

**For The Farm Wife**

(Continued from Page 14)  
soak for 24 hours. Keep in the refrigerator. The longer prunes soak the plumper they get. This method gives a "light-bodied" juice.

2. Steaming Method: Place prunes in colander and set over tea kettle or pan of boiling water for 30 minutes or more until plumped. You get no syrup at all with this method.

3 Soak and Cook Method: If you like a thick, syrupy juice with your prunes, soak them first (overnight preferably). Then cook by bringing the water to a quick boil, turning the flame low and simmering three to five minutes.

4. Cold Water Method: If you want plumped prunes to use in baking or cooking other

dishes, put the prunes in a jar or bowl, cover with cold water—1 quart of water to a pound of prunes. Cover the container and let them soak for 24 hours. Then tuck them away in the refrigerator ready to use any time the spirit moves you.

5 Just Cook Method: Without soaking the prunes first, place them in saucepan, cover with cold water—1 quart of water, to a pound of prunes — bring to boil and simmer gently for 10 to 20 minutes. Preferably let stand overnight in their liquor before eating. The prunes will grow plumper and the juice richer.

Prunes lend themselves well to breads and cakes. The following Prune Honey Quick Bread is thick with fruit and nuts.

**PRUNE HONEY QUICK BREAD**

- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1 1/2 cups chopped prunes
- 1 cup boiling water
- 1/2 cup liquid honey
- 2 1/4 cups sifted all-purpose flour
- 3/4 cup sugar
- 1 cup chopped walnuts

Combine egg, vanilla, baking soda, prunes and boiling water. Cover, let stand 20 minutes, add honey. Sift together flour and sugar, add prune mixture and walnuts, mix well. Pour into greased floured loaf pan 13 x 4 x 2 inches. Bake in slow oven, 325 degrees, 1 hour or until done. Cool 10 minutes. Remove from pan. Cool thoroughly.

**For the Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By: Jane Thurston, Extension Home Economist

**First Aid For Stained Linens**

Treat stains promptly. Sponge spilled fruit or tomato juice stains with cool water. Some fruit stains, such as orange or grapefruit, are invisible when fabric dries. If untreated, such stains will turn yellow upon aging or heating.

You can remove cranberry and other fresh fruit stains with boiling water if it won't damage the fabric. Just hold the teakettle one to three feet above the fabric and pour water through the spot.

Always remove candle drippings from table linens before washing. First take off excess wax, gently scraping the fabric with a dull-edged knife. To remove rest of the wax, place stained area between

clean white blotters or several layers of facial tissues and press with a warm iron. Sponge any stain left with a greasy solvent.



THURSTON

**Facts About Paint**

A semiglossy or a glossy alkyd paint is best suited for bathrooms, kitchens and areas where there is considerable moisture and where frequent cleaning is needed. Use it on walls, trim doors, and cabinets. Alkyd paints seem to have better resistance to moisture than latex paints.

A latex flat finish paint is a good choice for walls in living areas where you may need to remove smudges, fingerprints, etc. Fingermarks are hard to remove from alkyd painted surfaces.

It's a good idea to wait at least three weeks before trying to remove smudges from a new latex-coated wall or you may damage the finish. After a few days you can clean smudge marks from alkyd painted surfaces.

Don't be in a hurry to paint a new plastered wall with alkyd paint. Wait until the plaster has cured thoroughly . . . curing takes about six months.

**A Shopping Guide**

When shopping for men's cotton shirts, look for these signs of quality and long wear: even, closely spaced stitches along the cut edges and front panel, sturdy buttonholes without ravel, back gathers or pleats over shoulder blades for better fit.

**A Food Tip**

Most of the celery in Florida is produced on 15 farms and most of the green and wax beans on fewer farms than that. About a hundred dairy farms produce all the milk for metropolitan Miami — more than a half million people.

**This 'an That**

To spruce up plain white cotton gloves, sew a few seed pearls on the cuffs. It's also an inexpensive way to give plain gloves a dressy designer look.

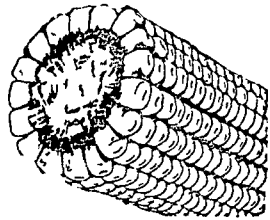
Childrens wear this spring will feature yellows . . . the color may be called daffodils, lemon, or banana. Yellow will be seen in a wide range of cotton prints and solids.

For a quick meat of creamed eggs on toast, mix one can cream of mushroom soup with enough milk to make it the consistency of medium cream sauce. Heat then slice hard-cooked eggs into soup and heat through. Serve hot on toast.

You can use camp stools for luggage racks. Stools are easy to fold and store when not in use, and they're inexpensive, too.

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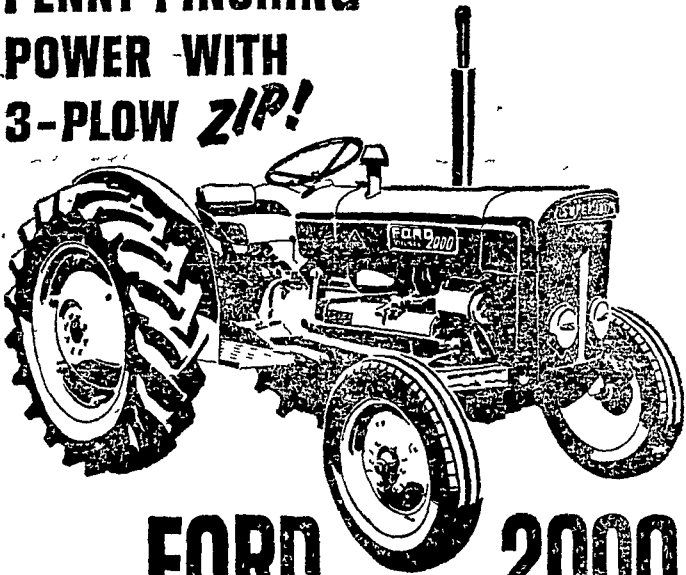


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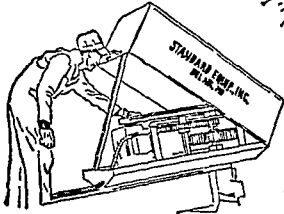
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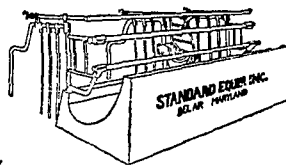
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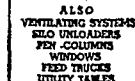
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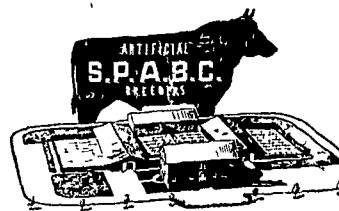
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