

● For The Farm Wife

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- 10 marshmallows, quartered
- 1 cup whipping cream, whipped
- ½ cup dairy sour cream

Combine cottage cheese, salt, pineapple, cherries, peaches, bananas, walnuts and marshmallows Gently fold whipped cream into sour cream; fold into fruit mixture. Spoon into refrigerator trays; freeze until firm. 8-10 servings.

PICNIC-MACARONI SALAD

- 1½ cups diced fully cooked picnic shoulder
- 4 ounces (½ package) macaroni
- ½ cup diced cucumber
- 1 cup diced celery
- ¼ cup minced onion

Cook macaroni in boiling salted water until tender. Drain in colander. Run hot water through macaroni to rinse well. Chill. Add cucumber, celery, onion, and picnic. Add dressing to salad ingredients and combine thoroughly.

DRESSING:

- ¾ cup salad dressing
- 2 tablespoons pickle relish
- 2 teaspoons prepared mustard
- 1 tablespoon chili sauce

Combine salad dressing, pickle relish, mustard, and chili sauce.

APRICOT MOUSSE

- 2 cups canned apricot halves and syrup (1 pound can)
- 2 packages unflavored gelatin (2 tablespoons)
- ¼ teaspoon salt
- 1½ cups apricot nectar (12-ounce can)
- 8 ounces elbow spaghetti
- 1 cup whipping cream (½ pint)
- ¾ cup chopped nuts
- ½ cup sliced, drained maraschino cherries

Drain apricots, reserving ½ cup syrup. Coarsely chop apricot halves. Soften gelatin in reserved apricot syrup placed in top of double boiler. Dissolve over boiling water, stirring occasionally until mixture is clear. Stir in salt and apricot nectar. Pour into large bowl and chill until consistency of egg whites, about 25 minutes. Meanwhile, cook spaghetti in boiling salted water until tender, yet firm, 8 to 10 minutes. Drain and rinse with cold water. Whip cream until soft peaks form. Fold into gelatin. Fold in spaghetti, apricots, nuts and cherries. Turn into 1½ quart mold. Chill until firm, 3 to 4 hours. Unmold to serve.

Shrimp Creole makes a simple but elegant patio dish —

SHRIMP CREOLE

- ½ cup finely chopped green pepper
- ½ cup chopped celery
- 1 medium sized onion
- 1 stick butter
- 1 can condensed tomato soup
- 1 teaspoon vinegar
- 2 cups canned or fresh shrimp

Buttered rice
Sauté pepper, celery and onion in butter until tender. Add tomato soup and vinegar; simmer 10 minutes. Add shrimp; season to taste and heat thoroughly. Serve over beds of fluffy buttered rice. Makes 6 servings.

A Mustard Sauce to put over grilled ham steak —

HOT BUTTERMILK MUSTARD SAUCE

- 1 cup buttermilk
- ½ teaspoon dry mustard
- 1 teaspoon flour
- ¼ teaspoon salt
- 2 egg yolks

Slowly heat buttermilk. Mix dry mustard, flour and salt. Beat into buttermilk.

beaten. Blend into buttermilk; cook until sauce thickens, stirring constantly. Serve as sauce for 1 center slice ready-to-eat ham cut 1 inch thick. To broil ham, either indoors in a broiler or outdoors over coals, brush both sides of ham steak with buttermilk and baste occasionally with buttermilk while grilling. This gives an attractive glaze to ham.

● Have You Heard?

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beans and peas, lentils, nuts and peanut butter may be used as an alternate for one serving.

Include at least one serving of a food rich in ascorbic acid, and one of a food rich in vitamin A in the four servings of fruits and vegetables.

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