

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Fresh Fruits In Desserts And Salads



SPENCE

We may think of fresh fruits as a summertime food but they are available to us the year round today. There are very few fruits that do not take a freezing. Many fruits are also now available in a dehydrated form.

Of course, there are always apples, oranges, bananas, etc. in supply the year round in most localities. Take advantage of these fruits when your grocer puts them on special and try some of the recipes we have for you.

FRENCH APPLE PIE

- 5 cups thinly sliced pared apples
- 1 unbaked 9-inch pie shell
- 3/4 cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons butter or margarine
- 4 cups sugar-coated corn flakes

Mix cinnamon, flour, salt, and remaining sugar. Mix in fat until mixture is crumbly. Stir in cheese. Spread over apples. Bake at 350 degrees (moderate oven) until apples are tender—about 45 minutes. Serve hot or cold with cream or ice cream, if desired.

Arrange apples in pie shell. Combine sugar and cinnamon, sprinkle over apples. Dot with butter. Crush corn flakes slightly; sprinkle over apples, pressing lightly. Cover with foil. Bake in hot oven (425 degrees) about 50 minutes or until apples are tender. Uncover and bake about 5 minutes longer or until corn flakes are lightly browned. Cut into wedges and serve warm.

APPLE-CHEESE DESSERT

- 6 cups apple slices (pared)
- 1 tablespoon lemon juice
- 1 cup sugar
- 1/4 teaspoon cinnamon
- 1/2 cup unsifted flour
- 1/4 teaspoon salt
- 1/4 cup butter or margarine
- 2/3 cup finely shredded cheddar cheese

Fill a large pie pan or shallow baking dish with apples; sprinkle with lemon juice and 1/4 cup of the sugar.

TURKEY OR CHICKEN FRUIT SALAD

- 3 cups turkey or chicken, cooked, diced
- 1 cup grapes, seedless, halved
- 2 cups pineapple chunks, drained
- 1 cup apple wedges, unpeeled
- 1/2 cup salad dressing
- 6 lettuce cups
- 1/3 cup almonds, slivered (optional)

Combine turkey or chicken, grapes, pineapple chunks, and apple wedges. Chill before serving. Blend lightly with salad dressing. Dip edges of lettuce cups in paprika. Serve salad on lettuce cups. Top with almonds, if desired. Six servings; about 345 calories per serving if made with the fruit-whipped cream dressing and garnished with almonds.

FRUIT-WHIPPED CREAM DRESSING

- 3 tablespoons butter or margarine

- 3 tablespoons flour
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1/4 cup lemon juice
- 1 tablespoon orange juice
- 1/2 cup pineapple juice, canned or frozen
- 2 egg yolks, slightly beaten
- 1/2 cup whipping cream

Melt fat in top of double boiler. Stir in flour, sugar, and salt. Add fruit juice gradually and cook over boiling water, stirring constantly, until the mixture thickens. Stir a little of the hot mixture in egg yolks; then stir the egg yolks into the rest of the hot mixture. Cook over hot water about 2 minutes, stirring constantly. Chill covered. Whip the cream until stiff. Add chilled dressing to cream and beat slightly to blend. Calories per tablespoon: about 75. Makes 1 cup.

RHUBARB SOUR CREAM CRUNCH

- 1 cup corn flake crumbs
- 1 cup sifted regular all-purpose flour
- 1/4 cup brown sugar, firmly packed
- 1 teaspoon cinnamon
- 1/2 cup butter or margarine, melted

FILLING:

- 1 egg
- 1 cup dairy sour cream
- 1 1/4 cups granulated sugar
- 3 tablespoons cornstarch
- 1/2 teaspoon cinnamon
- 3 cups cut rhubarb

Combine corn flake crumbs, flour, brown sugar, cinnamon and butter; mix well. Press half of crumbs mixture evenly and firmly in bottom of 9x9-inch pan, reserving remaining mixture for topping.

Beat egg slightly; combine with sour cream. Mix together sugar, corn starch and cinnamon. Stir into sour cream mixture together with rhubarb. Spread over crumbs crust. Sprinkle with the remaining crumbs mixture. Bake in slow oven (325 degrees) about 1 hour or until knife inserted near center comes out clean. Serve warm or cool. Cut into squares to serve 9 servings.

CARROT-ORANGE SALAD

- 1 1/2 cups finely chopped carrot
- 1 1/2 cups diced orange
- 1/2 cup raisins
- 1/2 cup salad dressing
- 1/2 cup chopped peanuts

All ingredients should be cold. Toss carrots, oranges and raisins together lightly with 2 forks, adding enough salad dressing to moisten. Serve on lettuce or chopped cabbage with the lime dressing below and garnish with peanuts. Makes 6 servings.

LIME DRESSING

- 1 teaspoon salt
- 3 tablespoons lime juice

GRANGE NEWS

FULTON GRANGE #66

Fulton Grange #66 held its regular meeting Jan 8 at Oakryn. Clifford W. Holloway Jr., Master, conducted the business meeting. The Youth Committee

- 1/4 teaspoon mustard
- 1 cup undiluted evaporated milk

Mix salt, lime juice and mustard. Stir slowly into evaporated milk. Good on fruit salads, lettuce, or cabbage salads.

JELLIED CITRUS-AVOCADO SALAD

- 1 3-oz. package lemon-flavored gelatin
- 1 1/2 cups hot water
- 1/2 cup grapefruit juice
- 1/4 teaspoon salt
- 1/2 cup diced grapefruit sections
- 1/2 cup diced orange sections
- 1 1/2 cups diced avocado

Dissolve gelatin in hot water. Add grapefruit juice and salt. Chill until mixture begins to thicken. Add fruits. Pour into individual molds. Chill until set. Unmold on salad greens. Calories per serving—about 135. Recipe makes 6 servings.

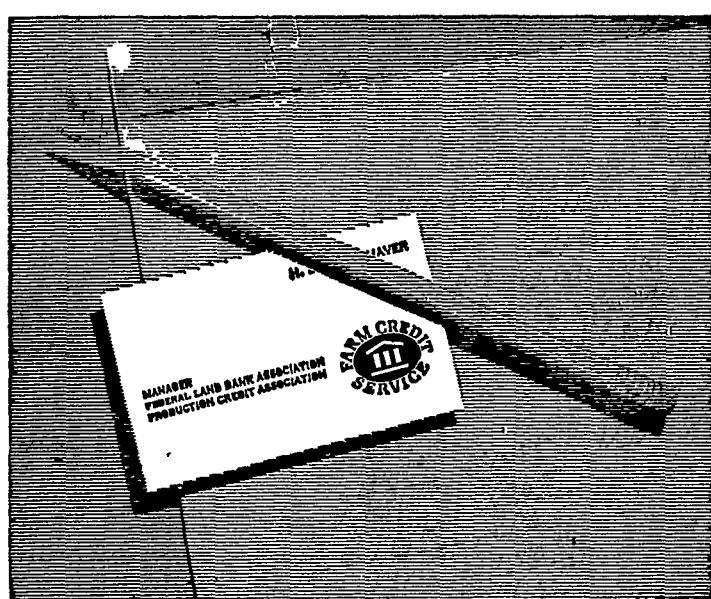
will sponsor a dance for the youth of the community Saturday, Jan. 13, from 8:30 to 11:30 p.m. The "Lookouts" orchestra will furnish music.

Clair Murphy is in charge of reservations for the Lancaster County Pomona Grange dinner at the Rhoads Spanish Restaurant, Quarryville, Jan. 20, 7 p.m. and they must be made by Jan. 17.

Mrs. Jesse Wood announced contests for art and talent in the following classes: family musical group, square dance teams, vocal, instrumental acts and novelty acts. She presented a "Community Service" program: Group singing; Reading "Some Cold Hard Facts About Ice" by Mrs. Harold Alexander; Reading "Everybody Sell" by Mrs. Richard Holloway; talk "Things Our Grange Has Done in Community Service" by Mrs. Charles McSparran; Roll call, "How You Think Fulton Grange Can Be of More Service to Our Community"; games in charge of Mrs. Stanley Stauffer Jr.

Mrs. Eugene LaFrances from Community Action Program will speak at the next meeting Jan. 22.

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