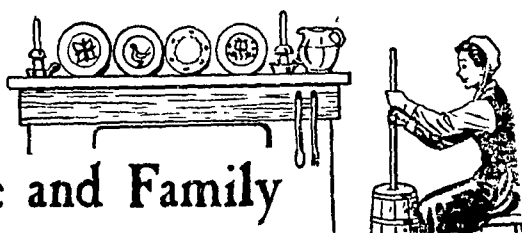


For the
Farm Wife and Family



It Pays to Plan Prune Purchases Prior to Palatable Preparation

It pays to plan your purchase of dried prunes even though they're classed as an "impulse item" by the grocery trade. Plan to buy this month and next while they're a buy. Look on the package to be sure you get the right size. Decide beforehand how you'll use prunes in family meals.

To save time and make the most of the current prune plenty, cook enough at a time for several meals and keep them ready in the refrigerator. You can cook prunes ahead with an easy conscience because there's practically no loss of nutritive value from standing or reheating. Cooked prunes rate well in iron, reheated or not, if you use the liquid along with the fruit

The shift in the status of prunes

is from plain to fancy fare. Use them as a confection — glazed in syrup or stuffed with nuts and rolled in sugar or coconut. Use them as a hot relish to serve with meat by heating them in sweet-tart-spy syrup. They're an uncheon salad favorite when stuffed with cream or cottage cheese. Cooked and chopped, they add flavor to spice cake, and help keep the cake from drying out.

To use prunes as a spicy accompaniment to serve with meat, spice them according to the following recipe.

SPICED PRUNES

½ pound prunes (about one



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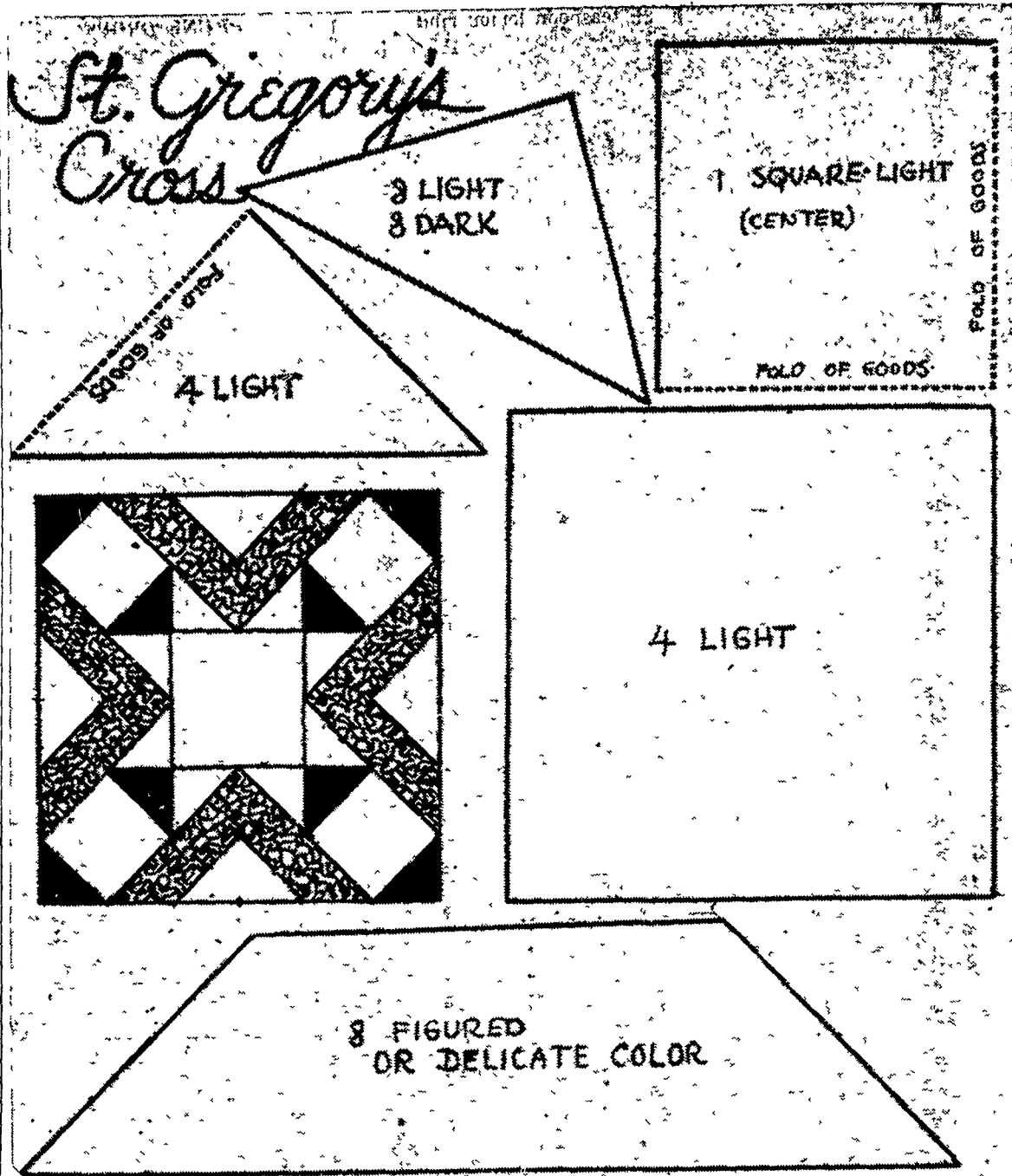
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THIS OLD PATTERN of St. Gregory's cross is one that women often made during Lent. It may be made in the red and purples of ecclesiastical shades. A delicate shade may be substituted for the figured

strip. If cardinal red is used for the points a dusty shade of pink is used for the strip; if purple is used, a delicate lavender, or yellow with orange. (Copyright: Weekly Star Farmer)

cup)
1 stick cinnamon
½ teaspoon whole cloves
¼ cup brown sugar
2 tablespoons vinegar
Cover prunes with water, simmer 30 minutes. Add remaining ingredients, simmer 30 minutes more, until tender. Serve hot as a garnish with meat. Six servings.

A favorite prune dessert is a prune whip. A "light" dessert it is especially nice to serve after a "heavy" meal. Here is the recipe:

PRUNE WHIP

1 cup slightly sweetened, sieved, drained cooked prunes
¼ to ½ cup sugar
1 teaspoon lemon juice
Dash of salt
2 egg whites, stiffly beaten
Into mixture of fruit, sugar, lemon juice and salt, fold stiffly beaten egg whites. Chill. Four servings.

Prunes add special flavor and moistness to a cake. Here are several variations you might like to make as a treat for your family.

PRUNE SPICE CAKE

Into your favorite spice cake batter stir one and one-half cups cut up pitted well drained cooked prunes, easily cut with coarse blade of food chopper) and one-third cup finely chopped nuts. Frost with White Butter Icing.

WHITE BUTTER ICING

¾ cup soft butter or other shortening
3 cups sifted confectioners' sugar
1½ teaspoons vanilla
About 3 tablespoons cream or rich milk
Blend shortening and sugar. Stir in vanilla and cream until smooth.

(Continued on page 9)

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