WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

Grapefruit, rich in Vitamin C ideal weight-watcher dessert

This year's grapefruit crop is expected to be smooth both in quality and quantity.

It's famous tart — sweet flavor seems quite sweet and rich, making it a fruit which is as good for dessert as it is a breakfast eye-opener.

Weight-watchers who become very unhappy if they can't finish a meal without a dessert can enjoy grapefruit with a clear conscience because a half contains only 50 calories.

BECAUSE A WARM food generally tastes sweeter than a cage food thoroughly chilled, broiling grapefruit brings out its most delicious sweetness.

Sweeten it to taste. You like with sugar, honey, maple syrup, jelly or any topping you like.

If you want to put one of every greedy mouth to avoid, make French Grapefruit Cream Mold. This is an airy delicate, light as chiffon with the pleasing tang of citrus.

This is a good choice for either a reducing menu or a budget, the family when the main course has been on the heavy side.

PREPARE FRESH grapefruit as follows:

Wash and wipe grapefruit dry. Cut in half crosswise. Loosen pulp from rind and partitions by running a small pointed knife along the inside of the pulp. Cut out core. Remove seeds.

Serve whole or, if desired, section by cutting with scissors between membranes and lifting out each segment. Sprinkle with brown sugar, honey, maple syrup, grenadine syrup, cream cheese or crème de menthe.

Broil grapefruit halves, if you prefer, with the broiler pan each half with a teaspoon of butter, and a tablespoon of brown sugar and broil six inches from the heat until sugar melts and bubbles.

MINTED FRESH grapefruit: Prepare grapefruit halves as in above recipe. Sprinkle each half with one teaspoon of sugar and one teaspoon of mint jelly, or one teaspoon of mint sauce and add six finely chopped mint leaves.

ZIG-ZAG grapefruit halves: Prepare grapefruit halves as in above recipe. Sprinkle each half with one teaspoon of sugar and one teaspoon of sherry. Place under broiler until sugar melts and bubbles. Remove from broiler and cool. Just before serving, garnish with a maraschino cherry.

FRESH GRAPEFRUIT cocktail: Peel grapefruit and section it. Place grapefruit sections in a chilled cocktail glass. Add a few drops of Tabasco sauce, a dash of salt, a teaspoon of sugar, a teaspoon of lemon juice, and a teaspoon of sherry. Place a maraschino cherry on top.

FRESH GRAPEFRUIT cup: Prepare grapefruit sections as in above recipe. Place in cup glasses. Add a few drops of Tabasco sauce, a dash of salt, a teaspoon of sugar, a teaspoon of lemon juice, and a teaspoon of sherry. Place a maraschino cherry on top.

TO BROIL grapefruit halves prepare as in above recipe. Sprinkle each half with one tablespoon of honey or maple syrup, melt one teaspoon of butter or margarine and place under broiler until sugar is melted and bubbles. Serve immediately.

FRESH GRAPEFRUIT cup: Make a half cup of fresh grapefruit juice. Add two tablespoons of honey, two tablespoons of sherry, a few drops of Tabasco sauce, a dash of salt, a teaspoon of lemon juice, and a teaspoon of sherry. Place a maraschino cherry on top