

# ED'S MARKET

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**FLOUR**  
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## Summer In Jelly-Fruit Salad Mold

One of the handy newer products on the market now is tiny marshmallows that will do for the homemaker what the chocolate bit did for her many years ago. No more cutting up sticky marshmallows for desserts or salads, though there is still ample use for the larger and softer ones.

Here is one of the recipes that take especially well to the new small item—jelled salad. Our mixture this time is of canned peaches, marshmallows put into lemon gelatine that has the tang of gingerale in it.

In all fruit molds, add the miniature marshmallows when the gelatine has chilled until almost set. They will then remain evenly distributed throughout the mixture. Adding to the good looks of today's salad is the decorative arrangement of canned peach slices on top. There's a surprise flavor in the center layer of peaches, and in the use of gingerale with the gelatine for that extra sparkle.

**MOLDED PEACH-MARSHMALLOW SALAD**  
 1 package lemon gelatine dessert  
 1 cup hot water  
 1 cup ginger ale  
 2 cups miniature marshmallows  
 1½ cups canned sliced peaches  
 Lettuce  
 Mayonnaise or salad dressing

Dissolve the gelatine in the hot water. Add the ginger ale. Chill until almost set. Fold in the marshmallows. Arrange half of the sliced peaches in the bottom of a 1-quart mold. Cover with half of the gelatine mixture. Arrange the remaining sliced peaches on the gelatine in the mold and cover with the remaining gelatine mixture. Chill until firm. Unmold on a serving plate covered with lettuce. Serve with mayonnaise or salad dressing. 6 servings.

**QUICKLY DONE**  
 Thicken a can of stewed tomatoes and heat with a can of flaked tuna (drained).



The glow of a summer sun is brought into the house in winter, when a salad of bright yellow peaches and marshmallows are molded in lemon gelatine. The peaches go into the mold first so they'll be a garnish for the finished salad.

## Freeze Whole Menus; Read Several Several In One Day

A new trend in meal management is the freezing of ready-to-serve platter or TV dinners—just like the ones sold in the frozen food cabinet of your favorite food store. The homemaker can go on a cooking spree some morning and prepare, package and freeze 8 complete dinners, using weekend specials at the market or plentiful garden produce.

Foods for platter dinners should be prepared as if they were to be served immediately. Be sure not to overcook the food. Quick chilling of food following the cooking is important. To do this, set uncovered pan of food on ice or in ice water.

Dinners may be packaged in partitioned aluminum platters or on 9-inch aluminum foil plates. Cover tightly in foil, label contents and date. For best quality serve platter dinners within 2 or 3 months.

Our platter dinner features Tomato Beef Swirls, Poppyseed Noodles and Green Beans with Sour Cream. Cheese, butter and sour cream add flavor and good food nutrients to this delicious meal, and take to freezing beautifully.

## Snack Dips in Variety Given

Cream cheese gives this dip its personality.

**SNAPPY SNACK**  
 3 eggs, beaten  
 3 tablespoons vinegar  
 3 tablespoons sugar  
 1 teaspoon butter  
 1 8-ounce package soft cream cheese  
 1 small onion, chopped  
 1 sweet red pepper, chopped  
 1 green pepper, chopped  
 Dash salt  
 2 drops hot sauce

Combine eggs, vinegar, sugar, cook, stirring constantly, in top of double boiler over hot water until mixture thickens. Add butter and cream cheese; heat until smooth. Add remaining ingredients; blend well.

## Techniques For Jersey Different

By ERMINA FISHER  
 County Extension Agent

Never before have there been so many lovely jersey fabrics. Particularly new this fall are the tweedy jerseys—you almost have to feel them to realize they are a jersey. Knit fabrics are tempting purchases because they are not only comfortable to wear but also delightful for travel. Unless you know how to straighten a knit fabric you may have difficulty in making the garment and the seams may twist when the garment is worn.

You cannot tear knit fabric. Neither can you draw a crosswise thread as you do to straighten a woven fabric. Look on the wrong side of a piece of jersey and find the crosswise rows of loops and cut along a row of these. In some finely knit fabrics it is helpful to use a reading glass to magnify the loops and make them easier to follow in cutting. If you have a tubular knit fabric, cut along one of the lengthwise ribs.

**Right Angles**  
 Now fold in half lengthwise, wrong side out, pin across both ends and down the sides. Lay one end on the ironing board and pin to the cover so the crosswise edge is at right angles to the lengthwise. A right angle can be tested by laying a folded newspaper along the fold of the fabric. The cut edges should follow the line of the newspaper at the top.

No doubt you'll see that wrinkles have formed. Work the wrinkles over into the fold so both layers lie smooth. The lengthwise ribs should go straight up and down and the fold should be at right angles to the cut end. Now you are ready to steam-press. Use a steam iron or press cloth and press. Do not iron. Then put a row of pins across the width of the fabric to hold it in place and shift the fabric to the next section. Continue until one side is finished. It may be necessary to press the under section in the same way.

Sewing on jersey need not be difficult if you'll follow these rules.

- Rules for Jersey**
1. Run basting thread along edges after cutting in order to give support supplied later by stitching.
  2. Use mercerized cotton thread No. 50 or 60.
  3. Loosen the tension of the machine.
  4. Allow 14 to 16 stitches to the inch.
  5. Feed fabric loosely into the machine, avoiding pulling and stretching.
  6. Pinking of seams is desirable.
  7. Snaps, hooks and eyes, buttons and buttonholes, which must resist pulling, should be backed by some reinforcing material.
  8. Tape, on facings and hems, is preferable to double fold of fabric.

Press with steam iron or with hot iron over a damp cloth on the wrong side of the goods. Move iron up and down, parallel with the rib, rather than across.

The extension office, room 75, courthouse, has a bulletin "Art of Pressing". It's a real help particularly to the home sewer. Just call or write the County Extension office for a free copy.

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**Carnation corner**  
 by June Gooder  
 CARNATION HOME SERVICE DIRECTOR

I'm going to let you in on a wonderful beauty secret. Drink Carnation Slender. That's right! You see, wonderful Carnation Slender not only helps you stay stylishly slim, but it also supplies the vital milk nourishment you need for clear skin, bright eyes, extra pep—all the things that make a woman truly beautiful.



Surveys show that we women often stop drinking milk in our teens, yet we need its health benefits every bit as much as our husbands and children do. Carnation Slender is the best way I know to put those benefits back in your diet—without adding extra calories. And it tastes so good, too.



You bet you are. We gals burn up plenty of energy every day just getting through our household tasks. We need protein to keep us going. Carnation Slender is fortified with extra nonfat milk solids to provide more of this precious, energy-giving element than even whole milk.



You can't be a beauty without a pretty smile. We all need calcium for strong healthy teeth and bones. Where do we get it? From Carnation Slender, of course!



Carnation Slender can't work miracles, but it does give us the important minerals we need to help keep our appetites up to par and our dispositions a little more even.



I always take a ten-minute break in the middle of the morning, and another in the afternoon. I prop my feet up and enjoy a big, tall glass of Slender. I find it keeps me feeling refreshed and looking lots more glamorous, too.

**Carnation COMPANY**  
 2240 Simpson St.  
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