 - 1 cup dairy sour cream
- Combine lemon juice and softened cream cheese, blending well. Add beaten eggs, ¾ cup sugar; beat until fluffy. Pour into prepared Vanilla Wafer Crust. Bake at 350 degrees, 15 to 20 minutes. Remove from oven and cool for 5 minutes. Prepare topping by mixing lemon peel, 1 tablespoon sugar and sour cream. Spread over pie. Return to oven and bake 5 minutes longer. Cool. Chill in refrigerator 5 hours or overnight before serving.

VANILLA WAFER CRUST

- 1 cup vanilla wafer crumbs (about 30)
 - 2 tablespoons melted butter or margarine
 - 1 tablespoon sugar
 - 1 tablespoon fresh lemon juice
- Pinch salt

Mix all ingredients. Press evenly and firmly on bottom and sides of 9-inch pie plate.

"EASY-DOES-IT"

LEMON PIE

- 1 8-inch Graham Cracker Crust*
- 1 egg, beaten

- 1 can (1½ cups) sweetened condensed milk (not evaporated)
 - 1 teaspoon grated lemon peel
 - ½ cup fresh lemon juice
 - 1 teaspoon vanilla extract
- Prepare Graham Cracker Crust as directed below; chill. Combine remaining filling ingredients, stirring until well blended. Pour into chilled crust. Chill for several hours before serving.

*GRAHAM CRACKER CRUST

Mix 1 cup fine graham cracker crumbs with ½ cup melted butter or margarine. Press evenly and firmly on bottom and sides of 8-inch pie plate. Chill well.

Here is a Lemon Filling to put between two cake layers.

LEMON FILLING

- 1 cup sugar
 - 2½ tablespoons flour
 - 1 tablespoon grated lemon peel
 - ¼ cup lemon juice
 - 1 egg, slightly beaten
 - 1 teaspoon butter
- Mix sugar and flour; add lemon peel and juice, then egg. Melt butter, add to mixture and cook, stirring constantly, until it boils. Cool. Makes ¾ cup filling for cake.

Press lemon-flavored cookies, go well with a fragrant cup of tea or coffee.

LEMON TEA COOKIES

- 2 cups sifted flour
- 2 teaspoons baking powder
- ½ teaspoon salt

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