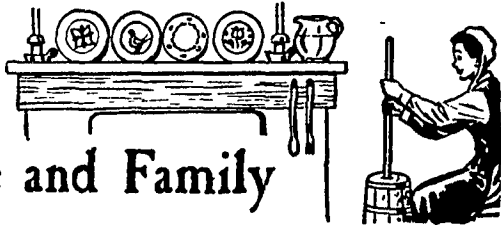


## For the Farm Wife and Family



### Raisins For Treats

By Mrs. Richard C. Spence

The smart cook uses raisins often in her menus and also provides them as between-meal snacks or as lunchbox treats for the youngsters in the family. They are rich in vitamin B and are a good source of calcium, phosphorus, iron and copper. Calorie-wise ¼ cup of dried raisins provides 100 calories whereas one-sixth of a 9-inch pie contains 450 calories.

Dried raisins can be stored wrapping which provides va- at ordinary room tempera- por resistance and prevents ture for a year provided fruit from becoming too dry. they are properly packaged. Both light and dark raisins. Both light and dark raisins should be kept at a tempera- hold quality much better in ture of 70 degrees F. or be- cartons than in treated cello- low. phane bags. The best type of Raisins can be used in sal- carton is one covered by foil ads, desserts, sauces, cakes or

anyway you want to use them. Here are some recipes for proof.

#### RAISINS CUPCAKES

1½ cups light brown sug- ar  
 ½ cup shortening  
 3 eggs, separated  
 ½ teaspoon salt  
 3 cups flour  
 ½ cup sweet milk  
 1 pound raisins  
 1 teaspoon soda dissolved in ½ cup hot water  
 ½ teaspoon each of cloves cinnamon and nutmeg  
 Cook raisins and cool. Cream sugar, shortening and eggs. Add soda and spices. Add raisins. Fold in beaten egg whites last. Drop into cups and put a half of an English walnut or pecan on top of each. Bake in 375 degree oven. Makes from 24 to 32 cupcakes, depending on size.

#### APPLE-RAISIN PIE

5 cups (2 cans) sliced ap- ples  
 2 cups seedless raisins  
 1½ cups sugar  
 2 tablespoons flour  
 2 teaspoons cinnamon  
 2 teaspoons nutmeg  
 Few grains salt  
 2 teaspoons lemon juice  
 Flaky pastry

Drain juice from canned apples; combine with raisins. Combine sugar, flour, cinna- mon, nutmeg and salt; add to apple mixture. Add lemon juice; mix well. Line 8 inch pie plate with flaky pastry. Add enough apple mixture to fill pie plate. Moisten edge of pastry with water; place pastry strips on filling in op- en woven pattern. Press edg- es together. Trim pastry to 1- inch of edge of pie plate; fold under. Pinch pastry edge to make even fluted standing rim. Bake in hot oven, 425 degrees, 40-45 min- utes.

#### HOT STEAMED PUDDING

1 egg  
 ¾ cup molasses  
 1 cup apple sauce  
 1½ cups sifted all purpose flour  
 ½ teaspoon salt  
 1 teaspoon baking soda  
 2 cups seedless raisins  
 1 cup currants  
 1 cup chopped dates  
 2 tablespoons melted short- ening  
 Beat egg; add molasses and apple sauce. Sit together flour, salt and baking soda; add to first mixture. Mix smooth. Add raisins, currants

and dates; mix thoroughly. Add shortening. Pour into 1½ quart greased pudding mold; cover tightly. Steam 3 hours. Unmold; serve with your favorite pudding sauce. Yields 10 to 12 servings.

#### SAUCY BAKED APPLES

2 (7-oz) bottles lemon-lime carbonated beverage  
 ½ cup brown sugar  
 6 large cooking apples  
 6 tablespoons raisins  
 Mix carbonated beverage with brown sugar. Core ap- ples and pare ½ way from top. Fill centers of each with one tablespoon raisins and place in a shallow baking pan. Pour lemon-lime sauce over apples and bake in a 350 degree oven for 45 min- utes or until apples are ten- der. Baste occasionally with sauce from pan. Serve hot or cold with sauce. 6 serv- ings.

#### RICE CUSTARD WITH RAISINS

(Top of Stove)  
 2 cups milk  
 ¾ cup rice  
 ½ teaspoon salt  
 ½ cup seedless raisins  
 ½ cup sugar  
 2 eggs  
 1 cup milk  
 1 teaspoon vanilla  
 Wash rice, combine with salt, milk, raisins, in a 2-qt saucepan. Place on low heat and cook 20 minutes or until rice is tender. Beat eggs

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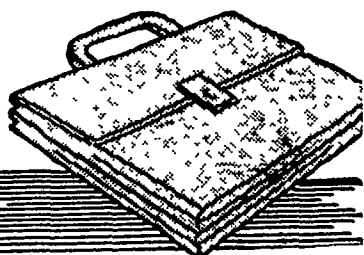
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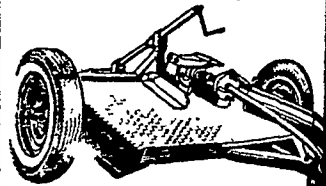


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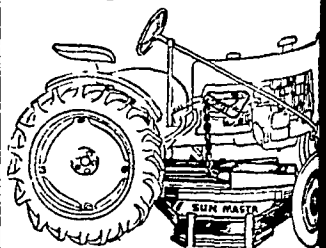
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