

## For The Farm Wife

(Continued from Page 10)

served grapefruit juice and lemon juice; blend until smooth. Add frozen or fresh blueberries; cook over medium heat stirring frequently. Cook just until mixture thickens and becomes partially clear, stir in grated peel. Spread over bottom of 8-inch square cake pan or baking dish; top with layer of grapefruit sections. Separate refrigerator biscuits. Press biscuits between hands to flatten. Dip flattened biscuits on both sides in melted butter, then dip into  $\frac{1}{4}$  cup sugar to coat well. Arrange over top of fruit; dust lightly with cinnamon if desired. Bake at 350 degrees about 40 minutes, or until bubbly and well browned. Serve warm to six people.

Candied citrus peel converts a waste product into a delicacy relished by many. Serve it as a

candy or use a little chopped on top of ice cream, fresh or canned fruits, and use it as a garnish for salads.

### CANDIED- GRAPEFRUIT PEEL

2 large grapefruit, peeled  
 $\frac{1}{4}$  cup light corn syrup  
2 cups sugar  
1 cup hot water

To remove peel Use the point of a sharp knife and cut through the peel but not into the fruit. Wash the grapefruit first of course. Start at the stem end and return to the starting point making a circular trip around a grapefruit or orange. Make a second circular cut around the fruit at cross angles to the first, thus dividing the peel into quarters. Slip the point of the knife under the end of one quarter section and slowly strip it off. Repeat until all sections are removed. Cut the peel into  $\frac{1}{4}$ -inch strips or finer if you like. To cook: Cover peel with

cold water, bring to a boil and cook 20 minutes. Drain. Repeat the process and drain again. Combine syrup, sugar, and hot water. Cook over low heat, stirring until sugar is dissolved. Add grapefruit peel and cook to 230 degrees or until a little of the syrup forms a soft ball after it is dropped from a spoon into cold water. Peel becomes transparent and most of the sugar is dissolved.

Remove peel by heaping, slotted spoonfuls. Press each spoonful against the side of the pan to drain off most of the syrup and make the candied strips easier to separate. Use the spoon to sprinkle strips on foil or cookie sheets. When the peel has cooled and dried slightly, toss it in granulated sugar to coat.

**Candied Orange Peel:** Instead of grapefruit peel use peel of 4 large or 6 medium oranges; substitute 1 cup cooking water for the 1 cup hot water and follow above recipe. Use the entire orange peel. Tangerine peel and lemon peel may also be candied.

### PLASTIC HANGERS

When clothes smell of dry-cleaning fluid after coming from a coin-op establishment, it's a good idea to air the garments thoroughly before wearing or storing. Hang them outdoors or in a well-ventilated room. Do not use plastic hangers, cautions an extension clothing specialist. Sometimes enough solvent is left in heavy fabrics or shoulder pads to soften the plastic although the fabric doesn't feel damp. The hanger will stick to the fabric and will be hard to remove without damaging the garment.

## For the Farm Wife and Family

### Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

#### How Long Do Clothes Last?

The life expectancy of men's clothing as estimated by drycleaners in settling claims are: Overcoats, winter suits, wool and wool blend slacks, and sport coats last about 4 years on the average.

Sweaters, wool and wool blend summer suits wear about 3 years.

Shirts and underwear remain in good condition about 2 years.

Life expectancies for women's garments. basic evening gowns and shoes—5 years; cloth coats, housecoats, and slacks—3 years; street dresses and nightwear—2 years. housedresses and fabric gloves—1 year.



THOMAS

#### Braising Frozen Meat

It takes little or no longer time to braise frozen meat than corresponding fresh cuts.

If meat is to be floured before browning and cooking in water, thaw meat slightly.

If you don't want to flour your meat, you can brown it without thawing. But, it will take a little additional cooking time.

Use the same braising procedures as for fresh meat.

Brown meat in a little hot fat in a heavy pan. Add seasonings and small amount of liquid. Cover and cook over low heat until tender.

#### How To Identify Cheeses

Natural cheese is made by curing or aging to develop flavor. Natural cheeses include Cheddar, Swiss, Muenster, and Edam.

Pasteurized process cheese is a blend or combination of natural cheese, blended by heating and melting.

Pasteurized process cheese food is prepared much like pasteurized process cheese but contains less cheese. It also has nonfat dry milk or whey solids and water added. It may contain pimento, fruits, vegetable, liquid. Cover and cook over low heat until tender.

(Continued on Page 7)

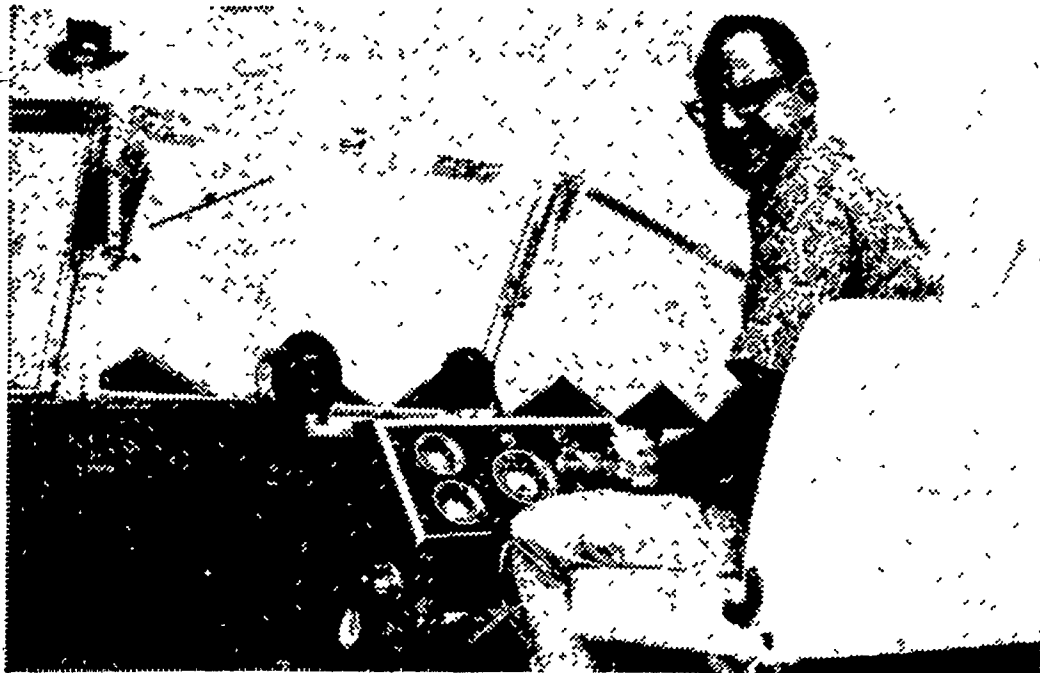
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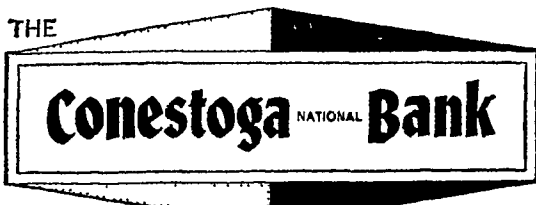


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