

# Cook's Question

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**QUESTION** — Faye Detter, Mechanicsburg, was looking for a recipe for Friendship Cake that is made from fermented fruit. Thanks to MaryElane Fritz, Boothwyn, for sending directions for the fermenting fruit as well as the sauce for the cake. Also, thanks to Martha Martin, Mount Joy, for sending one that may be combined with a box mix.

## Vintage Fruit Sauce

To ferment fruit:

- ¾ cup drained canned peaches, cut into pieces
- ¾ cup drained canned pineapple tidbits
- 6 maraschino cherries, cut in half
- 1½ cups sugar
- 1 package instant blend dry yeast

Combine ingredients and place in colored glass jar — an apothecary jar is perfect. Stir several times the first day, then stir once a day. Use a jar with a loose fitting lid. At the end of two weeks, this starter has fermented enough to make the sauce.

**Tips:** For best results use fruit in heavy syrup. One cup of the starter is enough to make the sauce so the other cup may be given to a friend along with the recipe or used to start a second batch of sauce. We do not recommend doubling the sauce recipe.

## Sauce

- 1 cup fermented fruit
- ½ cup drained canned peaches, cut into pieces
- ½ cup drained canned pineapple tidbits
- 6 maraschino cherries, halved
- 1 cup sugar

Combine all ingredients in a glass jar with a loose cover; stir well. Set in a fairly warm place. Continue to stir once a day. Sauce can be served after one week. Fruit and sugar must be repeated every two weeks. Do not refrigerate. Sauce will keep many months if directions are carefully followed.

## Vintage Fruit Sauce Upside Down Cake

- ¾ cup butter
- ½ cup firmly packed brown sugar
- ½ cup chopped nuts
- 1 cup drained vintage fruit sauce
- 1¼ cup flour
- ¾ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ cup Vintage Fruit Sauce Syrup
- ¼ cup cooking oil
- 2 eggs

Melt butter in 8-inch square pan. Add brown sugar, drained Vintage Fruit Sauce and nuts; mix well. Set aside. In medium mixing bowl, combine remaining ingredients; mix well. Pour batter over topping in prepared pan. Bake at 350 degrees for 40 to 45 minutes until golden brown. Cool 5 minutes; loosen edges with knife and invert onto serving plate. Serve warm with whipped cream or ice cream, if desired.

## Friendship Cake

- Put into a glass gallon jar:
- 1½ cups starter juice from peach juice
  - 1 quart peaches, chopped
  - 2½ cups sugar
- Stir. Let mixture stand for 10 days. Stir each day.
- On the 10th day, add:
- 2½ cups sugar
  - 1 large can crushed pineapple and juice
- Let stand 10 days, stir each day.
- On the 20th day, add:
- 2½ cups sugar
  - 1 large can fruit cocktail and juice
  - 1 large jar maraschino cherries and juice, chopped
- Let stand 10 days, stir each day.
- On the 30th day, drain fruit. Save juice for starter. Mixture is enough to make three cakes as follows:

For Cherry Chip Cake:

- 1 box cherry chip cake mix
- 1 small box instant coconut pudding
- ¾ cup oil
- 2 cups fruit, drained
- 4 eggs
- 1 cup nuts

Mix together and pour into angel food cake pan or layer cake pans.

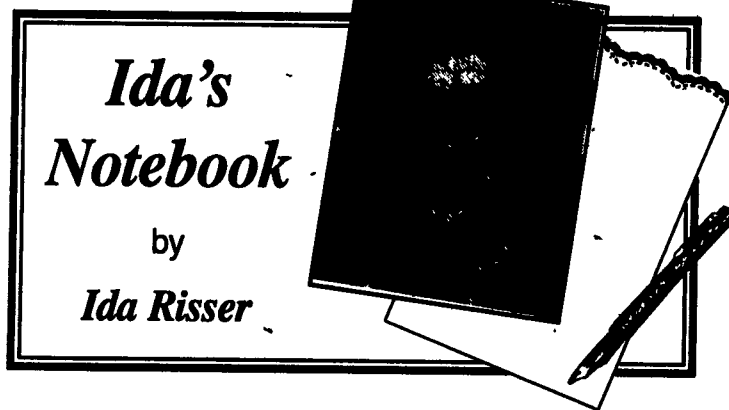
For Pineapple Cake:

- 1 box pineapple cake mix
- 1 small box pineapple instant pudding
- ¾ cup oil
- 2 cups fruit
- 4 eggs
- 1 cup nuts

For Cake of your choice, follow directions for other cakes except substitute desired flavor for the cake mix.

Bake at 350 degrees for 50 to 60 minutes.

Keep fruit at room temperature. Cover jar with plastic wrap. Cakes freeze well. May frost if desired.



Time to turn the calendars to December. A friend of mine told me that whoever changes the calendar to a new month will be boss that month. I've heard many, many superstitions over the years, but I had never heard that one.

Time passes quickly and you can surely realize it when your children are the age that you think of yourself as being just a few years ago. Recently, we attended a service to celebrate 30 years of operation of a local retirement community and the publishing of a booklet to commemorate the occasion.

This community, Landis Homes, has grown rapidly to almost 500 residents. It is located on a farm owned by my grandfather and then my uncle, Clayton

Landis, who donated the farm on an annuity basis. Graybill Landis gave \$100,000 to start the project as a home for retired missionaries in 1964. But, now others are accepted here too. A waiting list of 880 people are on their books.

The staff includes not only health care service personnel but also recreational leaders, and an adult day care center. A large pool and a shuffleboard area are part of the available activities. There are two chapels and many cottages on the tract.

During the many years when you are busy raising your family you never even think of growing old. But then one day, the last child leaves for college or gets married, and all of a sudden the house is so

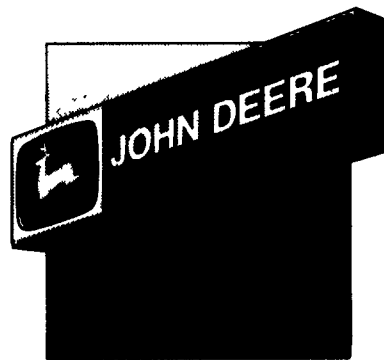
# Recipe Makeovers

NEWARK, Del. — Are you looking forward to indulging yourself over the holidays? By making just a few changes in your favorite recipes, you'll be able to enjoy guilt-free eating and may also prevent those unwanted pounds that always seem to show up at the end of the year.

On Tuesday, Dec. 13, at 7 p.m., Delaware Cooperative Extension Master Food Educators in cooperation with the American Heart Association will offer a class of Holiday Recipe Makeovers, focusing on reducing fat. The class, which costs \$2 per person to cover materials, will be held at the American Heart Association of Route 4 in Stanton. Call (302) 633-0200 to preregister by Dec. 9.

quiet. You can hear the clock ticking, and suddenly you realize that you will not always be able to take care of yourself. The lawn and garden are a chore and doctor's visits are more frequent.

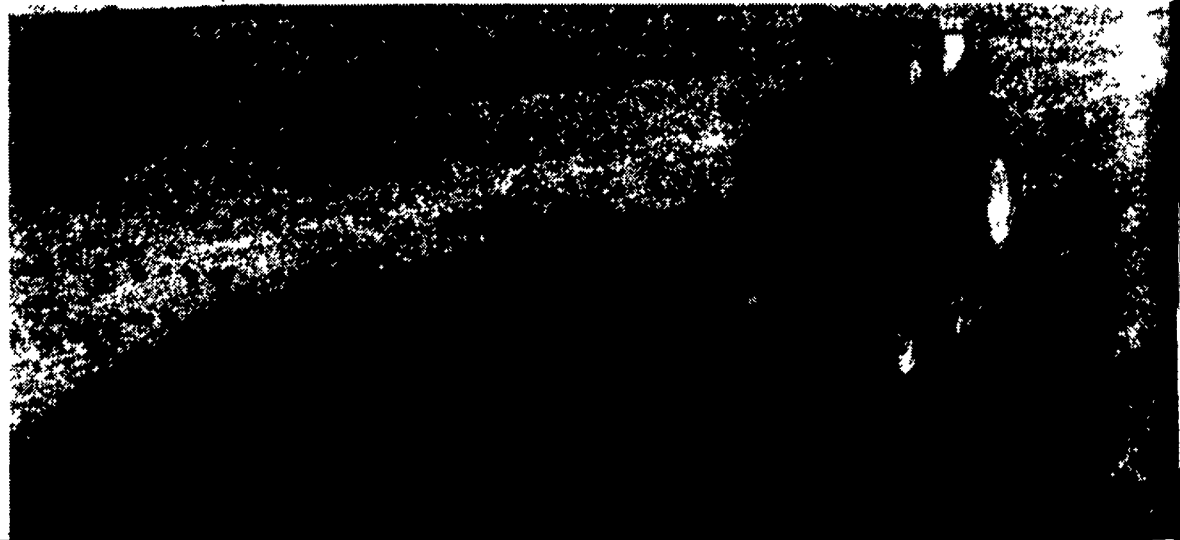
I'd like to think that that is a few years in the future for us, but it is not too early to consider what our options are now.



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