



**FOR THE  
FARM  
WIFE  
AND  
FAMILY**

*Treat Yourself Cool*

Treat your family and friends to these "cool" Ice Creamwich Sundaes. High protein cereal flakes are combined with chopped walnuts and flaked coconut sweetened by brown sugar and tossed with melted margarine for the bottom and top "sandwich" layers. Half the cereal mixture is formed into the crunchy bottom crust. Vanilla ice cream is the middle layer. And a generous sprinkling of the remaining cereal mixture tops it off.

**CRISPY ICE CREAMWICH SUNDAES**

- 2 cups high protein cereal flakes
- 1/2 cup flaked coconut
- 1/2 cup coarsely chopped walnuts
- 1/4 cup brown sugar, firmly packed
- 1/4 cup regular margarine or butter, melted
- 1 quart vanilla ice cream, slightly softened

Mix together cereal, coconut, nuts and brown sugar. Add margarine and toss lightly to combine. Press half of mixture into buttered 8x8x2 inch pan, which indicates immaturity spread evenly with a layer of ice cream. Sprinkle with remaining

cereal mixture; press down lightly. Cover; freeze until firm. Cut in squares and serve topped with a favorite fruit sauce. Makes 9 servings.

Limes and pears are featured in the next summertime dessert. Limes—juicy, highly flavored—sour, used like lemons—should have a glossy green skin or rind and be heavy in proportion to their size when at their peak. Avoid limes with dull, dry skin, which is a sign of aging and loss of acid flavor. Soft spots, mold and skin punctures are also evidence of decay. Purplish or brownish irregular mottling of the outer skin surface is a condition called "scald," which its early state does not damage the flesh of the lime itself.

Lime juice, sugar and water make lime-ade. Fresh lime juice is a good salad dressing. Limes go well with fried or baked fish.

Pears—smooth, juicy and sweet—should be firm and pale yellow to rich yellow in color. Pears which are hard when you find them in the store will probably ripen if kept at room temperature. But, it is wise to select pears that have already begun to soften, in order to be reasonable sure that they will ripen satisfactorily. Avoid wilted or shiveled pears with dull appearing skin and slight weakening of the flesh near the stem, which indicates immaturity. These pears will not ripen. Pears with spots on the sides or

blossom end mean that corky tissues may be underneath.

**LIME CHEFFON DESSERT WITH PEAR GARNISH**

- 1 tablespoon gelatin
- 1/2 cup cold water
- 3 eggs, separated
- 1/2 cup sugar
- 1/2 cup unstrained lime juice
- 1/2 teaspoon grated lime rind
- 1/4 teaspoon salt

**Few drops green food coloring**  
Sprinkle gelatin in water and soak a few minutes. Beat egg yolks slightly, add half the sugar, lime juice and rind. Cook over boiling water, stirring constantly until thick. Add gelatin to hot mixture and water, stirring constantly until thick. Add gelatin to hot mixture and stir until dissolved. Add green coloring. Cool until thick but not set. Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Blend with gelatin mixture. Pour into a serving dish and chill until firm.

For beauty and flavor, garnish the top with fresh sliced pears. First dip the peeled slices in fresh lime juice and drain on a rack. Arrange the slices on top of the des-

sert just before serving. A few maraschino cherries will add more color.

Serve your family the most delightful pastry treat that's ever come out of your oven. Juicy peach halves nestle inside of tender flaky crusts floating lazily in creamy milk. A little sugar, a little spice, and are they ever nice served warm!

**PEACH DUMPLINGS**

- 1/2 cup sugar
- 1/2 cup water
- 1 1/2 cups regular all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup (1/2 stick) butter
- 1/2 - 2/3 cup milk
- 4 medium-size peaches, fresh, pared and halved
- 1/2 cup sugar
- 1 teaspoon cinnamon
- Milk or light cream

In a small saucepan combine 1/2 cup sugar and 1/2 cup water, bring to a boil. In a bowl stir together flour, baking powder and salt. Cut in butter until mixture resembles coarse meal. Gradually add milk, mixing with

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