ORANBERRY FRANKS cranberry sauce cup sugar teaspoons curry powder teaspoon nutmeg

tem digs the sliage faster and mere evenly undersit con-ditions whether sil-

age is frezen, wet, orday.

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trive hub gives mere

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CALEB M. WENGER

R. D. 1 QUARRYVILLE, PA.

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- teaspoon ground ginger teaspoon salt
- cup cider vinegar tablespoons molasses
- pounds frankfurters

Beat cranberry sauce with simmer sauce 5 minutes. Diag- berry fillings onally cut frankfurters. Dip in sauce and grill-basting fre-

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auspension keeps

unleader level at all

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quently. If oven is used, place diagonally-cut frankfurters' in foil-lined casserole dish. Cover frankfurters with sauce. Bake teaspoons Worcestershire in 350 degree oven for 30 minutes.

Packaged mixes and baked For the rotary beater until smooth and goods make festive toods possaucy. Combine with remain- sible in a matter of minutes. furters. If outdoor grill is used, shells to hold colorful cian-

CR INBERRY

- packaged tart shells
- teaspoon almond extract

Beat the cranberry sauce and sugar together with a fork. Fold in whipped cream and flavoring Spoon partait into 8 tart shells and place in freezer. Freeze until parfait likely

WINTER FRUIT TARTS

- cups fresh cranberries seeds removed)
- large banana, diced

packaged tart shells

and sugar. Stir until fruit and

CRANBERRY PRUNE WHIP TARTS

- pound can jellied cianberry
- Dash salt
- 2 egg whites
- 1/4 cup chopped walnuts packaged tart shells

cranberry sauce through sieve. Add salt Beat egg whites stiff. Beat fruit mixture into (Continued on Page 10)

color, and crisp texture.

something to cheer about!

PARFAIT TARTS

- pound can jellied cranberry sauce

is firm.

- medium apple (core and
- % cup sugar

Sweetened whipped cream Coarsely chop cramberries and apple. Add diced banana sugar are well blended. Place in refrigerator for 2 to 3 hours for flavors to blend. Spoon into tart shells at serving time. Top with sweetened whipped cream.

- cup cooked prunes
- sauce

Pit prunes Press plunes and

Lancaster Farming, Saturday, September 14, 1963—9

RANBERRY FRANKS saucy. Combine with remain-sible in a matter of minutes. (1 pound) can jelled ing ingredients except frank- Choose tender packaged tart (2 pound) can jelled ing ingredients except frank- Choose tender packaged tart

Ladies, Have You Heard?...

By: Jane Thurston, Extension Home Economist

Never Outgrow Need For Breakfast, Daily

pint heavy cream, whipped ton It is the important meal of the day Breakfast should provide one-fourth to onethird of the day's food needs

Persons who eat a good breakfast generally are more alert, can turn out more work, and don't tire so easily as those who don't eat breaktast or who eat a poor one Also, persons who eat breakfast are less to have accidents in late morning hours, because they can think clearly and act quicker than the bleaktast-skipper.

Another very important reason tor eating breaktast every day is that the break-

fast-skipper seldom makes up

VARY METHOD WHEN COOKING VEGETABLES

this first meal of the day.

Put a touch of imagination in vegetable cookery and treat your family with old favorites ın a new way.

You can do this when you prepare and serve vegetables in a variety of ways. To braise fresh zucchini, cabbage, broccoli, or spinach, cook minced onion in a little fat, and add chopped or sliced vegetable Sprinkle vegetable with a few tablespoons of liquid, add seasonings, cover the utensil and steam until vegetable is tender, but still slightly crisp

The Chinese method of cooking vegetables is similar to braising. The Chinese use finely chopped vegetables, fat instead of water, and a quick heat source The finished product has a fresh flavor, bright



THURSTON

Use the oven to bake vegefor the nutrients he missed in tables, especially when the oven is already in use. Carrots develop a new sweetness when baked in a covered dish with added seasoning, butter, and a few tablespoons of water. Frozen vegetables are other candidates for oven-baking. Put frozen vegetables in a casserole, add seasonings, and cover the dish. Stir once during baking to mix seasonings.

A pinch of thyme, basil, rosemary or other favorite herb adds a different flavor to fiesh vegetables. Or try serving new combinations, such as Brussels sprouts with Parmesan cheese

(Continued on Page 10)



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