

(Continued from Page 6) Stir in the gelatin which has been hydrated in 1 tablespoon of the milk (cold). Add the butter or margarine and vanilla. Pour into a 7-inch pie pan, freeze, remove from pan, wrap in moisture-resistant paper and store in freezer. This basic recipe can be used to make several other kinds of pie.

For banana cream pie, arrange 2 sliced ripe bananas over frozen filling and sprin-

kle with 1 tablespoon confectioners' sugar. Cover with meringue and bake.

**Strawberry or peach cream pie:** arrange 1½ cups sliced peaches or strawberries over frozen filling, sprinkle with 3 tablespoons confectioners' sugar. Cover with meringue and bake.

**Coconut cream pie:** Sprinkle 1½ cups shredded coconut over frozen filling, cover with meringue and bake.

**NO NEED FOR WEIGHT WATCHERS TO GIVE UP DESSERTS**

Are you a weight watcher? If so, is it hard for you to give up desserts? There is no reason why you should. You just need to select your desserts more carefully.

Not only desserts, but every food the weight watcher eats should contribute its share of minerals, vitamins or muscle protecting protein. Calories or energy value alone are not reason enough to warrant eating a food. It is hard to select foods that contain enough minerals and vitamins on a diet lower than 1200 calories. Those on low calorie diets must be especially careful to eat foods which carry their share of minerals and vitamins and are not just low in calories.

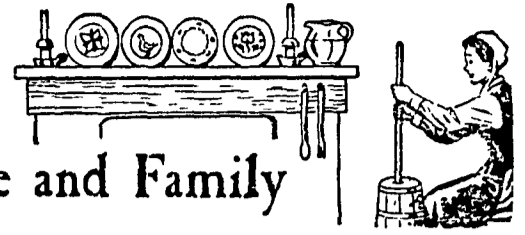
Select desserts that are low in fat and rich in minerals and vitamins. Fruits — fresh, frozen or canned — come in this category. Even if the fruits are sweetened, you get fewer calories than when they are made into pies, cakes or combined with whipped cream. Fats, even the unsaturated ones, have twice as many calories as the same weight of sugar, starch or protein food.

Angel food cakes, meringue pie shells, dessert souffles, baked or soft custards contain little or no fat. Many favorite recipes using fat can be made with smaller amounts.

Pie pastries can be made with one-fourth cup of shortening per cup of flour instead of one-third cup. Use cake recipes that require the smallest amount of butter or margarine. The fat may be elim-

(Continued on Page 10)

**For the Farm Wife and Family**



**Ladies, Have You Heard? . . .**

By: Jane Thurston, Extension Home Economist

**Stand-In For Velvet Board**

A piece of velvet left over from a garment makes an effective stand-in for a velvet board. Just place the velvet, pile side up, on the ironing board. Lay the garment you're going to press face down on top of the velvet piece; press lightly with your steam iron. The nap will interlock with the pile under it so the pile won't flatten.

**Worth Knowing**

An excellent way to use leftover vegetables is to put them in cream soups. A single vegetable or a combination of several may be used. Milk in the cream sauce base blends favors and also provides good nutrition.

For a quick dessert treat, spoon hot mincemeat over scoops of vanilla ice cream.

Cheese dishes provide good eating, good nutrition, and help the budget. Cheese has high-quality protein and most of the food values of milk.

**Ideas For Temporary Storage**

For temporary storage consider using pole rods and other units that are not fastened to the ceiling, the wall, or the floor. When you move, you can take them down and use them in another house.

You can use poles with springs in them for rooms with different floor to ceiling heights.

You can attach shelves or hooks to poles . . . they make interesting room dividers when combined with cabinets and cloth panels.

If you have more rod than

shelf space in a closet, consider hangers with plastic compartments for shoes, hats, or handbags. Combination hangers, each with space for several skirts, blouses, belts, or handbags, may meet your needs.

**Cheese Tray Is Popular**

Cut a variety of cheeses into different shaped chunky pieces for an attractive cheese tray. Cheese seems to taste better in thicker pieces than in thin slices. To get that extra zippy full-bodied flavor from most cheeses, serve them at room temperature. This means you take out the amount you wish to serve from the refrigerator at least a half hour before you're ready to serve the cheese.

You can prepare a cheese tray with assorted crackers or fruit for dessert or for afternoon and evening snacks.

**Read Labels On Food Packages**

Develop the habit of reading labels on food packages and (Continued on Page 8)



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O. C. 12 Oliver Crawler Dozer and 12' V Plow .....	3,400.00
W 4 Mc. Tractor and 7' Angle Blade .....	520.00

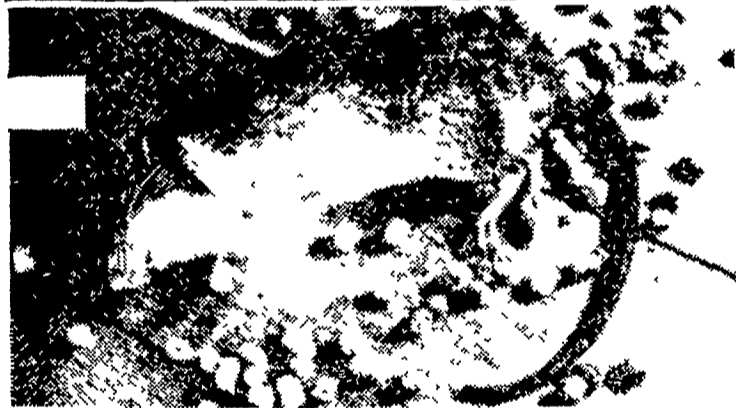


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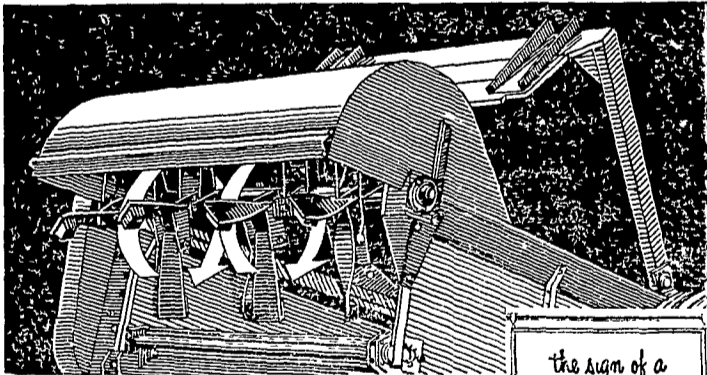
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