

Question Corner

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ANSWER — Peggy of West Grove wanted to know if anyone has the fruitcake recipe that appeared in *Lancaster Farming* about three years ago. Thanks to Charlotte Copeland of Stockton, NJ, who sent in the recipe that she believes may be the one that Peggy lost.

Miracle Fruit Cake

Combine in saucepan:

- 1 package dates, sliced
- 1 cup seedless raisins
- 3/4 cup butter
- 1 1/4 cups brown sugar
- 1/4 cup dark molasses
- 1 1/2 cups hot water

Boil gently for 3 minutes. Cool in a large mixing bowl.

Beat in:

- 2 eggs

Add:

- 1 jar fruits and peels
- 1 cup chopped nuts

Sift together:

- 3 cups sifted flour
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 teaspoon salt

Add gradually to fruit mixture, beating well after each addition. Pour into 9-inch tube pan, line with greased waxed paper. Bake in slow oven 275 degrees for 2 hours. Remove cake from pan. Cool thoroughly. Wrap securely in waxed paper or aluminum foil. Store in clean, air-tight container in cool place. Age 3 to 4 weeks to improve flavor.

Ida's Notebook

Ida Risser



Time is a precious commodity. Most people make good use of it by planning their work and play. Often we find ourselves doing more than one thing at a time in order to save time for something else.

While washing dishes, I'll be cooking something on the stove for the next meal. Or, I'll run water in a bucket to wash the car while I quickly sweep some straw off the back porch. My daughter sends me a letter and says that she's writing while watching television. Now it is even possible to watch two television programs at the same time on one set-- it is a screen within a screen.

Some folks read the newspaper while eating breakfast while others telephone from their cars while driving down a busy highway. Somehow we feel that we are

being more efficient if we don't waste time. We all strive to accomplish something worthwhile in our lifetime.

One thing that I have mentioned in this article that gets people's attention are the black walnuts on

our farm. Over the years quite a few people have come to pick them up. One older man from Morgantown comes every year for bushels of them. He enjoys cracking them and gives me some nutmeats.

Recently a couple from Schuylkill County stopped by to tell me that they have an electric nut cracker that saves them a lot of time. They gave me some hickory nutmeats and I know how long it takes to get a cupful of them. I always use this kind on the sand-tarts that I make at Christmas time. Soon I'll have to start baking a slew of cookies as we are hoping to have guests here again this season.

Maybe I could address Christmas cards and watch cookies baking all at the same time?

Vitamin E Retains Beef Color

CHICAGO, IL. — Researchers at the University of Wisconsin, Madison, say feeding cattle a supplement of vitamin E could be one way to maintain color stability in fresh beef at the retail level. The checkoff-funded research was published in a recent issue of the

Journal of Food Science.

Results from the study showed that supplementing a ration with vitamin E stabilized the color pigments in the muscle resulting in steaks that maintained red color longer than steaks from non-supplemented cattle.

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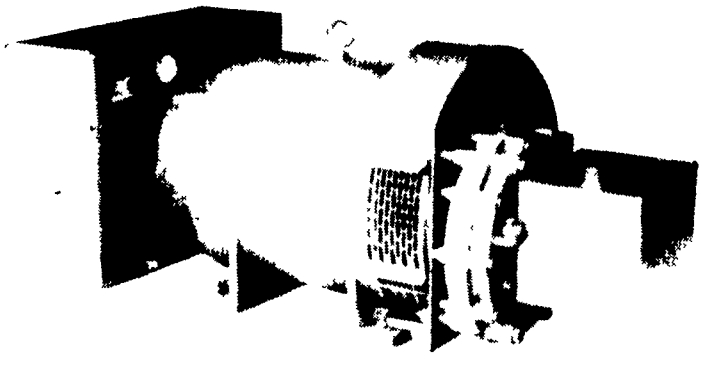
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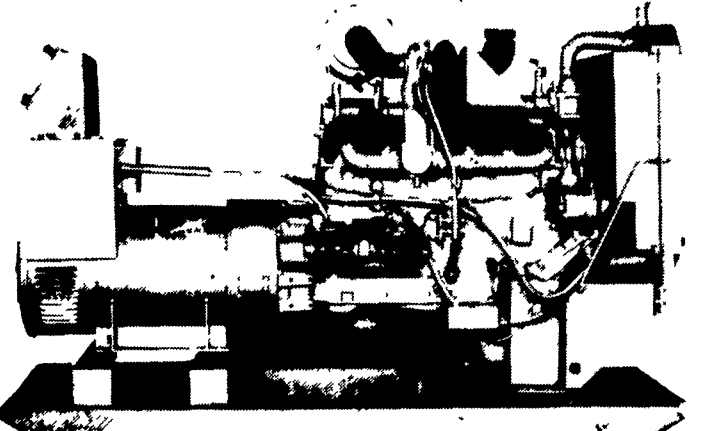
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