

**For The Farm Wife**  
(Continued from Page 22)

- meat or canned luncheon meat
- 1 stalk celery
- Salt and pepper to taste
- Sugar to taste
- Salad dressing

Tear lettuce into bite-size pieces. Put into large bowl Peel and section grapefruit and orange. Add grapefruit sections, orange sections and meat to lettuce. Cut up celery and add to salad. Add salt, pepper and sugar, to taste. Mix in your favorite salad dressing. Makes six servings.

**FRUIT-CHEESE SALAD** Use one cup cut-up cheese in place of meat.

**ORANGE SALAD MEDITERRANEAN**

- 3 large oranges, peeled, sliced into cartwheels
- 1/2 cup pitted ripe olives

- 1 onion, peeled and thinly sliced
- 1/2 pound pitted dates, cut in half lengthwise (1/4 cup)
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 teaspoon coriander

**Salad greens**

Place oranges, olives, onion slices and dates in bowl. Marinate in a mixture of remaining ingredients except greens in refrigerator for one to two hours. Serve thoroughly chilled on crisp salad greens. Makes six servings.

**BEST EVER ORANGE SALAD**

- 1 package (3 ounces) orange flavored gelatin
- 1/2 envelope unflavored gelatine (1 1/4 teaspoons)
- 1 cup boiling water
- 1 cup plus 2 tablespoons cold water

- 1 teaspoon grated orange peel
- 1/4 cup orange juice
- 1 tablespoon lemon juice
- 1 tablespoon dairy sour cream
- 1 tablespoon chopped walnuts
- 1 medium orange, peeled, cut into small bite-size pieces, drained

Combine orange gelatin and unflavored gelatin, thoroughly dissolve in boiling water. Add cold water, grated peel, orange and lemon juice. Chill 3/4 cup of mixture until thick and syrupy, whip in sour cream until blended, then stir in nuts. Divide into six individual molds or custard cups, using about two tablespoons for each. Chill until partially set. Meanwhile, chill remaining gelatin until very thick, fold in drained orange pieces. Spoon over partially set layer, using about 1/2 cup for each mold. Chill until firmly set, then unmold and serve with cream layer on top. Recipe may easily be doubled.

**CUCUMBER CREAM SALAD**

- 1 package (3 ounce) lime or lemon-lime gelatin
- 1 teaspoon salt
- 1 cup boiling water
- 2 tablespoons vinegar
- 1 teaspoon grated onion
- Dash of pepper
- 1 cup sour cream
- 1/2 cup mayonnaise
- 2 cups drained minced cucumbers

Dissolve gelatin and salt in boiling water. Add vinegar, onion, and pepper. Chill until very thick. Blend in sour cream and mayonnaise. Then fold in cucumbers. Spoon into individual molds. Chill until firm. Unmold on salad greens. Makes about eight individual salads.

**Ladies, Have You Heard? . . .**

By Doris Thomas, Extension Home Economist



**Shop Selectively**

Try to shop only in stores with well-kept storage and display cases.

Don't buy torn or damaged packages or dented cans.

Buy frozen items only if they are kept hard-frozen in the store.

Select meat and poultry, as well as other frozen foods, just before leaving the store and have the clerk package them together. Get them home and refrigerated quickly.

If you have other errands, shop for groceries last — don't leave meat and poultry sitting in a warm car.

**What Is Sugar Made Of**

Brown sugar is as highly refined as white sugar and is refined exactly the same way, but refining is done at a lower temperature. This produces a sugar of minute crystals mixed with natural refiner's syrup.

As a result, the actual granulated sugar content of brown sugars is less, but they taste sweeter on the tongue because of the syrup present.

smoother icing than would be possible with powdered sugar that didn't contain starch. The label states the presence of starch.

**Worth Knowing**

The difference between light and dark brown sugar is in the amount of refiner's syrup present in proportion to the granulated sugar. The darker the brown, the more syrup, the richer the flavor.

Remove mud from leather shoes by first allowing it to dry, then rub vigorously with a dry cloth.

Confectioner's powdered sugars contain three per cent starch to keep the sugar from caking and also makes it work up into a

Don't try to achieve a smaller Windsor knot on one of today's wide ties by tightening the knot. This will cleave the tie. Tie a four-in-hand or a half-Windsor instead.

Men who have trouble tying a (Continued on Page 26)



THOMAS

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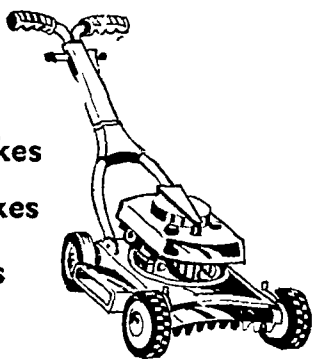
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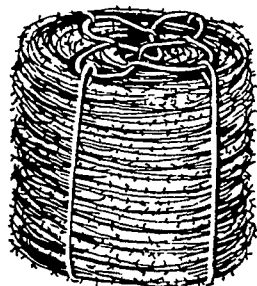
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