

(Continued from Page 6)

RAINBOW FRESH FRUIT SALAD
 1 cup dairy sour cream
 1 teaspoon curry powder
 2 tablespoons finely chopped candied ginger
 2 medium oranges, peeled, sliced into cartwheels
 1 large grapefruit, peeled, sectioned
 1 cup fresh strawberries, washed, hulled
 1 banana, peeled, sliced diagonally
 1 cantaloupe, peeled, cut into sticks or balls
 Water cress or fresh mint
 Combine sour cream, curry powder and ginger; blend well. Prepare fruit and arrange on large platter. Chill. Garnish fruit with water cress or mint and serve with sour cream dressing.

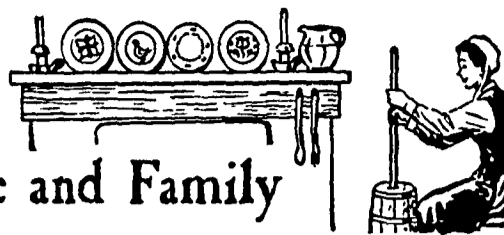
MOLDED CRANBERRY-ORANGE SALAD
 1 cup cranberry-juice cocktail
 3 3-ounce package lemon, orange, raspberry or cherry-

flavored gelatin
 2 oranges, peeled, cut into bite-size pieces (1 cup), reserving juice
 1 cup dairy sour cream
 1/4 cup chopped nuts
 Salad greens
 Heat cranberry-juice cocktail to boiling point; remove from heat and stir in gelatin until dissolved. Chill until consistency of unbeaten egg white. Fold in orange pieces and juice, dairy sour cream and chopped nuts. Pour into a 1-quart mold. Chill until firm. Unmold on salad greens.

JELLY GLAZED ORANGE CREAM PIE
 3 oranges, peeled, cut into bite-size pieces
 3 tablespoons confectioners' sugar
 1/2 envelope (1/2 tablespoon) unflavored gelatine
 2 tablespoons water
 1 package vanilla pudding mix
 1 1/2 cups light cream or half and half
 1 cup heavy cream
 1 baked 9-inch pie shell

1/2 cup apple or apple-mint jelly
 1 tablespoon hot water
 Sweeten orange pieces with confectioners' sugar. Sprinkle gelatin on 2 tablespoons water. Place over low heat and stir until gelatin dissolves. Prepare pudding mix according to package directions, using cream or half and half for the liquid. Remove from heat; stir in dissolved gelatin. Cool. Whip heavy cream and fold into cool pudding mixture. Spoon into 9-inch baked pie shell. Drain orange pieces; arrange on top of pie filling. In saucepan, combine jelly and hot water; place over low heat, stirring until jelly is melted and smooth. Pour over oranges. Chill pie until glaze is set.

ORANGE CREAM FRUIT MOLD
 1 1-pound 14 ounce can fruits for salad, chilled
 1 envelope unflavored gelatine
 1 8-ounce package cream cheese, softened
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For the Farm Wife and Family Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Choose Vegetables For Their Vitamins
 Vegetables are a primary source of vitamins A and C . . . vitamins needed regularly for growth and healthy body tissues. Food economists in the U. S. Department of Agriculture offer these tips to get the most vitamins for your vegetable dollar.
 Bright orange mature carrots give several times more vitamin A than pale-colored young carrots. But young carrots are a good source of vitamin A.
 Deep orange varieties of sweet potatoes have the highest vitamin A value.
 Deep green leaves of leafy vegetables are richer in vitamins A and C than are light green leaves.
 Turnip greens, kale, and collards are good



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sources of vitamin A and C large enough for the job in a and of riboflavin, one of the room other than the sewing B vitamins. Lima beans and center.
 peas provide some thiamine, another of the B vitamins. If you have a portable sewing machine, store it near the sewing area.

Don't Mix Waxes
 Different brands of self-polishing wax have different formulas, and even the same brand changes from time to time as improvements are made. Because of these differences, never combine partially used cans of self-polishing wax.
 The first step in planning a sewing center is to decide on a suitable place. It might be part of your dining room, kitchen or bedroom. But wherever the sewing area is located, it should be away from the main traffic lanes in your home. This alone can save countless interruptions.

The amount of space you need will depend on the kind and amount of sewing you do and the amount of sewing equipment you need.
 The sewing center should have adequate lighting, electric outlets, and space to set up the ironing board and other equipment.
 Because you need a large flat surface for cutting out garment pieces, you may have a table

Worth Trying
 To make cheese-flavored biscuits, add 1/4 cup shredded cheese for each cup of biscuit mix or flour in your favorite biscuit recipe.
 For a party dessert to please children, roll heaping scoops of vanilla or chocolate ice cream in salted peanuts. Serve with chocolate sauce.
 Add quick-cooking rice to
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