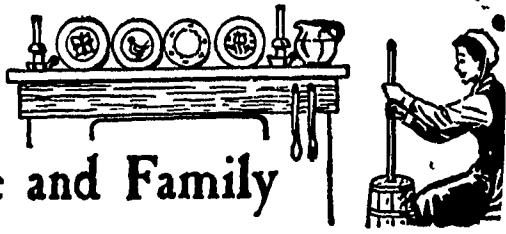


# For the Farm Wife and Family



## Prunes—The Wonder Fruit

By Mrs. Richard C. Spence

Prunes today are dehydrated, processed and packed by new modern methods that retain all the natural wholesome goodness of the fruit. They are known for their rich flavor, their meaty tart-sweet tang.

Packaged prunes are packaged primarily in transparent plastic bags, in triple seal wrapped cartons or in a plastic bag in a carton. One pound of packaged prunes equals 4 cups of cooked prunes with pits, or three cups of cooked prunes, pitted.

Prune juice is packed in a variety of sizes — in cans and bottles, usually holding 12, 24, 32 or 40 ounces.

Cooked and Ready-to-serve Prunes come in cans and jars ranging in size from family sizes up to the #10 container designed for institutional use.

Prune Puree and Chopped Prunes are recommended for babies and small children by pediatricians. And they also save time and effort in any recipe that calls for pureed or finely chopped prunes.

Prunes are packaged according to size. The smaller they are, the more in a pound package. Size has nothing to do with quality. Each year the prune crop varies in abundance of particular sizes. Little or big, they are the same fine fruit and have the same nutritive value. Pound for pound, there is practically no difference in the amount of edible fruit.

Prunes add flavor goodness and moistness to cakes —

### WALNUT PRUNE CAKE

- 2 eggs
- 1 cup sugar

- 1/2 cup prune juice
- 1 1/2 teaspoons lemon extract
- 1 1/2 cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup plumped, pitted, chopped prunes
- 1 cup chopped walnuts
- 3/4 cup salad oil
- Confectioners sugar

Beat eggs until light and fluffy. Gradually add sugar, beating constantly. Add prune juice and lemon extract. Sift together flour, baking soda and salt; add to egg mixture. Add prunes and walnuts; mix well. Stir in oil. Pour into greased and floured 9 x 9 x 2-inch pan. Bake in moderate oven, 350 degrees, 60 to 65 minutes. Cool 5 minutes, remove from pan. Sprinkle with confectioners su-

gar through a lace paper doily. Makes 9 servings.

### PRUNE UPSIDE-DOWN CAKE

- Topping:
- 1 1/2 cups plumped, pitted prunes
  - 1/2 cup brown sugar, firmly packed
  - 1/2 cup prune juice
  - 1 tablespoon lemon juice
  - 2 tablespoons butter or margarine

- Cake:
- 1 cup sifted flour
  - 1 1/2 teaspoons baking powder
  - 1/4 teaspoon salt
  - 2 eggs, separated
  - 1 cup sugar
  - 1/2 cup hot water
  - 1/2 cup whole bran cereal
  - 1 teaspoon vanilla extract

Cut prunes in half; arrange in greased 9 x 9-inch pan. Sprinkle with sugar, prune and lemon juice; dot with butter or margarine.

Sift together flour, baking powder and salt. Beat egg yolks well; blend in sugar a little at a time. Add hot water slowly, beating well. Stir in cereal and vanilla. Add sifted dry ingredients and mix thoroughly. Beat egg whites until stiff but not dry; fold into batter. Spread evenly over prunes. Bake in moderate oven, 350 degrees, about 45 minutes. Remove from oven; let stand a few minutes, turn upside down on cake plate. Let stand a few minutes longer before removing pan. Cut into serving pie-

ces. If desired serve warm or cold with whipped cream. Makes 9 servings.

### ALMOND COCONUT PRUNE BARS

- 1/2 cup butter or margarine
- 1 cup light brown sugar
- 1 egg
- 1 cup sifted all-purpose flour
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 3/4 cup plumped, pitted, chopped prunes
- 1 tablespoon grated orange rind
- 6 tablespoons orange juice
- 2 eggs
- 1 3/4 ounce can or package flaked coconut
- 3/4 cup toasted slivered almonds

Cream butter or margarine with 1/2 cup brown sugar; beat in egg and flour and mix until smooth. Pat evenly in bottom of 9 x 9 x 2-inch pan. Bake in moderate oven, 350 degrees, 30 minutes. In a saucepan mix together remaining 1/2 cup brown sugar, cornstarch, salt, prunes, orange rind and juice; cook and stir over low heat until very thick. Spread prune mixture evenly over baked layer. Beat eggs and stir in coconut and almonds. Spread on top of prune layer. Bake in moderate oven, 350 degrees, 25

### OLD FASHIONED PRUNE BROWN BREAD

- 3/4 cup cornmeal
- 1 1/4 cups sifted flour
- 1 teaspoon soda
- 1 teaspoon salt
- 3/4 cup plumped, pitted, coarsely chopped prunes
- 1 1/4 cups buttermilk
- 1/2 cup molasses

Sift together cornmeal, flour, soda and salt. Stir in prunes. Combine buttermilk and molasses; stir into dry ingredients only enough to moisten. Pour into two-well-greased round 1-pound cans. Cover cans tightly with squares of heavy duty aluminum foil. Place cans on rack in deep saucepan. Pour in 3 inches of boiling water. Cover and steam for two hours or until firm. Makes 2 loaves.

### SPICY APPLE PRUNE TARTS

- 1/2 cup plumped, pitted, chopped prunes
- 1 1/4 cups chopped canned apple slices
- 1/2 cup sugar
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- Dash salt

(Continued on Page 9)

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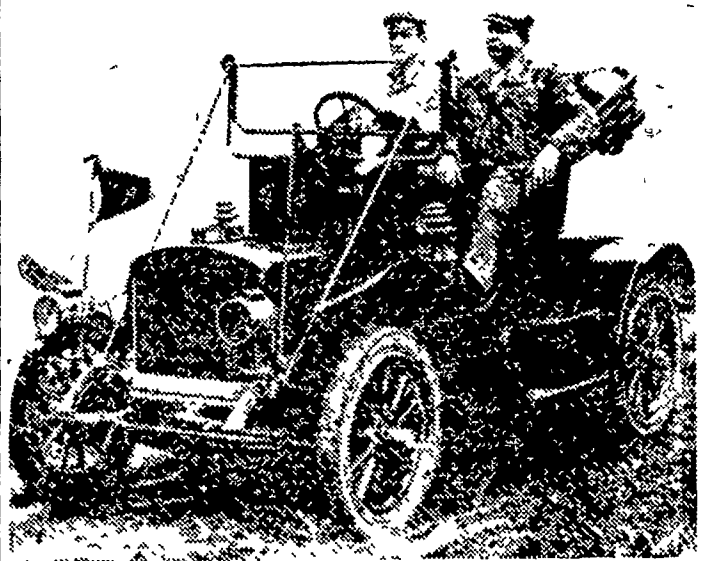
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