

**For The Farm Wife**  
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same day it is prepared. One serving with berries — 67 calories.  
**NOTE:** If calories are not being counted: Substitute ½ cup sugar for non-caloric sweetener. Beat egg yolks until light and add sugar gradually, beating until all sugar is used and yolks are fluffy. Place over simmering water and proceed as above. Excellent as a light dessert after a filling meal. Makes 6 servings.

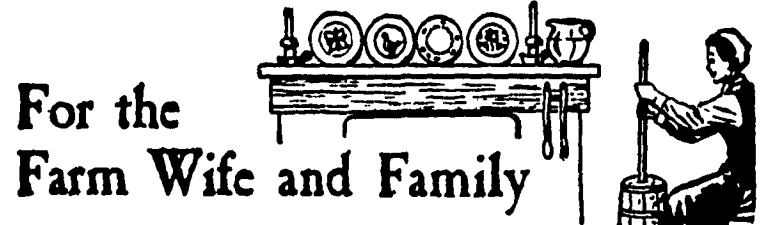
Here is another dessert for calorie counters —  
**FROZEN LEMON REFRESHER**  
½ cup non-fat dry milk crystals  
½ cup ice water  
2 teaspoons (approximately) non-caloric liquid sweetener  
2 teaspoons grated lemon peel  
6 tablespoons fresh, unstrained, lemon juice  
Chill small deep mixing bowl and beaters for a few moments; add dry milk crystals

and ice water. Whip at high speed until mixture holds soft peaks, 2 to 3 minutes. Add liquid sweetener and whip until stiff, 2 to 3 minutes. Stir in grated lemon peel and juice. Spoon into ice cube tray and freeze until mushy. Return to mixing bowl and beat until smooth, but still icy. Spoon into ice tray and freeze until firm. 1 serving — 26 calories. Makes 6 servings.

**APPLE JUICE CAKE**  
½ cup fat  
½ teaspoon vanilla  
1 cup sugar  
2 eggs  
2 cups sifted cake flour  
1 teaspoon baking powder  
½ teaspoon soda  
½ teaspoon salt  
½ teaspoon cinnamon  
¼ teaspoon cloves  
½ teaspoon nutmeg  
¾ cup apple juice  
Cream fat, vanilla and sugar together until light and fluffy. Add the eggs one at a time, beating each one in w ll. Sift together flour, baking powder, soda, salt, cinnamon, cles and nutmeg. Add to cream: l mix-

ture in three portions alternate-ly with apple juice in two portions. Turn batter into 2 greased 8-inch round layer pans. Bake at 375 degrees 25 to 30 minutes.

**PEANUT BUTTER ICE CREAM RINGS**  
2 tablespoons light corn syrup  
2 tablespoons butter or margarine  
¼ pound marshmallows  
¼ cup crunchy peanut butter  
¼ teaspoon vanilla flavoring  
2 cups Special K cereal  
¼ cup shredded coconut  
Combine corn syrup, butter, marshmallows, and peanut butter in medium-sized saucepan. Cook over low heat, stirring constantly until marshmallows are melted and mixture is smooth. Remove from heat; stir in vanilla. Add Special K and coconut, stirring until well-coated with syrup. Cool slightly. Shape by hand into thin rings about 3 inches in diameter. Let stand until cool. Just before serving, fill with ice cream and serve with sundae sauce, if desired. Makes 10 rings, about 3 inches in diameter.



**For the Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By Doris Thomas, Extension Home Economist

**What's The Difference?**  
Do you know the difference between jelly, jam, conserve, marmalade, and preserves?

Jelly is made from fruit juice; the product is clear and firm enough to hold its shape when turned out of the container.

Jam is made from crushed or ground fruit; it tends to hold its shape but generally is less firm than jelly.

Conserves are jams made from a mixture of fruits, usually including citrus fruit; often raisins and nuts are added.

Marmalade is a tender jelly with pieces of fruit distributed evenly throughout. A marmalade commonly contains citrus juice



THOMAS

and slices of peel

Preserves are whole fruit or large pieces of fruit in thick syrup, often slightly jellied

Weight of face yarn per square yard

Pile height

Closeness of pile, lengthwise

Closeness of pile, crosswise

When you shop for a carpet, consider

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**Buying Rugs or Carpets**

The quality of a rug or carpet depends on five factors

Good quality raw materials

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