

FOR THE
**FARM
WIFE
AND
FAMILY**

"FRUITY" DESSERTS

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Fruits combined in a compote or fruit desserts are a delight to every member of the family, whether they be young or old.

Fresh citrus fruits lend their zesty flavors to many desserts and breads. And they're low calorie, too.

Canned or frozen fruits do their bit in pies or cobblers. We invite you to try some of the fruit desserts we have for you today.

FRESH ORANGE AND APPLE WHEELS

- 2 sweet red apples, unpeeled, cored
- 1/2 cup water
- 1 tablespoon sugar
- 1 tablespoon maple syrup
- 1 teaspoon freshly grated orange peel
- 2 oranges, peeled

Cut each cored apple into four thick slices, place in large skillet. Pour over a mixture of water, sugar, maple syrup and grated peel. Cover, boil three minutes. Meanwhile, cut each orange into four thick cartwheels. Turn apples; add orange slices and baste

with liquid. Cover; boil one minute longer. Transfer to glass bowl; chill thoroughly. For each serving, arrange two orange slices and two apple slices on individual plates; spoon over a small amount of syrup. Serve very cold. Makes four servings, 90 calories each.

ORANGE AND PEAR DESSERT

- 1 fresh pear, peeled, cored, quartered
- 1/2 teaspoon freshly grated orange peel
- 1/2 cup freshly squeezed orange juice
- 1 teaspoon freshly squeezed lemon juice
- 2 medium oranges, peeled
- 1 ounce Neufchatel cheese, softened
- 1 1/2 teaspoons sugar
- Dash of cinnamon
- 1 drop green food coloring, optional

Cut peeled pear quarters into halves, place in small saucepan with orange peel and juice and lemon juice. Quickly bring to a boil, briskly simmer, uncovered for two minutes. Baste frequently while pears are cooking. Remove pear slices from liquid, chill thoroughly. Slice peeled

oranges into six cartwheels each; chill. Meanwhile, combine softened Neufchatel cheese with remaining ingredients. For each serving, arrange two pear slices and three orange cartwheels on individual plates. Top pears with 1 1/2 teaspoons cheese mixture; serve very cold. Makes four servings, 90 calories each.

TAFFY PEACH MERINGUES

- 1 can (29 ounces) peach halves, drained
- 1/2 cup molasses
- 2 teaspoons grated lemon rind
- 2 egg whites
- 1/4 cup sugar
- 1/2 cup heavy cream

Put drained peach halves in shallow baking pan. Drizzle with molasses and sprinkle with lemon rind. Bake in 450 degree oven 10 minutes. Beat egg whites until stiff, but not dry. Gradually add sugar and beat until very stiff. Pour cream around peaches. Pile meringue on top of each peach half. Return to oven five minutes, or until meringue is lightly browned. Serve peaches with pan sauce. Seven or eight servings.

CANDIED BANANAS

- 6 green-tipped bananas
- 1/4 cup melted butter or margarine
- 1/2 cup molasses
- 1/4 teaspoon salt
- 2 teaspoons grated lemon rind
- 1/4 cup lemon juice
- 1/2 teaspoon cinnamon
- 1/2 cup flaked coconut

Peel bananas and cut in half lengthwise. Place in shallow baking dish. Combine butter, molasses, salt, lemon rind and juice, and cinnamon. Pour over bananas, and sprinkle with coconut. Bake in 375 degree oven 15 minutes, basting occasionally. Six servings.

For skillet cooking: Cook bananas in molasses mixture basting occasionally over low heat for 5 minutes.

PLUM KUCHEN

- 1/2 cup (1 stick) butter
- 1 cup sugar

- 1 1/4 cups sifted regular all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon baking powder
- 1 can (1 pound, 14 ounces) purple plums, drained and pitted
- 1 cup dairy sour cream
- 1 egg, well beaten

In a mixing bowl cream butter; gradually add sugar, beating until light and fluffy. Sift together flour, salt, cinnamon and baking powder; gradually add to creamed mixture. (Mixture will be crumbly.) Set aside one-third cup. Press remainder to cover bottom and extend one-inch up sides of square eight-inch baking pan. Arrange plums in shell. Sprinkle with one third butter-flour mixture. (Stopping point for freezing. Place in oven directly from freezer.) Bake in a preheated 400 degree oven 15 minutes. Meanwhile, in a chilled bowl with chilled beaters whip sour cream until doubled in volume (about five minutes with electric mixer at highest speed.) Fold in egg pour over plums. Bake 30 additional minutes. Serve warm. Makes nine servings.

RAISIN SPICE APPLE CRISP

- Base:
- 2 medium-sized apples
 - 2 tablespoons firmly packed brown sugar
 - 1 teaspoon lemon juice

- Topping:
- 1 package instant oatmeal with raisins and spice, uncooked
 - 1 tablespoon all-purpose flour
 - 1 tablespoon butter or margarine melted

For base, peel and slice apples, divide evenly between two individual 12-ounce baking dishes. Add

one tablespoon brown sugar and one-half teaspoon lemon juice to each; toss lightly.

For topping, combine oatmeal and flour. Stir in butter until mixture resembles coarse crumbs. Sprinkle mixture evenly over each apple base. Bake in preheated moderate oven (375 degrees) about 25 minutes or until apples are tender. Serve warm with cream. Two servings.

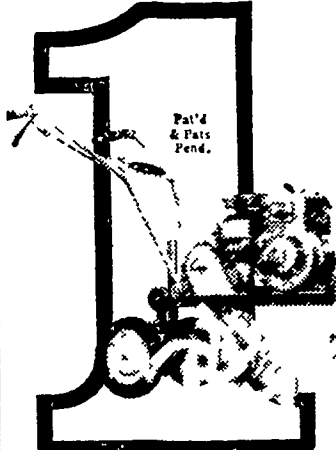
TANGERINE FRUIT CUP

- 4 to p large tangerines, peeled, separated into segments, seeded (2 cups)
- 1 grapefruit, peeled, sectioned, seeded
- 1 can (8 3/4 ounces) pineapple tidbits, drained
- 1 cup berries, fresh, frozen or canned, drained
- 1/2 cup maple syrup
- 1/2 cup freshly squeezed tangerine juice
- 1 banana, sliced

Combine tangerines, grapefruit, pineapple and berries; blend together maple syrup and tangerine juice and pour over fruit. Refrigerate for several hours or overnight. Just before serving, add sliced banana. Makes six servings.

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