iop of a double boiler, com- 1 bine % cup sugar, gelatine and salt. Beat together egg volks and milk; gradually add 1/4 to gelatine mixture. Heat over 1/4 boiling water until gelatine is completely dissolved, stirring 1 constantly. Remove from heat; add lemon juice, rind and 34 cup milk vanilla. Cool to room tempera- 2 ture. At high speed, beat cottage cheese until light and 11/2 teaspoons finely grated fuffy (about 5 minutes). Reduce speed and gradually add 3 gelatine mixture, beating until smooth and well blended. 1 Chill, stirring occasionally, unfil mixture is thick (about 30

peach halves, very well drained

teaspoon ground mace teaspoon ground. cardamon

(1-pound, 1-ounce) package pound cake mix

eggs cup heavy cream lemon rind

tablespoons light brown sugar

cup Ricotta cheese

minutes). Beat egg whites un- slices. Arrange with tips milk according to package di-fil foamy. Gradually beat in touching and pit side out rections. Chill 1 hour or more. remaining sugar and continue against sides of 2 greased 9. Before serving, partially fold member of the entire family, but teenage beating until stiff but not dry. inch cake pans. (Reserve rein strawberries so that mixboys also need to improve their diets.

Fold whipped cream and then maining slices for garnish.) ture looks swirled. Spoon into

Nutrients most often lacking in teenage cones, piling high into fluffy diets are calcium and ascorbic acid (vitamin beaten egg whites into gela- Add spices to pound cake mix cones, piling high into fluffy nue cheese mixture. Pour into and prepare according to label mounds. Serve immediately. pie crust, mounding around directions. Pour into prepared the sides to form a slight de- cake pans. (Do not spread pression in the center for the built topping (about 6 inches grees) 40 to 45 minutes or unof water and then pour the diameter). Refrigerate 2 hours. til mixture springs back when liquid down the drain, you may Dissolve raspherry flavor gel- lightly touched in the center. lose nutrients important to atin in boiling water. Add cold Cool in pans on wire cake your health. Some minerals, aswater and chill until the con- racks for 10 minutes. Remove corbic acid, and the B vitamins snacks, and they don't drink and conditioners are a good sistency of unbeaten egg from pans; invert on cake whites. Add ½ cup gelatin to rack and flip back. When layhuits and gently spoon into ers are cold, whip cream in a vent scorching, remind Penn weight than boys. And more wax will do wonders to con-

Musser Feed Store

White Oak Mill

For The Farm Wife (about 1½ hours.) Makes 8 Fold in remaining ingredients.

(Continued from Page 8) 10 10 servings. Spread half between layers Spread half between layers and remainder on top. Gardegrees) 8 minutes. Cool. In SCALLOPED PEACH CAKE nish with reserved peach slic-(1-pound, 13-ounce) can es. Makes 1 9-inch layer cake.

LEMON STRAWBERRY SWIRL

(3¾ ounce) package whipped dessert mix, lemon flavor teaspoons finely grated lemon rind

1 cup cold milk cup slightly crushed strawberries, sweetened to taste (about 1 cup sliced)

Cut peach halves into three lemon rind; then prepare with

For the Farm Wife and Family



By Doris Thomas, Extension Home Economist

Lancaster Farming, Saturday, August 28, 1965—9

Ladies, Have You Heard?..

Teenagers And Their Diets

Did you know that 60 percent of our teenage girls and 40 percent of our teenage 6 to 8 small ice cream boys today have poor diets?

cones Research confirms the fact that many

Combine dessert mix and 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

C). Iron is often low in the diet of teenage girls. Foods that are high in sugar and fat often replace those with much and girls need to know more

needed protein, minerals, and about good nutrition. vitamins. Overweight is a serious

problem among teenagers.

than younger ones. Both boys

THOMAS

Some Tips on Luggage Care The finest leather used for luggage becomes brittle with-Teenagers skip breakfast, out some attention Leather they make a poor selection of creams, special leather soaps. center of pie. Chill until set chilled bowl until very stiff. State extension nutrition specia- older girls are overweight ceal scuffed or worn surfaces. Work a small piece of way into a damp, clean cloth Apply a thin coat of wax to a at a time Buff while the way is still moist Soiled leather may need to be washed with a leather soap, dried, then polished Oi use household way that cleans as well as polishes Apply this kind of wax with a diy 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)

It Is Not True to Say That Everything Possible Has Been Done Regarding A Health Problem, Unless

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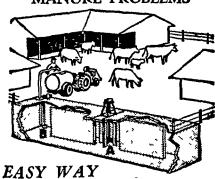
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