

# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

## Get Up And Go With Fresh Grapefruit



SPENCE

Throughout the year and throughout the day, grapefruit is a most refreshing and versatile fruit. Fresh grapefruit offers light, delightful eating for meals or snacks, for young or old. Weight watchers look to fresh grapefruit as a treat and not a treatment. One half medium grapefruit contains only 44 calories. When counting calories, it's important to make each calorie count. One half grapefruit contains an excellent supply of vitamin C as well as a valuable combination of other important nutrients . . . including calcium, phosphorus and magnesium.

You and your family are really missing much if you serve fresh grapefruit for breakfast only. When added to canned fruits, for

salads or desserts they add a fresher than fresh flavor to all the other fruits. Grapefruit sections combine with cottage cheese, avocados or other fruits and vegetables to make salads sing. Or try broiling them with just a bit of brown sugar topping and your guests will give three cheers for your thoughtful, low calorie, but just right dessert.

Sectioning grapefruit is easy to do if you follow these directions. Using a sharp pointed knife, peel each chilled grapefruit spiral fashion, cutting strip of peel 'round and 'round, down to the "meat" and removing all outer skin and white membrane. To section, run the knife along the membrane of one side of each segment to the core, tip the knife outward and continue along membrane of other side of the segment, carefully lifting off the segment. Be sure and

section grapefruit over a bowl to reserve the juices, often used as an important ingredient of the recipe . . . or save for dressings, marinades or other recipes.

### GRAPEFRUIT CAKE TOP PUDDING

- 1 tablespoon grated grapefruit peel
- 1 medium grapefruit, peeled, sectioned
- 3 eggs, separated
- 1/4 cup sugar
- 1/4 cup grapefruit juice
- 2 tablespoons melted butter or margarine
- 1/4 cup unsifted flour
- 1/2 cup sugar
- 1/8 cup milk

Grate peel before sectioning grapefruit, set aside. Work over a bowl while sectioning fruit to reserve 1/4 cup juice. Place grapefruit sections in bottom of well-buttered 1 1/2 quart casser-

ole. Beat egg whites to soft peak stage; gradually add 1/4 cup sugar and continue beating until stiff, but not dry. With same beater, beat egg yolks with grapefruit juice and butter. Gradually add a mixture of flour and remaining 1/2 cup sugar; beat until smooth. Blend in milk and grapefruit peel. Fold mixture into beaten whites, in several additions, folding carefully but thoroughly. Pour over grapefruit sections; set casserole in pan filled with 1/2 inch hot water. Bake at 325 degrees for 45 minutes, or until golden brown. Serve warm or chilled; plain or topped with whipped cream. 4 to 6 servings.

### FRESH GRAPEFRUIT PIE

- 3 to 4 grapefruit, peeled, sectioned (3 cups)
- 1 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons sugar
- 1/2 cup water
- 1 egg, beaten
- 8-inch graham cracker crust
- 1 cup heavy cream
- 2 tablespoons sugar
- 1/2 teaspoon vanilla

Work over a bowl while sectioning grapefruit to reserve all juice. Set aside 5 to 6 most perfect sections for garnish. Cut remaining sections in half; sprinkle with 1 cup of sugar and any juice obtained in preparation. Let stand 1 hour, then drain well to yield 1/4 cup sweetened juice. In saucepan, thoroughly combine cornstarch and 2 tablespoons sugar; gradually add sweetened juice, then water and egg, stirring until smooth. Bring to a boil over medium heat, stirring constantly; boil 1 to 2 minutes. Gently stir in halved grapefruit sections; pour into graham cracker crust. Chill 2 hours or longer. Whip cream, adding 2 tablespoons sugar and

vanilla. Swirl atop pie and garnish with reserved whole grapefruit sections. Serve immediately.

### GRAPEFRUIT TOSSED GREEN SALAD

- 2 medium to large grapefruit, peeled, sectioned
- 2 quarts torn salad greens
- 2 to 3 green onions, sliced
- 5 to 6 radishes, sliced
- 1/2 cucumber, peeled, sliced
- 1 tablespoon lemon juice
- 1/2 cup French dressing
- Coarsely ground black pepper

Drain grapefruit sections. Reserve 5 to 6 sections for garnish; cut in remaining sections in halves. In large bowl, combine cut grapefruit sections, salad greens, onion, radishes and cucumber. Blend lemon juice with salad dressing; pour over salad ingredients. Sprinkle with ground pepper. Toss lightly until evenly coated with dressing. Arrange grapefruit sections on top. Serve at once. 6 to 8 servings.

### DATE NUT MERINGUE IN GRAPEFRUIT SHELLS

- 2 medium to large grapefruit
- 2 egg whites
- 1/4 teaspoon cream of tartar

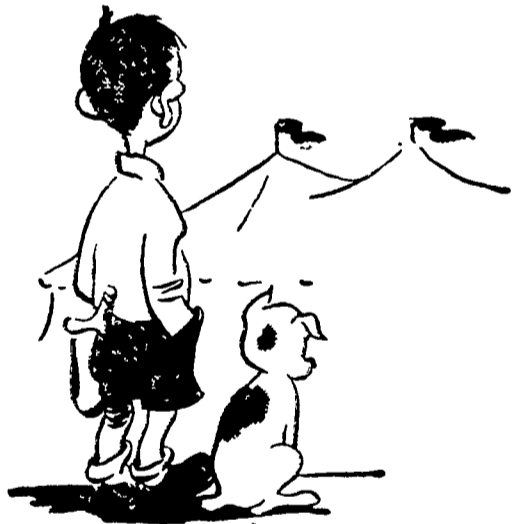
- 1/4 cup firmly packed brown sugar
- 5 pitted dates, sliced
- 1/4 cup broken walnuts, pecans or almonds

Cut each grapefruit in half; remove any seeds. With sharp knife, cut around each section to loosen fruit from membrane. Carefully scoop out sections with a spoon; drain well. Scrape any remaining membrane from shells, leaving them "clean" and intact. Beat egg whites until frothy; add cream of tartar and beat to soft peak stage. Gradually add brown sugar and continue beating until whites hold firm peaks. Fold in well-drained grapefruit pieces, dates and nuts; spoon into grapefruit shells. Place on cookie sheet and bake at 325 degrees for 20 minutes, or until lightly browned. Serve warm. 4 servings.

### SALMON STEAKS WITH GRAPEFRUIT

- 1 small onion, thinly sliced
- 1/2 cup butter or margarine
- 1 cup soft bread crumbs (about 3 slices)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon allspice
- 4 salmon steaks, fresh or

(Continued on Page 19)



## WISHFUL THINKING

A child may wish to grow up to join the circus, but his parents' wishes are more practical. That's why wise parents save *regularly* for their youngsters' future. Many find our insured savings accounts to be safe and worthwhile investments. You're invited to open an account.

ACCOUNTS INSURED TO \$15,000



25 North Duke St. Phone 393-0601



Mon. thru Thurs. 9 to 4:30

Fri. 9 to 6

Sat. 9 to noon

## Dear Long and Bomberger:

I want to go mountain climbing but am afraid of heights. Can you help me?

Signed:  
Shaky

## Dear Shaky:

Lots of people feel uncomfortable when only a few feet above the ground. That's why we stock only good, firm ladders for climbing. They range from 2 ft. step ladders on up to 32 ft. extension ladders, in wood or aluminum. Maybe you should buy one each in our entire line and practice for awhile.

Yours truly,



45 N. Broad St. in Lititz Phone: 626-2123

YOUR REMODELING HEADQUARTERS