



Have You Heard?

By Doris Thomas
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Home Economist

Dates Are An All-Season Food
Some people think dates were put on this earth to be used as a holiday delicacy. Others use them

throughout the year as a nutritive food that has the surprising ability to make other things taste more interesting... such as dressings, stuffing and sauces, as well as

salads, meats, breads, cakes and cookies. In fact, there's practically no food that dates will not add a special accent to.

Of course, as you know, dates are delicious by themselves, or as a tasty snack for a bridge party or club meeting. Some people keep dates handy for the lunch box and after-school snacks. Athletes like dates because they are rich in quick energy-giving sugar that is easily utilized by the body.

Dates are rich in potassium, iron and niacin and also supply some calcium, phosphorus, thiamin and riboflavin... in fact, they are almost a complete food by themselves.

So, you see, there are many ways to use dates during all seasons of

the year... you don't have to wait for the holidays to enjoy them.

Put your dates in the refrigerator after you buy them and they will keep for months. Remember to keep your dates away from strong flavored foods, as they absorb flavors much like butter does.

Here are a couple of good ideas for using dates:

Date Orange Muffins

- 2 cups sifted all-purpose flour
- 3 teaspoons double acting baking powder
- 1/2 teaspoon salt
- 1/4 cup granulated sugar
- 1 egg
- 3/4 cup milk
- 1/4 cup orange juice
- 1/4 cup grated orange peel
- 1/4 cup melted shortening
- 1 cup chopped dates

Preheat oven to 425°F. Grease 12 2 1/2-inch muffin pans. Sift dry ingredients. Beat egg until frothy and add remaining ingredients. Make a well in flour mixture and add milk mixture all at once. Stir quickly - don't beat - until barely mixed. Fill muffin cups 3/4 full. Bake 25 minutes or until cake tester or toothpick comes out clean when inserted in center.

Quick Energy Pick Up

- 1 egg
 - 6 fresh dates
 - 1 cup orange juice
- Put egg and dates in blender and process until almost smooth. Add orange juice and process until slightly frothy. Pour into glass and garnish with a strip of orange peel.

Clean Brass, Copper and Bronze Accessories for the Holidays

Holiday cleaning may uncover an antique candlestick in need of polish, a dull bronze statue or a copper bowl covered with tarnish. And while most metals need to be cleaned and polished to retain their

beauty, each metal is usually cared for differently; using the wrong polish may even damage the finish. Some metals have a protective lacquer coating and harsh cleaning may remove the lacquer.

To clean unlacquered brass, wash it in hot suds, dry carefully, then polish with a commercial brass polish. Finally, use a flannel cloth to get a high gloss finish. Lacquered brass is never polished. Just dust it or wash it in mild lukewarm suds and wipe dry. Brass with an antique finish can be rubbed with a little lemon oil, then with a dry cloth.

For tarnished copper, use commercial cleaning products. Or, make your own copper cleanser with equal parts of salt, flour and vinegar. Apply and rub, then wash with hot soapsuds, rinse and polish. Lacquered copper can be dusted or washed in mild soapsuds, rinsed and dried thoroughly.

If bronze needs more than dusting, wash it with mild soapsuds, hot vinegar or hot buttermilk. Rinse immediately and thoroughly dry the piece. Just use a damp cloth to wipe lacquered bronze.

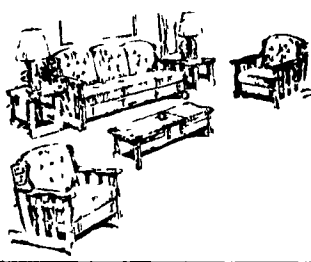
Remember, metals will be easier to clean and polish if they are cared for regularly.

Lancaster 4-H Exchange Club

The Lancaster County 4-H Exchange Club is hosting a family movie night on Saturday, Nov. 15 beginning at 7:30 p.m. The featured movie is "Swiss Family Robinson." A \$1.50 donation is requested.

It is being held in the Farm and Home Center, Arcadia Road, Lancaster. This event is open to the public.

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