

Custards and puddings

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CHOCOLATE VANILLA PUDDING

3 cups milk
1 cup sugar
3 eggs, separated
2½ tablespoons cornstarch
¼ teaspoon salt
1 tablespoon butter
1 teaspoon vanilla

Scald 2½ cups milk in top of double boiler. Combine sugar, salt and cornstarch. Add remaining milk to make a smooth paste. Add some of hot milk to paste and mix well. Then add paste to hot milk and cook until thickened, stirring constantly. Beat egg yolks and add some of the hot pudding. Then add egg yolks to mixture and cook for 2 minutes. Remove from heat and add butter and vanilla.

Chill thoroughly and top with the following meringue. Beat egg whites until stiff. Add 5 tablespoons sugar and 1 ounce of melted unsweetened chocolate. Continue to beat until meringue has a sheen. Spread on pudding.

Esther Hoover
Ephrata

APRICOT CUSTARD

4 eggs
½ cup sugar
½ teaspoon salt
¼ teaspoon allspice
2¼ cups milk
Apricot halves

Combine ingredients, except apricots, in blender. Pour into quart casserole. Place in pan of hot water. Bake in slow oven - 325°F. - for about 1 hour or until knife inserted in center comes out clean. Cool, garnish top with apricot halves.

Marlene E. Bomgardner
Annville

PINK BAVARIAN CREAM

1 10-ounce package frozen, sliced strawberries, thawed
1 cup boiling water
1 3-ounce package strawberry-flavored gelatin
1 cup chilled whipping cream

Drain strawberries, reserving syrup. Pour boiling water over gelatin, stirring until gelatin is dissolved. Add enough cold water to reserved syrup to measure 1 cup; stir into dissolved gelatin. Chill until almost set.

In chilled bowl, beat cream until stiff. Beat gelatin until foamy. Fold gelatin and strawberries into whipped cream. Pour into 1-quart mold. Chill until firm. If you wish, garnish with additional whipped cream and strawberries. Serves 6.

NEVER FAIL CARMEL PUDDING

1½ cups brown sugar
¾ cup water
4 tablespoons butter
½ teaspoon salt
½ teaspoon soda
6 cups milk
3 eggs, beaten
¾ cup flour
1 tablespoon vanilla

Combine first 4 ingredients and boil for 2 minutes. Add soda, bring to boil, mix together the rest of ingredients and add to first mixture. Cook until thick. Simple and good! You can cut sugar down to 1 cup and is still good but not as sweet.

Mrs. David Martin
New Holland

CHEESE-FRUIT PUDDING DESSERT

2 cups milk
1 8-ounce package cream cheese
1 package instant vanilla pudding
1½ cups drained fruit cocktail
1 cup miniature marshmallows

Gradually add ½ cup milk to soften cream cheese, mixing until well-blended. Add instant pudding mix, then add the remaining milk. Beat slowly for one minute. Stir in the drained fruit and marshmallows. Decorate with coconut and maraschino cherries. Chopped nuts may be added to the pudding mixture, if desired.

Rosene F. Martin
Myerstown

PUMPKIN PUDDING

8 cups pumpkin, cooked and mashed
2 cups sugar
8 tablespoons flour
2 eggs, beaten
1½ teaspoons cinnamon
1 teaspoon nutmeg
1 cup cracker crumbs
5½ cups milk

Beat eggs, add sugar and flour and stir until smooth. Add spices, pumpkin, cracker crumbs. Then add milk mixing everything together well. Pour into Pyrex baking dishes and place in a 350°F. oven. Bake until nicely browned on top.

Mrs. Daniel Weaver
Boiling Springs

FLUFFY TAPIOCA

3 egg whites
6 tablespoons sugar
3 egg yolks
6 cups milk
6 tablespoons sugar
9 tablespoons tapioca
½ teaspoon salt
1½ teaspoon vanilla

Beat egg white until foamy, and add 6 tablespoons sugar. Beat until

it stands in soft peaks. Mix egg yolks, milk, 6 tablespoons sugar, tapicoca, and salt in a saucepan, cook over medium heat until mixture comes to a full boil. Remove from heat, blend with egg white, and add vanilla.

Rebecca Stoltzfus
Honey Brook

BAKED RICE PUDDING

½ cup uncooked regular rice
1 cup water
½ cup sugar
1 tablespoon cornstarch
Dash salt
2 eggs, separated
2½ cups milk
1 tablespoon lemon juice
½ cup raisins
¼ cup sugar

In medium saucepan, stir together rice and water. Heat to boiling, stirring once or twice. Reduce heat; cover and simmer 15

minutes without removing cover or stirring. All water should be absorbed.

Heat oven to 350°F. In mixing bowl, mix ½ cup sugar, the cornstarch and salt. Beat egg yolks slightly. Add yolks and milk to sugar mixture; beat with rotary beater. Stir in cooked rice, lemon juice and raisins.

Pour into ungreased 1½-quart casserole. Place in pan of very hot water (1-inch deep). Bake about 1½ hours, stirring occasionally, or until pudding is creamy and most of liquid is absorbed. Remove casserole from oven, but not from pan of hot water.

Increase oven temperature to 400°F. Beat egg whites until foamy. Beat in ¼ cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Drop by spoonfuls onto pudding. Bake 8 to 10 minutes or until meringue is golden brown. Serve warm.

Parents can help make kid's summer more comfortable

Media — Summer heat places additional stress on parents and child care providers. What are some practical things you can do for children to help them stay happy and healthy at this time of the year? Maryetta Dorricott, Delaware County Extension home economist with the Penn State University, says children's summer comfort can be somewhat assured if you provide additional baths, light nourishing food, careful exposure to full sunlight and sufficient rest. On particularly hot days it is useful to bathe an infant or young child twice a day, usually before a nap or in preparation for the night's sleep.

Preschoolers want to be outside most of their waking hours. They must be protected from over-exposure to the hot sun as well as from over-exertion. During the

hottest part of the day, usually from 10 a.m. to 2 p.m., it is wise to provide play activities in areas of partial shade. The more quiet activities such as building with blocks, playing with puzzles, coloring, playing with clay, blowing bubbles, or playing in a shaded sandbox or kiddie pool, are recommended.

Of equal importance is the preparation of hot-weather menus for children. Although summer appetites may wane, children consistently need a sufficient amount of protein foods as well as fruits and vegetables. Children may prefer to "live on" pop and snack foods for the duration of the summer, but can be taught the importance of a healthy diet.

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