

● **For The Farm Wife**
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well blended. Use as topping for fresh fruit. Yield: 2 cups
NOTE: Other fresh or canned fruits may be substituted for the above fruits.
Fluffy Topping stores well in the refrigerator.

Here's a main dish salad that is protein rich and low in calories

Fruited Shrimp Salad
2 cups shrimp, cooked, peeled, and cleaned
1½ cups pineapple chunks, drained

1 cup orange sections, drained
½ cup celery, thinly sliced
¼ cup milk French dressing regular or low-calorie
1 bunch endive

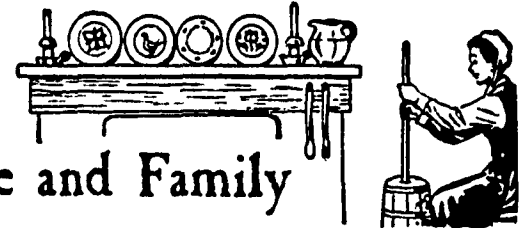
Combine shrimp, pineapple chunks, orange sections, and celery. Add French dressing and mix lightly. Chill. Serve on endive. Serve with brown bread, a beverage, and baked custard.

Lobster and Orange Cocktail
½ pound cooked lobster meat
¼ teaspoon salt
2 large oranges
Lettuce

Fish Cocktail Sauce*
Nutmeg
Cut lobster into ½-inch pieces; sprinkle with salt. Peel oranges and slice into cart-wheels and quarter. Combine orange quartered slices and lobster meat; chill. Arrange lettuce in cocktail glasses. Add lobster-orange mixture; top with Fish Cocktail Sauce. Garnish with nutmeg

Fish Cocktail Sauce'
¾ cup catsup
¼ cup chili sauce
3 tablespoons lemon juice
1 tablespoon horseradish
1 tablespoon grated onion and juice
1 teaspoon Worcestershire sauce
¼ teaspoon hot sauce
¼ teaspoon seasoned salt

Mix the above ingredients thoroughly. Chill before serving. Makes 1½ cups



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Cooking Frozen Roasts

Hard-frozen oven roasts require about one-third to one-half as much cooking time for each pound as do corresponding fresh or thawed roasts

Use the same procedures for roasting hard-frozen meat as for fresh roasts

Place meat on a rack.

Roast in 325 degree oven.

Don't cover the pan.

Don't add water.

Don't baste during cooking.

Use a meat thermometer to determine the doneness of the meat. Insert it in the roast after the center of the meat is thawed, or when it is about half done

Don't force thermometer into partially thawed meat; it may break if the roast is still hard-frozen in center.

Worth Knowing About Macaroni Products

Macaroni products are mea-

sured by weight instead of volume because of differences in size and shape. Use the package weight as your guide in preparing a macaroni product dish

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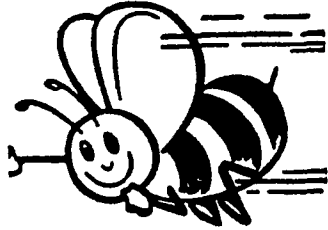
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