

For The Farm Wife

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2 cups cranberry juice cocktail
1 teaspoon lemon juice
Sift flour, sugar, baking powder and cinnamon. Cut in shortening till mixture resembles cornmeal. Add cranberry sauce; mix just enough to dampen. Fold in dates, walnuts and raisins. Place butter, brown sugar, cranberry and lemon juices in 10" electric fry pan. Set temperature at 260 degrees and bring mixture to a boil. Turn temperature down to 225 degrees. Drop batter by tablespoonfuls into hot syrup. Cover. Bake 20 minutes. Remove cover and bake 10 minutes longer. May be served cold; or at serving time, reheat on simmer setting for 10 minutes. 8-10 servings.

If you've always thought of a parfait as a frozen dessert or a sort of tall sundae, you have a surprise coming in this attractive Parfait Salad. It's made with creamy cottage cheese and delicious fresh or frozen fruits, so it's low in calorie but high in food value. Layer cottage cheese in a parfait glass with partially thawed frozen raspberries, melon balls, and fresh or frozen blue-

berries. Using frozen fruits is a convenience if time is short; however, while fresh fruits are plentiful in garden and market, you may prefer to choose your own medley of red-ripe strawberries, raspberries, and cantaloupe or honeydew melon. When you use fresh berries, they should be lightly sugared, allowed to stand, then drained and the reserved juice used in making Saucy Dressing for the parfait.

PARFAIT SALAD

- 1 package (1 pound) frozen raspberries
- 1 package (12 ounces) frozen melon balls
- 1 cup fresh or frozen blueberries
- 2 pints small curd cottage cheese

Partially thaw each fruit separately. Drain raspberries, reserving juice. Allow 1/2 cup cottage cheese for each parfait, layer alternately with raspberries, melon balls and blueberries, beginning and ending with cottage cheese. Garnish with a frozen raspberry, if desired. Pass pitcher of Saucy Dressing made by blending 1 cup dairy sour cream, 6 tablespoons drained raspberry juice and 1/2 teaspoon grated lemon rind. Serve with toasted Sesame Wafers. Makes 6 servings.

For variety, Hot Weather Treat makes breakfast really fun. Blend chocolate syrup, vanilla ice cream and milk into a milkshake-like consistency. Then pour it over bowls of cereal, such as corn flakes, wheat flakes or rice cereal.

HOT WEATHER TREAT

- 6 cups favorite flake cereal
- 1/4 cup chocolate syrup
- 6 scoops vanilla ice cream
- 1 cup milk

Pour cereal into 6 large cereal bowls. Blend chocolate syrup, ice cream and milk until thick and creamy, pour over cereal. Serve immediately. 6 servings.

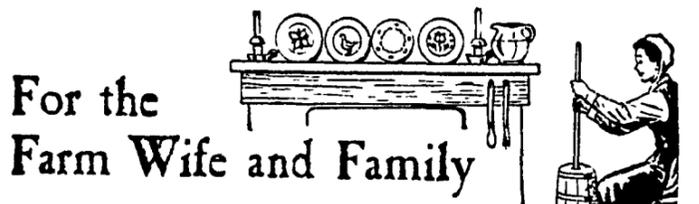
COCONUT TOASTED MUFFINS

- 1/2 cup (1 stick) butter, softened
- 1/2 cup flaked coconut
- 2 tablespoons brown sugar
- 1/4 teaspoon mace
- 6 small English muffins, cut in half

Mix butter with coconut, brown sugar and mace. Spread butter mixture generously on cut side of muffins. Broil 1-2 minutes until golden brown. 6 servings.

These sausages you sent me are meat at one end and breadcrumbs at the other," said Mrs Andrews.

"Yes, madam," replied the butcher, "in these hard times it is difficult to make both ends meet."



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By: Doris Thomas, Extension Home Economist

When You Starch Dark Cottons

If you use one of the thin solution type starches to starch dark cottons, follow mixing directions carefully. Strain hot water starch before using.

Turn each garment inside out, then work starch well into the damp fabric and wing out. If starching a number of pieces at one time, you can use the automatic washer to spin out excess starch.

Smooth out seams and folds where starch may collect.

Iron on the wrong side of the garment to avoid a shine.

When a garment needs touching up on the right side, use a clean lightweight press cloth and press lightly.

If you do each one of these steps in the starching process, you can prevent streaks in dark cotton.

Waxing Floors

There's no set rule for how often you need to wax floors. It depends on a number of things including the amount of gritty soil tracked in, the amount and types of spills, and the carefulness of family members.

Where you use a polishing

wax, complete rewaxing two or three times a year is probably all that's needed. You can wax heavy traffic areas when needed without doing the entire floor. If possible, it's a good idea to use an electric polisher once a week to keep the shine.

Self-polishing wax may last a month or more in the average home. You can remove tracks if you damp mop with clean cool water.

A simple guide to rewaxing with either a polishing wax or self-polishing wax is this . . . when soil sticks and the floor looks dull, and when buffable wax no longer can be buffed to a shine, then it's time to apply a fresh coat of wax.

For best results, always remove self-polishing wax completely before applying new wax.

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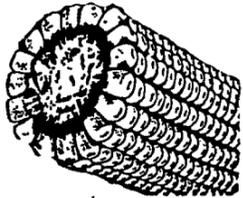


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