## (Continued from Page 6) cup hot water

cup sugar

egg whites

teaspoon cream of tartar teaspoon vanilla extract

Combine hot water and sugar in saucepan. Bring to

For The Form: Wife (242 degrees)) Combine egg type cake, Though basically Lancaster Farming, Saturday, July 6, 1963—7 sistency.

Beat egg whites until stiff but cake, the recipe directs several FLUFFY WHITE FROSTING not dry. Pour syrup slowly important differences. First into egg whites, beating at hydrogenated shortening high speed. Add vanilla ex- should be used to permit the tract. Continue beating until blending of ingredients into a frosting reaches spreading con- fine smooth emulsion. Second, a higher proportion of sugar to flour is called for. This is Apricot Skillet Cake is a so- usually true of one-bowl cakes, thread stage (238 degrees to called one-bowl or quick-mix and is partly responsible for the finer texture and more cake. Use of hydrogenated shortening permits inclusion of the greater amount of sugar, while still yielding a stable

APRICOT SKILLET CAKE Apricot Topping

cups sifted enriched flour

- cups sugar
- tablespoon baking powder teaspoon salt
- cup hydrogenated shorten-
- cup milk
- teaspoon vanilla extract

Prepare Apricot Topping. Sift together flour, sugar, baking powder and salt into large bowl. Add shortening and 3 cup milk, mixing to blend.

(Continued on Page 9)

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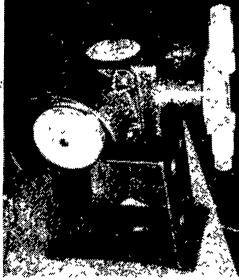
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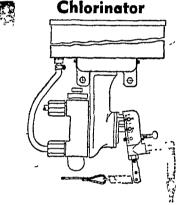
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## the finer texture and more tender crumb of this type Ladies, Have You Heard?.

By: Jane Thurston, Extension Home Economist

Food Ideas For You To Try Add a dab of whipped crea.n

A peach-berry shortcake is a critical eye See that you

Time To Serve Avocados

From now until the end of July is a good time to serve California avocados. They're eating ripe when a toothpick glides easily into the stem end.

Prepare an avocado just before eating. To help prevent darkening, sprinkle the cut surface with lime or lemon juice What you don't use for a meal, wrap in waxed paper or aluminum foil and put in the retrigerator It's best to use this leftover avocado for the next meal.

Summer avocados vary in size from a tew ounces to as much as one and a half pounds. Skin texture may be thick or thin, rough or smooth. Avocados are most often

fruit plate.

and peas, also cauliflower.

ture and whipped cream.

strawberries with sugar, then

combine with canned peach

THURSTON pear shape, but they may be slices. Season with nutmeg and round and plump like a melon, chill. Bake your favorite bis-Avocados are a welcome ad- cuit shortcake; while it's still dition to a salad bowl or a warm, cut into wedges, split and top with fruit mixture.

Cook instant minced onion and your gold and crimsou gently in butter, then add a shortcake is a welcome treat. squeeze of lemon juice A won- Meals to eat outdoors might derful sauce for new pota- be served buffet style in the toes, asparagus, green beans, kitchen, then each person carry his own tray. This keeps For a cool and colorful des- running back and forth to a sert, drain canned fruit cock- minimum and makes it easy

tail and combine with orange to serve hot and cold foods at segments and grated orange correct temperatures. rind. Scoop orange sherbet Essentials For Good Lighting onto slices of chiffon or angel For adequate lighting in your food cake. Top with fruit mix- house, buy lamps, shades, bulbs, and diffusing bowls with

filled with old-fashioned good- get the proper size and design ness. Sprinkle halved fresh of lampshade for the lamp. A diffusing bowl softens and (Continued on Page 8)



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