



Peach Crunch Custard is a dessert as nutritious as it is delicious. A golden custard of protein-rich eggs and milk turns a simple fruit dish into something really special.

YES, DESSERTS CAN BE BOTH DELICIOUS AND NUTRITIOUS!

Take a good, long look at your family's eating habits. With today's renewed emphasis on nutrition, many homemakers are discovering that some changes are needed in their menu planning. In addition to the complete meals, be sure to evaluate the snacks and desserts your family consumes, too. Although these items are supplements to the main dish, they should also contribute nutrients to the diet—not just "empty" calories. One tasty but nutritious dessert suggestion is Peach Crunch Custard.

This well-rounded dessert is composed of foods from each of the Basic Four Food Groups. Topping a coconut crunch crust from the Bread and Cereal Group are con-

venient canned peaches from the Fruit and Vegetable Group. Protein-rich eggs and milk from the Meat and Milk groups form a delicious custard over all.

Colorful Peach Crunch Custard is easy to prepare, too. The eggs and milk are beaten just until blended and poured over layers of peaches, coconut and crust. As a thickening agent the eggs and milk need only the heat of the oven to change them into a golden custard.

Custards are a great dessert idea anytime. Serve baked custards, flavored as you desire, in individual serving cups or in one "company" casserole. Increase the nutrients of a dessert of pound or sponge cake by topping cake cubes with a stirred custard sauce. Baked or stirred, cus-

tards can be prepared ahead of time and refrigerated until serving.

You couldn't ask for more in a dessert. Baked, as in Peach Crunch Custard, or stirred, custards are an ideal way to help insure that your family receives necessary nutrients throughout the day.

Peach Crunch Custard
 3/4 cup all-purpose flour

- 1/2 teaspoon salt
- 1/4 cup sugar
- 1/4 cup butter
- 1 can (3 1/2 oz.) flaked coconut (about 1 1/4 cups)
- 1 can (1 lb. 13 oz.) sliced peaches, drained
- 1 tablespoon sugar
- 1 teaspoon pumpkin pie spice
- 5 eggs, slightly beaten
- 2 1/2 cups milk, scalded

Combine flour, salt and 1/4 cup sugar. Cut in butter until mixture resembles coarse crumbs. Press flour mixture onto bottom of 9-inch square baking pan. Bake in preheated 400° F. oven 15 minutes or until golden brown. Reduce heat to 375° F. Sprinkle base with coconut; arrange peach slices in pan. Combine remaining sugar with pumpkin pie spice; sprinkle over peaches. Combine eggs with milk, beat just until blended. Pour over peaches. Bake in 375° F. oven 35-40 minutes or until knife inserted halfway between center and edge comes out clean. Serve warm. Makes 9 servings.

from the EGG KITCHEN
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Used To Be

The tourist stopped and asked how far to the city. The farmer replied: "Used to be 'bout 25 miles but the way things is goin' in this country it might be closer to 50 miles by now."



Quiche Americain takes the mystique out of gourmet cooking. Actually an egg custard pie, a quiche, is nutritious, inexpensive and unexpectedly easy to prepare.

A QUICHE IS A QUICHE IS AN EGG PIE!

Don't let a fancy name fool you! Though it wears a regal title and has an equally impressive appearance, a quiche is as simple as a pie—an egg custard pie. You needn't be a French gourmet to prepare this Quiche Americain.

Turkey Americanizes this adaptation of a classic French dish. With its egg base, Quiche Americain is rich in protein as well as heritage. (The protein in eggs is of such high quality it is used as the standard of comparison for other protein foods.) The eggs stretch just a little left-over turkey (or chicken, if you prefer) into a second-day feast. You'll be hard-pressed to find a tastier, more nutritious way to dress up leftovers.

It's easy to work this culinary magic. Simply mix the eggs with half and half, the turkey and seasonings and pour them into a pie shell sprinkled with shredded cheese. That's all there is to it! In 30 minutes your oven will transform this simple mixture into a delicious turkey custard—smooth and light with a golden brown, puffy top. Your family or guests will be so impressed you'll find it hard to admit the quiche was so easy to prepare.

Even on a budget, you can treat your family to a special supper or serve guests a just-right company dinner with Quiche Americain.

Pound for pound eggs provide some of the least expensive protein available. At 80¢ a dozen Large eggs are only 53¢ a pound!

So go gourmet the easy way—make custard pie.

Quick-to-fix Quiche Americain is sure to rate compliments and be easy on you and your budget.

Quiche Americain

- 9" unbaked pie shell, at room temperature
- 1 cup (4 oz.) shredded Swiss cheese
- 6 eggs
- 1 1/2 cups half and half or light cream
- 1 teaspoon salt
- 1/4 teaspoon poultry seasoning
- 1/2 cup finely chopped cooked turkey or chicken

Sprinkle pie shell with cheese. Beat together eggs, half and half, salt and poultry seasoning until combined. Stir in turkey. Pour over cheese. Bake in preheated 375° F oven 30-35 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving. Makes 6 servings.

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4-H Steer Show Slated

The Southeast District 4-H Steer Show and Sale will be held Dec. 9 and 10 at Lancaster Stock Yards, it was announced recently at a meeting of the show management committee.

This year's show and sale will include a new addition as Montgomery County 4-H'ers will join those from Lancaster, Dauphin and Chester Counties.

Between 100 and 110 steers, including about 75 from Lancaster County, will compete for trophies and the honor of grand champion on Dec. 10 at 9 a.m. The steers will be sold at the stockyards at 1 p.m.

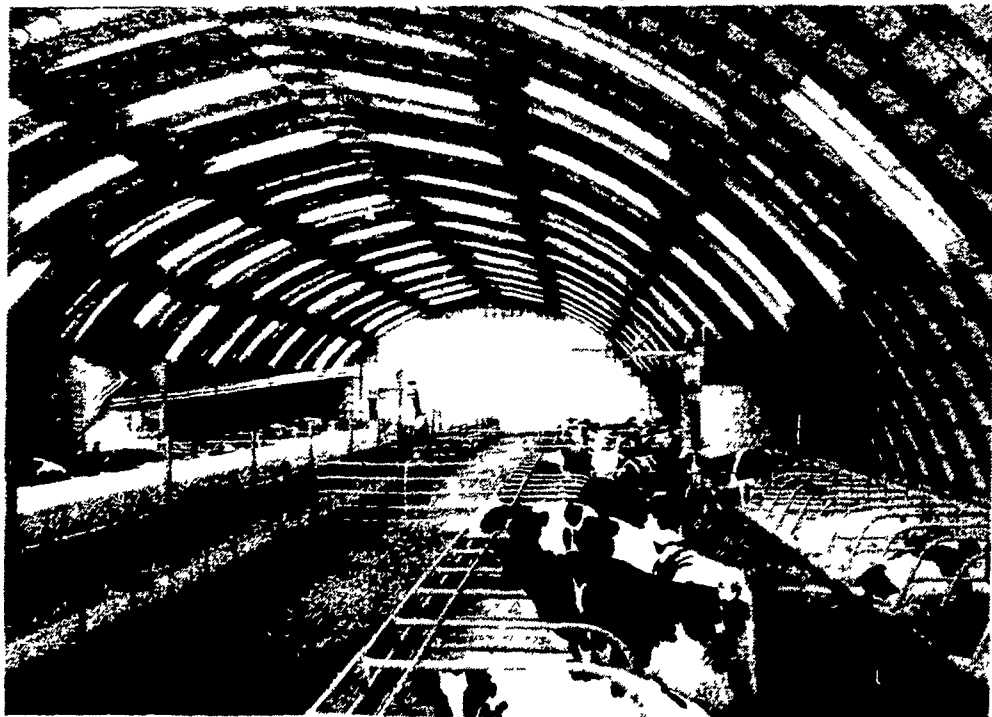
All these 4-H'ers are hopeful that last year's record price of \$3.16, paid by Frank Fillippo, will be shattered. Last year, 10-year-old Rachel Holloway, West Chester, brought home a check for \$3,286.40 for her grand champion black Angus.

On Dec. 9, the Lancaster County 4-H Roundup will be held at which time 36 steers will be selected to represent the county at the Pennsylvania Farm Show in January. Those steers will be withdrawn from the district show the following day.

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