



FOR THE
FARM
WIFE
AND
FAMILY

CRANBERRY SPARKLE

by Mrs. Richard C. Spence
Bright red, tart-flavored cranberries contribute mostly color, flavor and variety to everyday meals. They also furnish small amounts of valuable nutrients needed by the body such as Vitamin A, for clear healthy skin and normal eye vision at night; Vitamin C for healthy gums and building up resistance to disease; and small amounts of calcium, iron and phosphorus.

These tart berries are rich in pectin, a jellying substance, making them popular for jams and jellies.

Scientists find that unstrained sauce has 75 to 80 per cent of the original Vitamin C of the fruit, but stained sauce loses practically all of this vitamin — as does bottled cranberry juice. However, some cranberry cocktail on the market today has been fortified with extra amounts of Vitamin C.

Good quality cranberries should have a fresh, plump appearance, combined with a high luster and firmness. The red color may vary from a bright

red to dark red according to the variety. The dark red berries are somewhat smaller and have a sweeter flavor.

Freezing cranberries is easy. If you buy the berries in bulk, do not wash but pack directly into freezer-type box or bag. Fill the container to the top but do not crowd, seal and place in freezer. Some berries come in cellophane bags. If the bags have small holes in them, you better place in another freezer-type bag and seal tight before placing in freezer.

Cranberries can be kept in

the refrigerator for a long time if kept at a uniform temperature, but freezing will keep quality better. Avoid putting cold berries in a warm room since the warm air causes them to sweat and encourages decay. Wash cranberries just before using them.

This tart fruit is a popular meat accompaniment and brightens up many other foods. Try cranberry sauce on waffles, pancakes or steamed pudding. Or add chopped cranberries to your favorite muffin recipe or breakfast bread for a welcome change.

The tangy flavor of cranberry juice is nice served as an appetizer and combined with other juices such as pineapple, grape, orange or grapefruit, adds a rosy hue as well as a piquant flavor. Add a scoop of sherbet to give cranberry juice a party touch for luncheons or dinners.

CRANBERRY TEA BISCUITS

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 3 tablespoons shortening
- 1 egg
- 1 cup jellied cranberry sauce, crushed
- 1/4 cup sour cream
- Grated cheese

Sift dry ingredients together, and cut in shortening. Beat egg until creamy, add cranberry

sauce and sour cream, and add to first mixture. Roll out on floured board and cut into square biscuits. Place on baking sheet and sprinkle with grated cheese. Bake 15 to 20 minutes at 400 degrees.

STRIPED CRANBERRY BREAD RING

- 1 can (8 ounces) whole berry cranberry sauce
- 1/2 cup firmly packed brown sugar
- 1/2 cup finely chopped nuts
- 3/4 cup quick-cooking oatmeal (uncooked)
- 1/4 to 1/2 teaspoon cinnamon
- 2 packages refrigerated bake-and-serve biscuits (20 biscuits)
- 1 cup confectioners sugar
- 1/2 teaspoon lemon rind
- 1 to 2 tablespoons cranberry juice cocktail

Combine cranberry sauce, brown sugar, nuts and oatmeal; mix well. Separate biscuits and place about 1 tablespoon cranberry mixture on each biscuit. Place biscuits in a well-buttered 9-inch ring pan so that cranberry mixture is between each biscuit (biscuits will be standing on end in pan). Bake in hot

oven (400 degrees) for 20 to 25 minutes. Cool 5 minutes, then loosen edges and turn out on rack to cool slightly.

Blend confectioners sugar and lemon rind with enough cranberry juice to give a good spreading consistency. Spread over coffee ring while ring is still hot. Serve warm.

CRANBERRY COCONUT HAYSTACKS

- 2 cans (1 pound each) jellied cranberry sauce
- 1 package (12 ounces) frozen pound cake, defrosted
- 8 well-drained canned apricot halves
- 2 cups heavy cream, whipped
- 1/2 cup confectioners sugar
- 1 teaspoon vanilla extract
- 1 cup shredded coconut, toasted

Cut each roll of cranberry sauce into 8 slices. Cut pound cake into 24 slices, then cut slices into rounds the same diameter as the cranberry sauce. Make stacks using 3 slices of pound cake and 2 slices cranberry sauce. Top with apricot half, round side up. Whip cream with confectioners sugar and

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