

FOR THE FARM WIFE AND FAMILY

By Mrs. Richard C. Spence

If you're worrying about that bulge around the waistline that seemed to appear after the holidays and doesn't want to disappear, try winter fruits. They add low-calorie, vitamin-rich zest to winter meals and snacks.

Fruits are always delicious eaten as-is, but don't stop there. You can serve them as an imaginative part of a meal, too.

Salads and fruits are nearly synonymous in the winter. Toss chunks of oranges or tangerines with bowlfuls of crisp salad greens; add grapefruit if you like. Allow about one cup of prepared fruit to each quart of greens. Serve with French dressing or your favorite sweet dressing.

For a quick low-calorie luncheon salad, team citrus with cottage cheese. Serve with French dressing made with lemon juice instead of the usual vinegar.

Oranges, bananas and apple slices on shredded salad greens are another tempting salad. Or, add avocado slices to the combination.

For a sumptuous salad, fold canned or fresh grapefruit sections, diced celery and finely shredded carrots into slightly thickened orange-flavored gelatin. Serve on salad greens, topped with sour cream or mayonnaise for the non-dieters in the family.

Here's a novel salad idea: combine grapefruit segments and fresh shredded spinach with a celery-seed French dressing.

A citrus glaze goes beautifully with ham or roast pork. Serve baked or broiled winter pears with ham or pork. For an attractive garnish, fill the centers with mint jelly or cranberry sauce.

A fresh fruit cup can get any winter meal off to a tangy start. Grapefruit sections, orange or tangerine segments and cubed pineapple (fresh or canned) are a favorite combination. Add moist coconut flakes and a dollop of whipped cream or sour cream for an attractive dessert. For fewer calories, use whipped dry milk or a non-dairy whipped topping.

For another colorful fruit compote, combine fresh diced winter pears with fresh grapes, sliced bananas and citrus segments. Add frozen melon balls for a touch of summer color and flavor. The citrus juice will accent the flavor of the pears and bananas and keep them from darkening.

Try stewing fresh pears in cranberry, orange or pineapple juice for a low-calorie dessert. Choose slightly underripe pears. You can serve the stewed pears with a small scoop of sherbet, ice cream or dollop of sour cream — if you're not dieting.

No need to wait till spring for shortcake. Simply fold juicy, cut-up orange or tangerine segments into whipped cream and serve between and over biscuit halves for a luscious midwinter dessert. If you're weight watching, try whipping dry milk mixed with water according to the recipe on the package.

When you're selecting grapefruit, look for firm, well-shaped

fruits that are heavy for their size. Thin-skinned fruits have more juice than the coarse-skinned ones. If a grapefruit is pointed at the stem end, it's likely to be thick-skinned. Rough ridged or wrinkled skin also indicates thick skin, pulpiness and lack of juice.

Grapefruit often has skin defects, scale, scars, thorn scratches or discolorations. These usually don't affect the eating quality.

When you're buying oranges, select firm, heavy fruits with fresh, bright-looking skin that is reasonably smooth. A greenish cast or green spots do not indicate an immature orange. Fully matured oranges will often turn greenish late in the season. Often Florida and Texas oranges will have a tan, brown or blackish mottling or speckling over the skin. This russetting has no effect on quality and often occurs on thin-skinned oranges with superior eating quality.

Anjou, Bosc, Winter Nellis and Comice are winter pears usually available until May. Look for firm pears. Anjou and Comice should be light to yellowish green; Winter Nellis will be medium to light green. Bosc pears are often brownish yellow, a characteristic of this variety.

Avoid wilted or shriveled pears with dull-appearing skin. A slight weakening of the flesh near the stem indicates immaturity, these will not ripen. Spots on the side or blossom end mean that corky tissue may be underneath.

GRAPEFRUIT A LA MODE

2 grapefruit

- 1 orange, peeled, cut into bite-size pieces
 - ¼ cup maraschino cherry halves OR diced dates
 - 2 tablespoons maple syrup OR honey
 - 1 pint sherbet, (lime, orange or lemon)
- Cut each grapefruit in half. Cut around each section, remove grapefruit segments and reserve. Remove white membrane, leaving shells intact. Toss grapefruit segments with orange pieces and cherries. Fill grapefruit shells with fruit and drizzle with syrup or honey. Chill thoroughly. Top each with a generous scoop of sherbet. 4 servings.

CRISP 'N CLEAR ORANGE SALAD

- 1 head lettuce, chilled
 - 2 to 3 oranges, peeled
 - 1 red onion, thinly sliced
 - ½ cup bottled Italian dressing
 - 2 to 3 tablespoons lemon juice
 - 1 cucumber, peeled and sliced
 - ½ cup snipped parsley
- Teal lettuce into bite-size pieces in large salad bowl. Slice oranges into cartwheels, cut each in half. Separate onion slices into rings. Mix Italian dressing with lemon juice. Combine oranges, onion rings, cucumber and parsley with lettuce. Pour dressing over salad and toss lightly. Serve at once. 6 servings.

OVERNIGHT DESSERT SALAD

- 10 orange shells
 - 2 eggs, slightly beaten
 - 2 tablespoons sugar
 - 3 tablespoons lemon juice
 - 1 tablespoon butter or margarine
 - 1 can (8½ ounces) crushed pineapple, drained
 - 1 envelope whipped dessert topping OR 1 cup heavy cream
 - ½ cup dairy sour cream
 - 1 cup miniature marshmallows
 - 2 cups bite-size orange pieces, well drained
 - 1 cup sliced fresh strawberries
 - 1 large banana, sliced (1 cup)
- To make orange shells, cut blossom end from fruit about ¼ to ½ distance from the top. Cut out juicy meat to combine with the other fruits. Refrigerate orange shells. Thoroughly combine beaten eggs, sugar and lemon juice in top of double

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Pick a bouquet of attractive posies, add a scroll design and use simple chain and seed stitches to embroider them on this waist-length, knitted vest. Vying for first place with the new layered looks of this season, this U-neckline vest is a sure winner. Using two colors of "Red Heart" Knitting Worsted, work vest in the slip stitch method of knitting. In misses' sizes 10-16. Free instructions are available by sending a self-addressed, stamped envelope to this newspaper along with your request for leaflet PK 5163.

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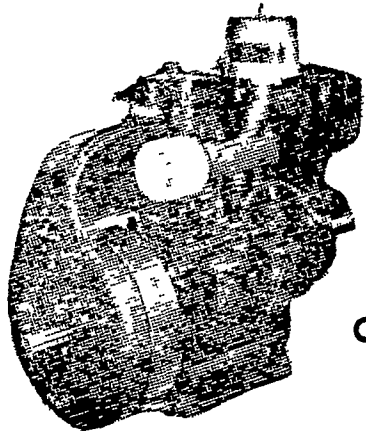
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