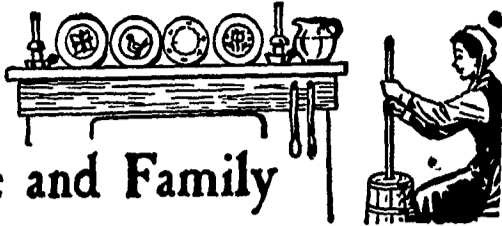


For the Farm Wife and Family



Summer Delicacies

By Mrs. Richard C. Spence

If your family feels that a meal just isn't complete without dessert, here's a Versatile Custard Sauce you'll find indispensable. It's a handy helper for whipping up a host of different desserts in a hurry.

Try this smooth, velvety Custard Sauce over apple dumpings, fruit crisps, unfrosted cake, and all kinds of canned and frozen fruit as well as fresh fruit now in season. It's delicious with fresh sliced peaches, blueberries or strawberries; just as good with canned green-gage plums or frozen mixed fruits. Still another tempting variation might team this versatile sauce with molded or cubed gelatin. The creamy sauce adds flavor and gives your desserts extra nutritional value, too, since it's made with instant nonfat dry milk. Busy home-

makers will be happy to know that this Versatile Custard Sauce is easy to make. Only one heavy saucepan is used in the entire cooking process, and in minutes you have a smooth, easy-pouring sauce. Serve it warm or chilled. You can keep the sauce refrigerated for several days, ready to be spooned over a tempting variety of light, luscious desserts.

VERSATILE CUSTARD SAUCE

1 cup instant nonfat dry milk

¼ teaspoon salt
¼ cup sugar
1 teaspoon cornstarch
½ cup cold water
1 egg
2 egg yolks
1½ cups hot water
1 teaspoon vanilla

In a heavy saucepan, mix together nonfat dry milk, salt, sugar and cornstarch. Add cold water, egg and egg yolks; mix until smooth. Gradually pour in hot water. Place over low heat and cook, stirring constantly until smooth and mixture coats spoon. Remove from heat; stir in vanilla. Chill.

SERVING SUGGESTIONS:

1. Custard Sauce is good hot or cold on unfrosted cake squares; garnish with various fruits, if desired.

2. Custard Sauce is delicious on apple crisp or dumplings, sprinkled with a dash of nutmeg.

3. Try Custard Sauce over fresh, canned or thawed frozen fruits, or a combination of such.

4. Dress up fresh or canned pineapple chunks with Versatile Custard Sauce. In a saucepan, melt 2 tablespoons butter, stir in 2 tablespoons light brown

sugar, until sugar melts. Remove from heat; add 1 teaspoon rum flavoring. Toss in two cups of drained fresh or canned pineapple chunks. Divide into six serving dishes. Pour on chilled Custard Sauce. Top with macaroon crumbs.

CITRUS CHIFFON

3 medium oranges, peeled, cut into pieces
¼ cup water
1½ envelopes unflavored gelatine

1¼ cups sugar
Dash salt

4 eggs, separated
½ cup fresh lemon juice
½ cup water
2 teaspoons grated lemon peel
½ teaspoon vanilla extract
Whipped cream

Combine orange pieces and ¼ cup water in electric blender. Blend until smooth; set aside. Combine gelatine, ¾ cup sugar and salt in top of double broiler. Beat egg yolks and add with lemon juice and ½ cup water to mixture in double

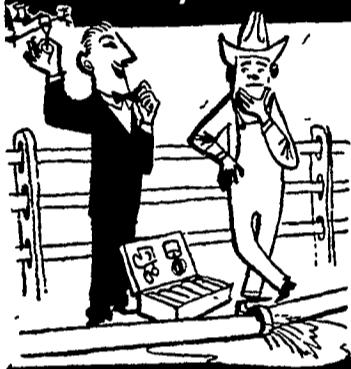
boiler. Cook over boiling water, stirring until gelatine dissolves and mixture thickens, (12 to 14 minutes). Add grated lemon peel, blended orange and vanilla extract. Chill until mixture mounds slightly when dropped from a spoon. Beat egg whites until they stand in soft peaks; gradually beat in ½ cup sugar. Fold into chilled citrus mixture, blending lightly. Carefully spoon gelatine mixture into 2-quart mold. Chill until firm. To serve, unmold and garnish with whipped cream. 8 to 10 servings.

LOW CALORIE ORANGE-LEMON PARFAITS

2 envelopes low-calorie lemon-flavored gelatin (3 to a package)
2 cups hot water
2 medium oranges, peeled, cut into bite-size pieces, drained
Fresh mint

Dissolve gelatin in hot water. Chill until consistency of unbeaten egg white. Spoon half of gelatin into 6 parfait or sher-

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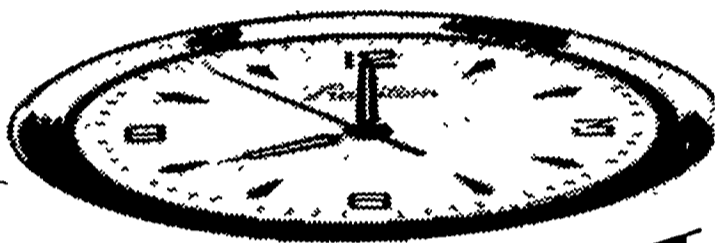
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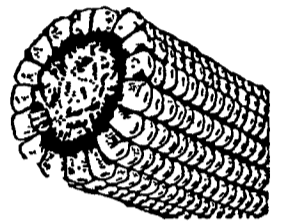
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