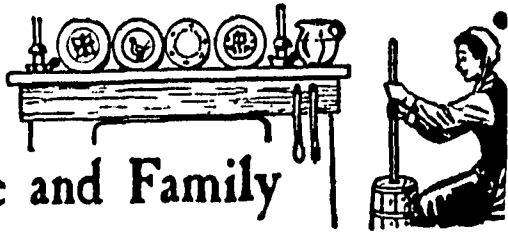


For the Farm Wife and Family



It's Cranberry Time

Mrs. Richard C. Spence

Cranberries will be high on the list of preferred food this fall nutritionally as well as tastewise. A serving of cranberries has about the same amount of calories as oranges, about 50. Cranberries also have a fairly high amount of vitamin C and small amounts of the other vitamins, particularly the B vitamins.

Cranberries are very tart because they are high in citric acid and pectin. They make good-tasting, pretty red jelly and are being used more extensively for this.

About half of the cranberry crop is sold as fresh berries to be used in the home for sauces, jelly, bakery goods, and fruit salad. The

other half of the crop is processed into canned products. Some of the new products on the market this fall using cranberries are cranberry syrup, relish, sauce, jams, Jel-ies and cocktail juice. Strained, whole sauce will be featured again. Spiced whole cranberries and frozen whole cranberries will also be a

new taste for our fall menu. Cranberry puree for jams, ice cream desserts and bakery products made at home will add flavor to some of our old favorites.

Cranberry jams on the market are made with cranberries combined with rhubarb, strawberries or cherries. Cranberry sauce is combined with apple sauce for a new taste treat. Cranberry relish will be available either by the glass or as a frozen product.

Cranberry cider can be made at home using one cup canned cranberry juice with two to three cups of apple juice. You add 1 to 1½ lbs of sugar to a gallon of mixture.

With one of the biggest crops expected this fall, we are going to see the versatile cranberry used in many new products on the grocery shelves.

For a special cranberry dessert you can't miss with this Cranberry Upside-Down Cake. This cake provides six servings.

and light. Add sugar gradually, beating until well blended. Add lemon juice. Fold in the flour-baking powder mixture gradually. Add milk and mix quickly until the batter is smooth. Pour batter over cranberry mixture in baking pan. Bake at 350 degrees about 30 minutes. Let stand in pan about 5 minutes. Then turn upside down on a cake plate and serve hot or cold.

Another version of the Upside-Down Cake. The cranberry mixture in this cake has a little more tang than the one above and the cake is more of the shortcake type.

CRANBERRY UPSIDE-DOWN CAKE #2

Cranberry Mixture:
½ cup packed brown sugar
1 tablespoon cornstarch
¼ teaspoon allspice
½ cup orange juice
1 cup canned whole cranberry sauce
2 tablespoons butter or margarine
½ teaspoon shredded orange peel
Several drops red food coloring

Blend brown sugar, cornstarch, and allspice in a small saucepan. Add orange juice. Cook, stirring constantly until mixture reaches boiling point. Reduce heat to very low.

Continue to cook and stir until clear and very thick. Add remaining ingredients. Heat mixture to boiling point. Pour into a 9x9x2 in square cake pan (bottom rubbed with shortening.)

Shortcake:
½ cup shortening
2 cups sifted all purpose flour
3 tablespoons sugar
3 teaspoons baking powder

½ teaspoon salt
¾ cup milk
1 egg, slightly beaten.

Sift together dry ingredients. Cut shortening into flour mixture with pastry blender or two knives, until mixture is consistency of coarse corn meal. Combine milk and slightly beaten egg. Add to flour mixture all at once. Stir with fork until batter is just blended. Spoon over cranberry mixture in pan. Bake in a very hot oven (450 degrees) about 12 minutes, or until golden brown. Turn upside-down on

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CRANBERRY UPSIDE-DOWN CAKE #1
Cranberry Mixture:
1½ cups finely ground cranberries
¾ cup sugar
¼ cup orange juice
Combine ingredients. Bring to a boil and simmer 5 to 10 minutes. Pour into a greased baking pan.

Spongecake Mixture:
½ cup sifted cake flour
½ teaspoon baking powder
2 eggs
½ cup sugar
1 teaspoon lemon juice
¼ cup hot milk
Sift flour and baking powder together three times. Beat eggs until very thick

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