(From page 10) 1/4 cup molasses 2 tablespoons vinegar

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Drain syrup with apricots into saucepan. Add 1/2 teaspoon of the whole cloves. Stud apricots with remaining whole cloves. Bring syrup to a boil; boil rapidly until reduced to 1/2 cup. Stir in molasses and vinegar. Bring to a boil and pour over apricots Cool. Chill several hours or overnight.

Use Artistry In Meal Plans

All meals should be prepared with artistry and imagination, says Margaret B. Jennings, associate professor of foods and nutrition at the Penn State University.

She is opposed to mutilating beautiful food in the kitchen through time-consuming grating, chopping, and mixing, and wonders how time and effort in meal preparation came to be associated with status and worth.

"We try to teach our students to synchronize their art and design courses with the preparation of attractive foods," Mrs. Jennings says. They learn to do beautiful, interesting and nutritious things with food with a minimum of effort.

"We encourage them not to serve food, but to present

To illustrate, she displays scalloped potatoes and carrots cooked (in half the oven time) in an aqua-colored skillet on top of the range.

There were also pumpkin and apple-custard "pies" baked in colorful pie plates, but without the time - consuming and nutritionally frowned upon, pie crust.

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