

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

FRESH FRUIT FANFARE

Hostesses with a reputation for distinguished desserts often pick fresh fruit combinations as favorites. Unless fruit is dressed up with a rich dressing it is low in calories — the perfect ending to a heavy meal. Fresh fruit is refreshing — what more could you want on a hot summer day. The combinations of fruits with other fruits or foods is endless — so you can have lots of variety.

We would not go so far as to

say that this Orange Bavarian Cream is a low calorie dessert but we would like to say that it is about one of the yummiest you have ever eaten.

Orange Bavarian Cream
1 tablespoon unflavored gelatin
1/4 cup cold water
3/4 cup unstrained orange juice
2 tablespoons lemon juice
1/2 teaspoon grated orange rind
1 cup sugar

1/4 teaspoon salt
1 cup whipping cream
1 cup fresh orange sections, cut in bite-size pieces
Softened gelatin in water. Combine fruit juices, orange rind, sugar and salt; heat to simmering. Dissolve gelatin in hot mixture. Chill, stirring occasionally, until mixture is the consistency of unbeaten egg whites.

Whip cream only until stiff. Fold whipped cream and orange sections into gelatin mixture. Pour into a 1-quart mold and chill until firm. Makes 6 servings.

Fruit Compote With Fluffy Topping

1 1/2 cups diced fresh pineapple
1 1/2 cups sliced fresh strawberries
1/2 cup halved and seeded grapes
3 tablespoons sugar
1 recipe Fluffy Topping

Combine pineapple, strawberries and grapes, sprinkle with sugar and chill. Just before serving add banana. Serve in chilled fruit dishes and top with Fluffy Topping. Makes 6-8 servings.

Fluffy Topping

1/2 cup sugar
3 tablespoons flour
1/2 cup pineapple juice
3 tablespoons lemon juice
1 egg, slightly beaten
1 cup whipping cream

In a saucepan combine sugar and flour; gradually add pineapple juice and lemon juice. Cook over medium heat, stirring constantly, until mixture thickens and loses starchy taste. Add small amount of hot mixture to egg, return all to pan. Cook 1 more minute. Chill. Whip cream, add chilled mixture and beat only until

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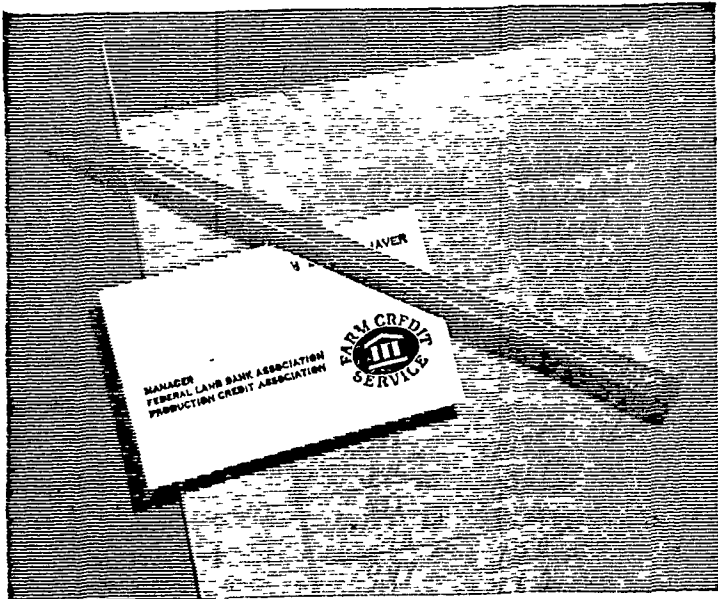
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George M. Lewis, Agricultural Relations Officer at the Conestoga National Bank, likes to hunt... he's very much at home in the field. A 1953 graduate of Cornell University where he majored in Agricultural and Economics, George speaks "your language". By training and experience he is equipped to assist you with all types of mortgage loans, seed and feed loans, farm equipment loans... in fact, anything that has to do with agricultural loans and financing.

If you haven't already met George, stop in soon at the Conestoga—everybody's Headquarters for Money Matters in the Lancaster Area. Better yet... give George a call and have him come out to discuss your problem. After all, he's more at home on a farm than in the office. As a suggestion, start your conversation by asking about his dogs.

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