- branges, peeled, cut into 3 to 4 servings. bite-size pieces
- tablespoons honey itablespoons ichopped dates 11/3
- or raisins mariaschino cherries, sluc- 1/4
- cup flaked coconut 1/4 medium banana

Combine undrained orange 2 pieces, honey, dates, maraschino cherries and coconut. 1 ng glaze over fruit. Chill an Peel land slace banana; stir our or longer. Serve with lightly into fruit mixture. Spoon into dessert dishes or

AMBROSIA DESSERT CUP serve from glass serving dish. Lancaster Farming, Saturday, September 25, 1965-11

### BERRY DELIGHT cups graham cracker or

- vanilla wafer crumbs cup sifited confectioners' sugar
- oup melited butter or margarane
- eggs, unbeaten cup sugar
- 8-ounce package cream cheese, softened
- teaspoon salt cups fresh or frozen blueberries
- cup sugar
- tablespoons cornstand.
- teaspoon salit cup water
- teaspoon grated orange rind

Mix together crumbs, confectioners' sugar and butter; press in layer in an &x8x2inch baking pan. Beat eggs; add 1/3 cup sugar, cream cheese and salit; blend together; pour over crumb crust Bake in 375 degree methods of care. oven for 20 minutes; cool. Berl bogether ½ cup sugar,

(Continued on Page 6)

## For the Farm Wife and Family



By Doris Thomas, Extension Home Economist

### Ladies, Have You Heard?...

Some Guidelines For Clothing Selection For Older Women

Choosing the right clothes helps middleaged and older women achieve the special attractiveness that comes only with maturity. Some things to consider in clothing for these age groups include:

Lightness in weight of fabric because it is less tiring to wear.

Warmth of fabric because of reduced temperatures among older people.

Flexibility in fabric and garment con-

struction to give comfort in movement.
Finishes that add plus performance values to the fabrics.

Colors that are fast to wear and to

Aliso consider the esthetic Cover with 1 cup blueberries. factors. Mature and older people should wear shades that in meals of families in the flutter the skin and hair tones, United States during 1954 colors that enhance their ap-

THOMAS pearance and personality.

Broiler-Fryers Preferred More brorler-fryers figured than during 1956. This is what United States Department of Agriculture research workers found when they asked homemakers for their opinions on broder-fryers, then compared the findings with a similar study made in 1956.

Of the homemakers interviewed in the 1964 study, almost two-thurds served broiler. fryers at least once a week. In 1956, only half the homemakers interviewed hald served broiler fliyers this often. Homemakers in the Northeast and the west savored the young chickens and these homemakers showed the greatest inclease un numbers servirg bioiler flyers one or more times a week

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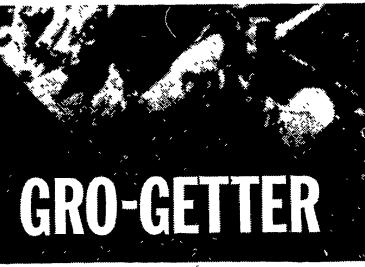
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