

# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Add Variety, Flavor and Appearance With Lemon Juice



SPENCE

The tangy flavor of lemon juice enhances almost any dish, from pies to meats to beverages. Common lemons can be used in many ways.

Lemon juice will help prevent browning of fresh cut fruits such as peaches, apples, pears and bananas. Either dip the fruit in the juice or pour the juice over the fruit.

Potatoes will stay white if they are cooked in water to which a little lemon juice is added. For best results, add the juice halfway through the cooking period and don't use too much juice or the potatoes will harden.

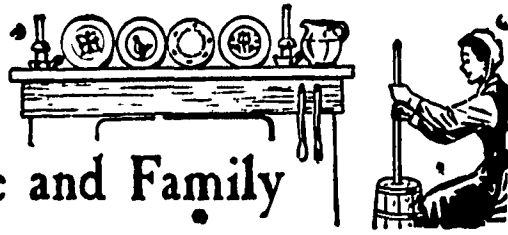
To flavor vegetables, lemon juice should be added just before serving. Don't cook green vegetables with lemon juice. The acid in the

juice will turn the vegetables an unattractive olive green and they will have to cook longer to become tender.

Remember to measure the amount of juice accurately when using lemon juice in recipes. To prevent curdling in recipes that call for lemon juice and milk, add the juice to the milk, not the milk to the juice.

Lemon juice is available in many forms. The best juice still comes from fresh fruit, but the juice in bottles is also very good. Frozen juice is also generally of high quality.

Fresh lemon juice really gives a lift to muffins—as you will see if you try the following recipe.



until stiff, but not dry. Carefully fold whites and grated lemon peel into batter. Fill lightly greased muffin pan 3/4 full. Combine sugar and cinnamon; mix well and sprinkle about 1/2 teaspoon over each muffin. Bake at 375 degrees, about 25 minutes, or until done. Excellent served as an accompaniment for salads—particularly fruit salads. Also serve leftover muffins, halved, toasted and buttered. Makes 10 2 1/2 inch muffins.

**HEAVENLY LEMON TORTE**  
 1 cup sifted enriched flour  
 1/4 teaspoon salt  
 6 egg whites  
 1 cup sugar  
 6 egg yolks  
 1 teaspoon grated lemon rind  
 1 tablespoon lemon juice

**Filling and Frosting:**  
 Sift together flour and salt. Beat egg whites until foamy. Beat in sugar, 2 tablespoons at a time, until shiny peaks form; set aside. Beat egg yolks until thick and lemon-colored; blend in lemon rind and juice. Fold into beaten egg whites. Sift flour mixture 1/4 cup at a time, over egg mixture, folding in gently after each addition. Turn into ungreased 9-inch tube pan. Bake in preheated 375 degree oven, 40-45 minutes, or until cake springs back when lightly touched. Invert pan and cool completely before removing cake.

**FILLING AND FROSTING:**  
 1 package (3-3/4 oz.) instant lemon pudding mix, piepared  
 1 package (2 oz.) dessert topping mix, prepared

Prepare pudding mix according to instructions on package, using non-fat dry milk powder and water. Split cake into three

layers; spread 1/3 of filling on each of two layers. Prepare dessert topping mix according to instructions on package. Beat in remaining 1/3 of filling; frost top and sides of torte. Refrigerate before serving.

**LEMON VELVET PIE**  
 1 1/2 cups sugar  
 6 tablespoons cornstarch  
 1/4 teaspoon salt  
 1 1/2 cups boiling water  
 3 eggs, separated  
 2 tablespoons butter  
 1 tablespoon grated lemon peel  
 1 cup strained fresh lemon juice  
 1 teaspoon vanilla  
 1 envelope unflavored gelatine  
 1/4 cup cold water  
 1 cup light cream  
 1 baked 9-inch pie shell  
 1 cup heavy cream, whipped  
 6 to 8 walnut halves

In saucepan, thoroughly mix together sugar, cornstarch and salt, add boiling water, stirring constantly. Bring to a boil over medium heat. Continue stirring; boil 3 to 4 minutes. Beat yolks slightly; add some of hot mixture to yolks, blending well. Return to saucepan; add butter. Cook 2 minutes longer, stirring constantly. Do not boil. Remove from heat, stir in lemon topping. Soften gelatine in water; add to hot mixture, stirring until thoroughly dissolved. Thoroughly blend in light cream. Chill until slightly thickened, but not set. Beat whites until stiff but not dry, carefully fold into chilled mixture. Pour into your favorite baked 9-inch pie shell. Chill until partially set. Spread reserved filling completely over top of pie. Chill until firm. To serve, top

with whipped cream and garnish with walnut halves.

Lemon just naturally goes with fish —

**FILLETS AMANDINE**  
 1 1/2 pounds fish fillets, fresh or frozen  
 Salt and pepper  
 1/4 cup butter or margarine  
 1/4 cup blanched almonds,  
 1 tablespoon coarsely chopped onions  
 1 teaspoon grated lemon peel  
 2 tablespoons lemon juice  
 Nutmeg

Thaw fish, if frozen; sprinkle with salt and pepper. Melt butter in large skillet; brown fish on both sides. In the meantime, place almonds and onions in electric blender; cover and blend several seconds or until chopped. (If blender is not available; chop very fine with knife.) Spoon almonds and onions over fish in skillet; add lemon peel and juice. Heat several minutes. Sprinkle with nutmeg. 5 to 6 servings.

**EASY HOLLANDAISE SAUCE**  
 1/2 cup butter, cut into small pieces  
 3 egg yolks  
 3 tablespoons fresh lemon juice

Combine all ingredients in top of double boiler; let stand at room temperature for one-half hour. Just before serving, place over gently boiling water for 1 1/2 minutes, stirring briskly. Serve immediately over freshly cooked asparagus, carrots, broccoli or artichokes.

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