

# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

## Mealtime Treats With Cream Of Wheat . . .



SPENCE

Completely digestible farina cereal, enriched with generous amounts of Vitamin B1, Niacin, Riboflavin, stabilized wheat germ, calcium, phosphorus and iron comes packaged in two ways instant and quick. A popular form of this cereal, Cream of Wheat, is good not only as a hot cereal but can be used as an ingredient in dishes ranging from appetizers to desserts. An example of a dessert is this Pineapple Fluff.

### PINEAPPLE FLUFF

- 2 cups milk
  - 1/2 teaspoon salt
  - 3/4 cup quick cream of wheat cereal
  - 2 tablespoons butter or margarine
  - 1/2 cup sugar
  - 2 eggs, separated
  - 2 teaspoons lemon rind
  - 1 8 ounce can (1 cup) crushed pineapple, drained
  - 1 ripe banana sliced
  - 1/2 cup heavy cream, whipped and sweetened
- Dash of ground nutmeg
- Bring 2 cups milk and 1/2 tea spoon salt to rapid boil. Slowly sprinkle in cream of wheat, stirring constantly while mixture thickens. Lower heat and continue cooking 5 minutes more stirring occasionally. Add butter, one fourth cup sugar, egg yolks, lemon rind and pineapple,

and banana. Beat egg whites until foamy. Slowly beat in remaining one-fourth cup sugar, beat until mixture forms soft peaks, gently fold in the hot cream of wheat mixture. Spoon into sherbet glasses, garnish with whipped cream and sprin-

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kle a little nutmeg on top. Makes 6 to 8 servings.

### APRICOT CRUNCH

- 1 8-ounce package dried apricots
  - Boiling water to cover apricots
  - 1/2 cup sugar
  - 2 teaspoons lemon rind
  - 1 cup instant cream of wheat cereal
  - 1 cup brown sugar
  - 1 cup flour
  - 1 cup chopped walnuts
  - 1/2 teaspoon salt
  - 1 teaspoon ground cinnamon
  - 1 stick butter or margarine
- Simmer the apricots 20 to 25 minutes or until tender, add sugar and lemon rind. Combine following six ingredients, blend in three-fourths stick butter or margarine. Sprinkle half mixture in bottom of greased 8-inch square pan, add cooked apricots (measures approximately 2 cups with juice), top with second half of dry mixture, dot with remaining butter. Bake in a moderate oven (375 degrees) 40 to 45 minutes. Serve warm with cream or ice cream. Makes 6 to 8 servings.

Add cream of wheat to tomatoes for a delicious casserole —

### SCALLOPED TOMATOES WITH BACON

- 1 CUP INSTANT Cream of wheat cereal

- 1 cup saltine cracker crumbs (about 22 crackers)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon powdered mustard
- 1/2 pound bacon, cut into small pieces
- 1 tablespoon chopped onion
- 1/2 cup finely chopped celery
- 2 tablespoons chopped parsley
- 2 cups peeled, sliced tomatoes (about 6)

Combine first five ingredients. Mix well. Cook bacon slowly over low heat; add onion, celery and parsley, cook 8 to 10 minutes longer; add to dry ingredients. Sprinkle one-third dry ingredients in the bottom of an 8-inch square baking dish and arrange half of the tomatoes on top. Repeat layers, ending with dry ingredients. Bake in a moderate oven (375 degrees) for 25 to 30 minutes. Makes 6 servings.

### CRAB AND ASPARAGUS CASSEROLE

- 3 cups milk
- 1 1/2 teaspoons salt
- 1/2 cup quick cream of wheat cereal
- 3 tablespoons butter or margarine
- 1 egg, unbeaten
- 2 teaspoons prepared mustard

### BAKED EGG NESTS

- 8 slices of cooked bacon, crumbled
  - 3 cups milk
  - 1/2 teaspoon salt
  - 2 teaspoons minced onion
  - 1/2 cup quick cream of wheat cereal
  - 4 eggs
  - 1/2 teaspoon salt
  - 1/4 teaspoon paprika
- (Continued on Page 15)

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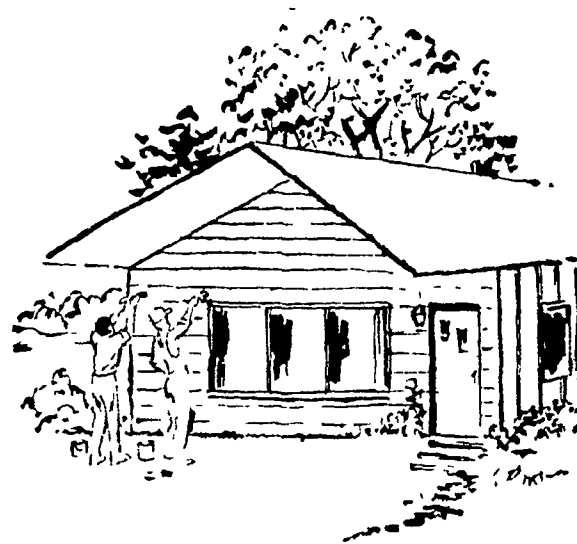
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