



Have You Heard?

By Doris Thomas
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Home Economist

Bake and Freeze Your Fruitcake Now

Why not get a head start on your holiday baking by making and freezing your fruitcakes now? Fruitcake, frozen at zero degrees in your freezer, will have the same mellow flavor as freshly-baked cake that has been aged at room temperature.

Cool the baked cake and wrap it in waxed paper. After about 12

hours, wrap it in aluminum foil or moisture-vapor-proof wrapping and freeze. The cake will "ripen" or mellow in the freezer and will have the delightful blending of fruit, nut, and spice flavors common to this holiday dessert. Freezing the baked cake is recommended because the product is more moist than when you freeze the fruitcake batter.

To serve, allow the cake to thaw



Kathy's Kountry Kitchen began with Kathy's search for healthy foods for her asthmatic children.

Natural Fruitcake

(Continued from Page B2)

She likes to keep some of her products available at home, but says, "I try to get ahead, but I keep selling them. I like giving the logs for birthdays and thank you gifts." Active in the Beulah Baptist Church, Kathy often takes some of her products to church events. She teaches Sunday School to teen girls and works with K-6 Christian Berets.

Although she is ever-vigilant about her family's diet, Kathy said they have a basic diet of fruits and vegetables, pastas and veal, chicken or fish. She has found ground turkey to be very versatile, and she makes her own pizza crust. Her family substitutes almond butter for peanut butter and uses all non-sugared cereal.

She adds, "I don't buy pre-packaged food, and I think our food bill is a lot lower because of making our own food." She does much of her own canning and freezing, and cans her peaches with apple juice and water rather than the traditional sugar syrup.

Kathy wishes they could raise everything they eat, saying, "You don't know about what you buy." The Gordons do have three goats, and they use goat's milk exclusively.

For Kathy, taking care of her family's diet has paid off in numerous ways. Not only does she have healthy, happy children, she also has a business that she enjoys and which provides a healthy alternative to rich desserts

in the wrappings at room temperature for about three hours.

Fruitcakes can be stored in your freezer up to one year, that is, if they last that long in your family

Should you Really Buy That Small Appliance?

One of the hottest selling items for Christmas gift-giving in recent years is the small electrical appliance. From pasta makers to food processors to ice cream machines, they line the store shelves. Not only are more and more of these items introduced each year, but the number of commercials and ads extolling their features expand considerably during the pre-holiday buying season

Before you buy someone on your gift list a small appliance touted to be the perfect answer to meal preparation in the future, keep these points in mind.

- Will the appliance do a job more efficiently, faster or less expensively than the method now used?
- Will it serve more than one function?
- Will the appliance be used

frequently enough to justify its cost?

• Where will the appliance be stored when not in use? If it's not accessible it isn't likely to be used.

• If it's a countertop appliance, is adequate space available? Will another appliance have to be moved to a less convenient space?

• Will it be easy to clean? Can it be immersed in water for washing? Does it have removable parts?

• Is it safe? It should have the

UL (Underwriter's Laboratory) seal, certifying electrical safety, on both the appliance and the cord.

• Is there a warranty? Does it cover parts? Service? What are your responsibilities? What are the manufacturer's?

• Is it a well-known brand appliance or one that typically only appears during the holiday season? Such appliances are marketed only at specific times of the year and getting service for these may be difficult.

Chester Extension Schedules Meeting

WEST CHESTER — The Chester County Cooperative Extension Service will hold its annual meeting Dec. 8 at the Southeast Farm Credit Office in Avondale.

A reception with hors d'oeuvres and snacks featuring Chester County produced foods will precede the short business

meeting, set for 7:15 p.m. A slide talk on Chester County agricultural programs will also be presented.

For further information and registration call the Chester County Cooperative Extension Service at 696-3500 by Dec. 1, 1986.

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