

FOR THE **FARM** WIFE AND **FAMILY** 

ORANGE-HONEY FRENCH

DRESSING

tablespoon: about 90. Makes 11/4

FRUIT SALAD DRESSING

14 cup orange juice frozen

tablespoon vinegar

½ teaspoon dry mustard

concentrate

14 cup honey

½ teaspoon salt

3 cups salad oil

½ cup sugar

egg

tablespoon flour

#### FRUIT DELIGHTS

The plentiful fruit list in Aug- 120 with Fiuit Salad Dressing ust will include fresh pears, wa. 6 servings of 12 cup each termelons, nectarines and limes. Salads are a very good way to use summer's abundant fruit supply. Pears. watermelons and nectarines, generously coated with 1 lime juice and sprinkled with salad oil, make a salad that's a treat. As a variation, top liberally with sour cream, or sour half-and-half if counting calories. salad oil Add the oil very slowly quired.

#### **PARTY FRUIT SALAD**

- 34 cup fresh dark sweet cherries, pitted
- cup peeled, cubed nectarines
- 11/4 cups watermelon cubes 1/4 cup English walnuts,
- chopped 1/4 cup Orange-Honey French Dressing or 1/2 cup Fruit
- Salad Dressing 1 bunch watercress

Combine fruits and nuts. Add salad dressing and stir gently Calonies per serving About 140 with Orange-Honey Dressing or

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tablespoons lime juice 4 cup pineapple juice

is thick and clear. Chill. Calories melon in sirup to boiling and cup each. per tablespoon: about 30. Makes cook until translucent (about 10

honey and 14 cup lime juice in jar add 1 piece of stick cinnamon 34 cup nonfat milk solids place of sugar and lemon juice. from spice bag: cover with boil- 1 (31's ounce) package vanilla Reduce pineapple juice to 1/2 ing sirup to 1/2 inch of top of jar. cup Calories per tablespoon: Adjust jar lids about 20.

in your household, the best way returns to boiling Remove jais 40 to dispose of the rind is to eat it' and complete seals if necessary Watermelon pickles are not so Set the jais upright, several incommon as they once were; for ches apart, on a wire rack to Mint wafers tnose who don't know how it's cool. done, here's a recipe:

#### WATERMELON PICKLE 34 cup salt

- quarts water
- quarts ice cubes cups sugar
- cups white vinegar 3 cups water
  - tablespoon whole cloves pieces (1 inch) stick
- cinnamon lemon, thinly sliced, seeds

removed Red or green coloring, if desired For a yield of 4 to 5 pints, the 1 rind of a large melon, or about Blend all ingredients except 6 pounds, unpared, will be re-

while beating constantly with a

Pare rind and all pink edges 5 rotary or electric beater. Refrig- from the watermelon. Cut into ½ cup sugar erate until used. Calories per 1-inch squares or fancy shapes as stand 5 to 6 hours until fork peaches in a greased baking pan tender, about 10 minutes (do not overcook). Drain.

Combine sugar, vinegar, water,

GAS

minutes). Pack hot pieces loosly As a variation, use 1/2 cup into clean, hot pint jars. To each 1-1/4 cups cold water

Process in boiling water for 5 minutes Start to count process If you eat a lot of watermelon ing time when water in canner 2

desired.

pounds are collected.

#### TOASTY PEACH CRISP

- 1/3 cup flour ½ teaspoon cinnamon
- ½ cup brown sugar, packed cup quick-cooking rolled wheat
- 1/3 cup fat (margarine or butter)
- cups fresh, sliced peaches

desired. Cover with brine made sugar and rolled wheat. Mix fat ed paper, and sprinkle with granby mixing the salt with 3 quarts into flour mixture with a fork, ulated sugar. Let stand at room cold water. Add ice cubes. Let until mixture is crumbly. Put temperature or in refrigerator

and spices (tied in a clean, thin Mix with sugar. Sprinkle crumb white cloth). Boil 5 minutes and mixture on top Bake at 375 de-Combine all ingredients and pour over the watermelon with grees about 30 minutes, until mix well. Cook over low heat, spices; add lemon slices. Let fruit is tender and top is brownst.rring constantly until mixture stand overnight. Heat water, ed Makes 6 servings, about 3/2

FRUIT DESSERT

pudding and pie filling 31/2 cups cut-up mixed fresh fruit, sweetened to taste, reserving 1/2 cup for garnish tablespoons orange juice boxed cocoanut cookies

1/2 cup heavy cream, whipped or 1 cup whipped topping

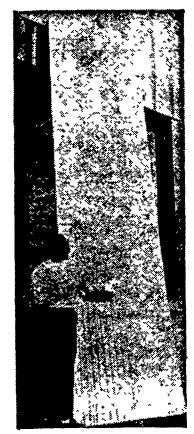
Stir water into nonfat milk The sugar may be reduced to solids Use to prepare vanilla 8 cups, if a less sweet product is pudding according to package directions; cool Combine fruit If there aren't enough water- and orange juice. Layer about a melon eaters available to pro- third of the fruit, cookies and duce enough for this recipe, the vanilla pudding; repeat twice. rind may be kept in plastic bags. Gainish top with cream, reservin the refrigerator until the 6 ed fruit and mint wafers. Refrigerate about 15 minutes before serving. Makes 8 servings. \* \* \*

#### FROSTED GRAPE GARNISH

- egg whites
- teaspoon water 1
- small bunches grapes 1½ cups granulated sugar

Slightly beat egg whites and water together until blended. Dip bunches of grapes into mixture until completely coated. Place on Mix flour, cinnamon, brown rack over area covered with wax-(Continued on Page 21)

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