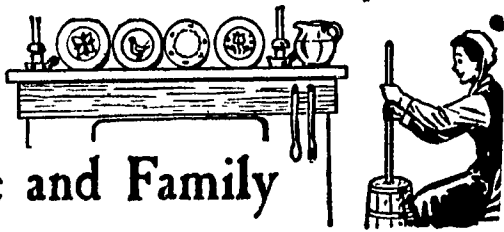


For the Farm Wife and Family



Happy Eating - Dried Fruits

by Mrs. Richard C. Spence

Dried fruits, such as prunes, peaches and apricots, are not only good—fruity, appetizing, delicious—but they're good for you, as well. This is because their nutritional content provides so many elements essential to health.

Prunes are rich in vitamins rich in iron and other important food minerals, rich in the natural fruit sugars that are easily assimilated and quickly converted to pep and energy. Their laxative value, of course, is widely recognized.

Like prunes, both dried apricots and peaches are rich in easily digestible fruit sugars. They also possess outstanding iron and copper values which make them highly important in the treatment of anemia. Their hemoglobin regeneration ability equals that of liver. Dried apricots are one of the richest sources of vitamin A—active carotinoids, comparable with butter, cheese, cream and spinach. The vitamin C content of dehydrated peaches is on a par with that found in fresh orange juice and raw tomatoes. Dried apricots and peaches

both have an alkaline ash, and are recommended for use in many allergy diets.

BEST WAYS TO COOK DRIED FRUITS

Read instructions on carton or bag. Some specially processed fruit may require much less cooking time than that indicated below.

1 Dried apricots — Rinse apricots, cover with water (allow one quart water for a pound of fruit) and cook at a slow boil until tender, 30 to 40 minutes. To sweeten, add one cup sugar for each pound of fruit for the last five minutes cooking.

2 Dried peaches — Rinse peaches, cover with water

(allow 3 cups water for one pound of fruit) and cook at a slow boil until tender, 35 to 40 minutes. To sweeten, add ¾ cup sugar for each pound of fruit for the last 5 minutes cooking. If you wish to remove skins from peaches, cook the fruit five minutes and lift from water with slotted spoon. Pull off skins and return fruit to cooking water. Continue cooking as above.

3. Dried prunes — It is unnecessary to soak prunes before cooking. Rinse fruit, cover with water (allow one quart water per pound of prunes) and cook at a slow boil until tender, 45 minutes to 1 hour. Cooked prunes become more plump and the cooking liquid will have more flavor if the fruit is allowed to stand in it several hours after cooking.

Always store dried fruits in a dry, well-ventilated place.

APRICOT CHIFFON PIE

¾ cup dried apricots
2 cups water
½ teaspoon salt
¾ cup granulated sugar
2 eggs
1 envelop (1 tablespoon) plain gelatin
1½ tablespoons of lemon juice
½ cup whipping cream
½ cup shredded coconut
1 9-inch crumb shell or

baked pastry shell
Rinse apricots, add water and simmer, uncovered, 30 minutes or until tender. Measure ¾ cup cooked apricots, and force through a sieve. Add ¾ cup cooking liquid, salt and ½ cup sugar. Heat over hot water. Separate eggs and beat yolks lightly. Stir into hot mixture, and cook and stir until thickened slightly. Remove from heat. Soften gelatin in lemon juice and dissolve in hot apricot mixture. Cool until mixture begins to thicken. Beat egg whites until stiff and gradually beat in remaining sugar. Fold into apricot mixture. Fold in whipped cream and coconut. Turn into crumb shell or baked pastry shell. Simmer remaining cooked apricots with sugar to taste. These may be used as garnish on top of pie, along with the remaining coconut, if desired.

APRICOT RICE CUSTARD

1 cup dried apricots
1 cup granulated sugar
2 eggs
2 cups scalded milk
¼ teaspoon salt
1 teaspoon vanilla extract
1 cup cooked rice
1 tablespoon cornstarch
¼ teaspoon grated lemon rind
1 tablespoon butter or margarine
Rinse apricots, add 1½

cups water and boil slowly 15 minutes. Add ½ cup sugar and boil 5 minutes longer. Beat eggs and blend in remaining sugar, milk, salt and vanilla. Stir in rice and cup cooked apricots, quartered. Turn into 1-quart baking dish and set in pan of hot water. Bake in moderate oven (350 degrees) 1 to 2 hours, or until set in center. Heat remaining apricots cooking liquid. Blend cornstarch moistened in 2 tablespoons cold water, cook and stir until clear and thickened.

Remove from the heat and blend in the grated lemon rind and butter. Serve warm on the warm custard. Serves 5 to 6.

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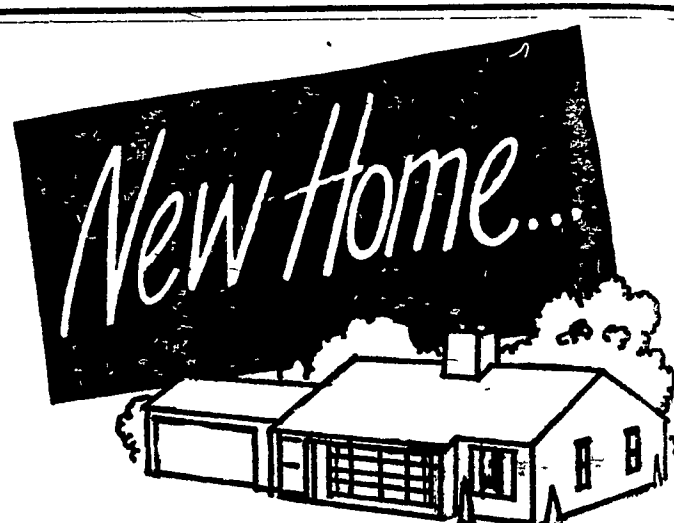
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