

Home on the Range

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DUMP CAKE DESSERT

1 can cherry pie filling
16 ounce can of crushed pineapple
1 package yellow or white cake mix
1 cup (2 sticks) margarine or butter
nuts or coconut, if desired

Mix the pie filling and pineapple in a 9 by 13 inch cake pan. Sprinkle cake mix over the fruit and drizzle the melted margarine over it. Nuts or coconut make a crunchy topping. Bake at 350 Degrees F. for 40 to 50 minutes. Top with whipped cream or ice cream.

FROZEN CHERRY SALAD

4 ounce package of whipped cream cheese, softened
4½ ounces of whipped cream topping, thawed
21 ounce can cherry pie filling
2 11 ounce can mandarin oranges, drained

Stir together cream cheese and whipped cream topping. Gradually add pie filling. Set aside two or three orange sections for a garnish, fold the remaining oranges into the cherry mixture. Pour into a 9 by 5 by 3 inch loaf pan, lined with waxed paper. Let stand. Ten minutes before serving, unmold. Serves eight to ten.

SURPRISE DESSERT

1 stack crushed graham crackers
¼ cup granulated sugar
¼ cup butter
walnuts and pecans
2 envelopes whipped cream topping
8 ounces cream cheese
1 can sweet condensed milk
No. 2 can cherry pie filling

Mix the graham crackers, granulated sugar and butter together until well mixed, and press into a 15 by 11 by 2 inch pan. Press walnuts and pecans into the crumbs also. Bake at 350 Degrees F. for 15 minutes until golden. Allow shell to cool. Prepare the two envelopes of whipped cream topping, according to envelope directions and set aside. Cream the cream cheese, and sweet condensed milk until smooth. Fold in the prepared whipped topping to the the cheese-milk mixture. Add the cherry pie filling and spread this mixture over the crust. Refrigerate for several hours in a covered pan. Cut into fudge size pieces when served. This recipe gets better as it stays in the refrigerator.

Mrs. Marian R. Mosemann
Lancaster, Pa.

Standards set for frozen TV dinners

UNIVERSITY PARK - Food shoppers reaching for one of the hundreds of choices of "heat-and-serve dinners" from their frozen food case no longer have to wonder if their supper will be nutritionally good.

The Food and Drug Administration has set nutritional guidelines for these products. Any frozen items labeled "dinners" must have at least three components, including a significant source of animal protein; potatoes, rice or other cereal and a vegetable other than potatoes, say Extension specialists at The Pennsylvania State University.

These three items may be supplemented by other foods, but the main components must supply at least 16 grams of protein and specified amounts of eight other nutrients.

Guidelines don't apply to frozen items which are not labeled "dinners," such as fish and chips, pot pies and other entrees. The clue to the amount of ingredients in these products is found on the label. The list of ingredients on the package gives all ingredients in descending order of their predominance by weight. A pot pie that lists beef first and potatoes second has more beef than potatoes and on down the ingredient list.

A photo is another clue to the package content. The words "serving suggestion" on the label indicate that the photo includes some foods which are not in the package.

The percentage of fish in some breaded shrimp, shrimp sticks, scallops, fish sticks and portions has also been established under federal regulations. For


other fishery products, as well as cheese dishes, pizzas and the countless other frozen food offerings, the proportion of ingredients varies from brand to brand and from product to product. To compare costs of frozen

food main dishes, dinners and snack items, look at the competitor's similar frozen products. Prices do vary. Whether quality differences compensate for price difference is a matter of individual judgment.

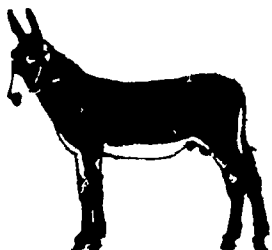
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