

For The Farm Wife
(Continued from Page 8)

degrees) 8 minutes. Cool. In top of a double boiler, combine ¾ cup sugar, gelatine and salt. Beat together egg yolks and milk; gradually add to gelatine mixture. Heat over boiling water until gelatine is completely dissolved, stirring constantly. Remove from heat; add lemon juice, rind and vanilla. Cool to room temperature. At high speed, beat cottage cheese until light and fluffy (about 5 minutes). Reduce speed and gradually add gelatine mixture, beating until smooth and well blended. Chill, stirring occasionally, until mixture is thick (about 30 minutes). Beat egg whites until foamy. Gradually beat in remaining sugar and continue beating until stiff but not dry. Fold whipped cream and then beaten egg whites into gelatine-cheese mixture. Pour into pie crust, mounding around the sides to form a slight depression in the center for the fruit topping (about 6 inches diameter). Refrigerate 2 hours. Dissolve raspberry flavor gelatin in boiling water. Add cold water and chill until the consistency of unbeaten egg whites. Add ½ cup gelatin to fruits and gently spoon into a center of pie. Chill until set

(about 1½ hours.) Makes 8 to 10 servings.

- SCALLOPED PEACH CAKE**
- 1 (1-pound, 13-ounce) can peach halves, very well drained
 - ¼ teaspoon ground mace
 - ¼ teaspoon ground cardamom
 - 1 (1-pound, 1-ounce) package pound cake mix
 - ¾ cup milk
 - 2 eggs
 - 1 cup heavy cream
 - 1½ teaspoons finely grated lemon rind
 - 3 tablespoons light brown sugar
 - 1 cup Ricotta cheese

Cut peach halves into three slices. Arrange with tips touching and pit side out against sides of 2 greased 9-inch cake pans. (Reserve remaining slices for garnish.) Add spices to pound cake mix and prepare according to label directions. Pour into prepared cake pans. (Do not spread over peaches). Bake in a preheated slow oven (325 degrees) 40 to 45 minutes or until mixture springs back when lightly touched in the center. Cool in pans on wire cake racks for 10 minutes. Remove from pans; invert on cake rack and flip back. When layers are cold, whip cream in a chilled bowl until very stiff.

Fold in remaining ingredients. Spread half between layers and remainder on top. Garnish with reserved peach slices. Makes 1 9-inch layer cake.

- LEMON STRAWBERRY SWIRL**
- 1 (3¾ ounce) package whipped dessert mix, lemon flavor
 - 2 teaspoons finely grated lemon rind
 - 1 cup cold milk
 - ½ cup slightly crushed strawberries, sweetened to taste (about 1 cup sliced)
 - 6 to 8 small ice cream cones
- Combine dessert mix and lemon rind; then prepare with milk according to package directions. Chill 1 hour or more. Before serving, partially fold in strawberries so that mixture looks swirled. Spoon into cones, piling high into fluffy mounds. Serve immediately.

Save Vitamins

If you cook vegetables in lots of water and then pour the liquid down the drain, you may lose nutrients important to your health. Some minerals, ascorbic acid, and the B vitamins are soluble in water. So cook vegetables only until tender in a small amount of water to prevent scorching, remind Penn State extension nutrition specialists.



For the Farm Wife and Family

By Doris Thomas, Extension Home Economist

Ladies, Have You Heard? . . .

Teenagers And Their Diets

Did you know that 60 percent of our teenage girls and 40 percent of our teenage boys today have poor diets? Research confirms the fact that many teenagers need improved eating habits. Here are some findings of studies on teenagers and their diets:

The older the child the poorer the diet. The teenage girl is the poorest fed member of the entire family, but teenage boys also need to improve their diets. Nutrients most often lacking in teenage diets are calcium and ascorbic acid (vitamin C). Iron is often low in the diet of teenage girls. Foods that are high in sugar and fat often replace those with much needed protein, minerals, and vitamins.



THOMAS

Overweight is a serious problem among teenagers. Teenagers skip breakfast, they make a poor selection of snacks, and they don't drink enough milk. Teenage girls fear getting fat and more girls are overweight than boys. And more older girls are overweight than younger ones. Both boys and girls need to know more about good nutrition.

Some Tips on Luggage Care

The finest leather used for luggage becomes brittle without some attention. Leather creams, special leather soaps, and conditioners are a good investment when you have several pieces of leather luggage to polish. Household paste wax will do wonders to conceal scuffed or worn surfaces. Work a small piece of wax into a damp, clean cloth. Apply a thin coat of wax to a small section of the luggage at a time. Buff while the wax is still moist. Soiled leather may need to be washed with a leather soap, dried, then polished. Or use household wax that cleans as well as polishes. Apply this kind of wax with a dry cloth and polish at once. Plain soap and water will often remove spots on plastic or composition luggage. Stubborn black marks or streaks sometimes can be made (Continued on Page 15)

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