

# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

## Fruits In Family Meals



SPENCE

Delight your family with a variety of flavorful fruits. They're bright in color, light in calories, and right in nutrition! All fruits contain some vitamin C — but in varying amounts. Fruits rich in vitamin C are oranges, grapefruit, cantaloups, papayas, and strawberries. Fruits containing smaller but worthwhile amounts of vitamin C are fresh apricots, avocados, bananas, blackberries, blueberries, pineapple, red raspberries, and watermelon.

For vitamin A, serve cantaloups and apricots. Dried apricots are a concentrated source of vitamin A.

Good sources of iron include dried fruits such as raisins, dates, prunes, peaches, and apricots. A ½ cup serving of most dried fruits

provides about one-fourth of the iron recommended for the normal healthy adult per day.

Serve fruits liberally — especially those rich in vitamin C. Most of them are available in one form or another the year round.

Most fresh, raw, unsweetened fruits contain fewer than 100 calories per serving. Sweetened

- concentrate, thawed
- ¾ cup water
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 tablespoon sugar
- 3 large oranges
- 3 large bananas
- ¼ cup crushed cereal (dry)

Combine orange juice concentrate, water, cinnamon, nutmeg and sugar in a 11x7-inch baking dish. Peel and section oranges; add to juice mixture. Peel bananas; cut in half lengthwise, then cut crosswise every 2 to 3 inches. Roll bananas in juice mixture; place cut side down in baking dish. Sprinkle with cereal. Bake in preheated moderate oven (350 degrees) about 20 minutes. Makes 8 servings.

### STUFFED PRUNE SALAD

- 1 to 2 tablespoons milk, if needed
- 1 to 2 teaspoons grated orange rind, as desired
- ¼ cup chopped peanuts
- ¼ teaspoon salt (if peanuts are unsalted)
- 18 chilled, pitted, cooked prunes
- Salad greens
- 1 pt. cottage cheese

If cottage cheese is dry, soften it with milk. Mix in orange rind.

### AMBROSIA BAKE

- ¼ cup frozen orange juice con-

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- 3 tablespoons peanuts, and salt; 1
- tablespoon unflavored gelatin
- stuff into prunes. Arrange prunes on salad greens and sprinkle with remaining peanuts. Makes 6 servings.

### PEACH MERINGUES

- 8 large peach halves, canned, well-drained
- 2 egg whites
- ¼ teaspoon salt
- ¼ cup sugar
- 1 cup dry cereal flakes

Arrange peach halves in shallow baking dish. In small bowl beat egg whites and salt until foamy. Gradually add sugar, beating until stiff and glossy. Lightly fold in cereal. Top each peach half with about ¼ cup meringue mixture. Bake in moderate oven (375 degrees) about 15 minutes or until browned. Serve immediately as a main dish accompaniment or a quick and easy dessert.

### MOLDED FRUIT SALAD

- 3 ounces cream cheese
- ¼ cup lemon juice
- ¼ teaspoon salt
- 1 can (8 oz.) pineapple tidbits

Allow cream cheese to soften at room temperature. Combine cream cheese with lemon juice and salt; blend well. Drain pineapple. Soften gelatin in the pineapple juice and heat until dissolved. Stir into cream cheese mixture. Add berries. Beat with rotary beater. Chill until mixture begins to thicken. Stir in pineapple and peaches. Pour into 1-quart mold and chill until set. Unmold on lettuce. 6 servings.

### RED RASPBERRY SWIRLS

- 1 package (10 oz.) red raspberries, frozen
- 1 cup flour, unsifted
- 1½ teaspoons baking powder
- 1½ teaspoons sugar
- ¾ teaspoon salt
- 3 tablespoons shortening
- 6 tablespoons milk
- 1 tablespoon butter or margarine, melted

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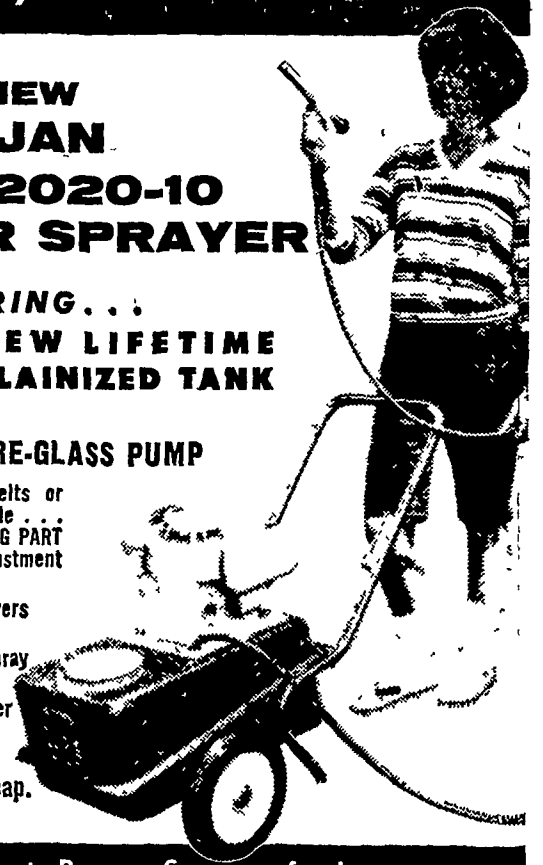
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