

## FOR THE FARM WIFE AND FAMILY

By Mrs. Richard C. Spence

Fresh fruits just naturally lend themselves to good nutritious summer eating.

For one thing nothing can beat their cooling effect when served well chilled.

They are also a great help in the calorie budget. Many different flavor effects can be had by combining various fruits with a dressing made especially for fruits or by using them in fruit flavored gelatins. A bowl piled high with fresh fruits, and topped with a dip of sherbet - what could be prettier or more refreshing. You don't really need a cookbook to help with fruit recipes. Make your own by using what you have on hand in your own imaginative way.

Here are some recipes to get you started.

### LEMON PEACH DESSERT

- 1/2 cup packaged corn flake crumbs
- 2 tablespoons sugar
- 3 tablespoons regular margarine or butter, softened
- 1 (3-ounce) package lemon flavored gelatin
- 1 cup boiling water
- 1 1/3 cups (15-ounce can) sweetened condensed milk
- 1/3 cup lemon juice
- 1 cup fresh peach slices (well-drained canned peach slices may be substituted for fresh)

Combine corn flake crumbs, sugar and margarine, mix well. Press evenly and firmly in bottom of one quart ice cube tray to form crust, chill.

Dissolve gelatin in boiling water, cool slightly. In large mixer bowl, combine sweetened condensed milk and lemon juice. Add gelatin, beat on high speed for 3 minutes or until mixture is smooth and foamy. The mixture will be thin. Fold in sliced peaches.

Pour mixture over corn flake crumbs crust. Chill until firm. Garnish with additional peach slices. Makes 6 to 9 servings.

### MALLOW CRUNCH TARTS

- 2 tablespoons margarine or butter
- 20 regular marshmallows or 2 cups miniature marshmallows
- 1/4 teaspoon vanilla flavoring
- 2 1/2 cups oven-toasted rice cereal
- 1 cup whipping cream
- 2 tablespoons sugar
- 1 (10-ounce) package frozen or fresh raspberries, well drained

Melt margarine in 2-quart saucepan. Add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and mixture is syrupy. Remove from heat. Stir in vanilla and cereal, mixing until well coated. Portion mixture into 8 parts and drop into buttered 6 ounce custard cups or 3 x 1 1/2 inch muffin pan cups. With buttered spatula form into shells. Let stand until firm. Remove from cups. Whip cream and sugar until soft peaks form. Fold in fruit. Fill tart shell's garnish with additional fruit.

NOTE: Best results are obtained when using fresh marshmallows.

### RAINBOW JEWEL SUPREME

- 1 (3 ounce) package raspberry flavored gelatin
- Boiling water
- 1/4 cup carbonated beverage such as 7 up or ginger ale
- 2 cups mixed summer fruits, cut in small pieces
- 2 (3-ounce) packages lemon flavored gelatin
- 1 1/4 cups cold water
- 1/2 cup heavy cream, softly whipped
- 4 vanilla wafers, finely rolled

Dissolve raspberry gelatin in 1 1/2 cups boiling water. Add 1/4 cup carbonated beverage. Chill until very thick. Quickly fold in fruit and pour into an ice cube tray. Chill overnight. Dissolve lemon flavored gelatin in 2 cups boiling water, add 1 1/4 cups cold water and 1/2 cup car-

bonated beverage. Chill until mixture thickens slightly, stirring occasionally. Meanwhile, unmold raspberry gelatin onto a wet cookie sheet. Using a sharp knife, cut into approximately 33 (1 inch) cubes. Pour 1 cup lemon gelatin into a 1 1/2 quart glass mold or bowl (if metal mold is used, a small amount of gelatin will be left over). Gently arrange half of cubes in casual design, add sufficient lemon gelatin to secure cubes, chill until set. Then pour in half of remaining lemon gelatin. Chill until set. Repeat layers of cubes and lemon gelatin. Chill 5 to 6 hours. Spread cream over top, sprinkle with cookie crumbs. Makes about 8 servings.

### TUTTI-FRUTTI SURPRISE

- 1/2 cup corn flake crumbs
- 2 tablespoons sugar
- 3 tablespoons margarine or butter, softened
- 1 (8-ounce) package cream cheese, softened
- 1 1/3 cups (15 ounce can) sweetened condensed milk
- 1/3 cup lemon juice
- 1 teaspoon vanilla flavoring
- 1 cup fresh bananas, diced
- 1/3 cup maraschino cherries, chopped

Combine corn flake crumbs, sugar and margarine mix well. Press evenly and firmly in bottom of 1 quart ice cube tray to form crust. Chill. Beat cream cheese until fluffy, gradually add sweetened condensed milk, stir to combine. Stir in lemon juice and vanilla. Add bananas and maraschino cherries, folding lightly into mixture. Spread evenly over chilled crumbs crust. Refrigerate at least 3 hours (do not freeze). Cut into bars or pre-shaped wedges to serve. Garnish with banana slices and maraschino cherries. 6 to 8 servings.

### GRAPEFRUIT SOUR CREAM MOLD

- 1 package (3 ounces) lime or lemon-lime flavored gelatin
- 1/2 cup boiling water
- 1/2 cup freshly squeezed grapefruit juice
- 1 cup dairy sour cream
- 3 medium to large grapefruit, peeled, sectioned
- 1/2 cup chopped celery

- 1 cup coarsely chopped nuts
- 1 cup seeded grapes, cut in halves

### Salad greens

Thoroughly dissolve gelatin in boiling water. Blend in grapefruit juice then sour cream, stirring until smooth. Chill until mixture mounds slightly when dropped from a spoon. Reserve 6 to 7 whole grapefruit sections for garnish. Cut remaining sections into bite-size pieces, drain well. Fold drained grapefruit pieces, celery, nuts and grapes into chilled gelatin mixture. Pour into a 1 quart mold, chill until firm. Unmold on bed of salad greens, garnish with reserved grapefruit sections and additional whole grapes. if desired. Makes 6 servings.

### FRESH GRAPEFRUIT BERRY FROTH

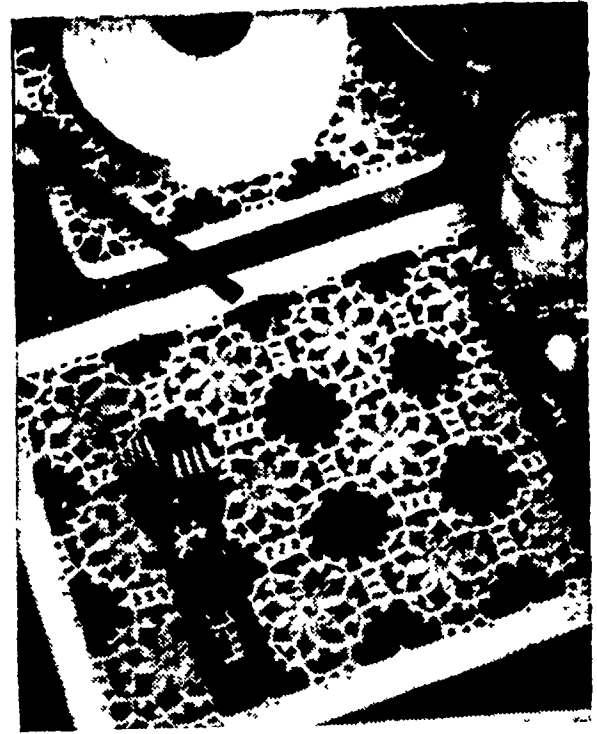
- 1/2 cup freshly squeezed grapefruit juice

- 1 package (10 ounce) frozen strawberries or raspberries, thawed
- 1 pint softened vanilla ice cream
- 1 bottle (12 ounce) lemon-lime carbonated beverage, chilled

Combine grapefruit juice and strawberries in electric blender. Add ice cream in 3 separate additions, blending after each addition until smooth. Gently stir in lemon-lime carbonated beverage. Serve immediately in well-chilled glasses. Makes about 1 1/4 quarts.

### FRESH PEAR TREE

Core pears from the bottom and slice crosswise into 4 pieces. Color cream cheese with cranberry juice, adding finely chopped nuts and candied fruit as desired. Spread mixture between slices and reassemble pears on greens. Garnish with cranberry sauce.



The table is flowering. This place mat and hot plate mat have taken their cue from nature. Bright buttercups and clusters of green leaves are scattered through a fine network of lace. You can make this lovely garden of mats grow with a crochet hook and cotton yarn. The larger is 11 1/2" x 17 1/4"; the smaller, 6 1/4" x 9 3/8". Free instructions are available by sending a self-addressed, stamped envelope to this newspaper along with your request for Leaflet A-364.

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