

“Every well regulated family should come to prunes in some form at least once a day”

—a quotation from the food-service article, “Three Allies of Health and Economy,” in the February issue of the PEOPLE'S HOME JOURNAL. The author is C. HOUSTON GOUDISS who is nationally famous as a writer and authority on food and health questions. He says that prunes should be used with the same regularity as attends the potato and the meat dish.

Here are some of the high-lights in Dr. Goudiss' article. Every person interested in health and domestic economies should read what follows:

WHEN it comes to prunes—and every well-regulated family should come to prunes in some form at least once a day—it is one of the most encouraging of present-day food facts that last year California had to furnish nearly a quarter of a billion pounds of these dried plums to supply the demand.

“Within the past decade, notably within the past five years, prunes have made great forward strides as a popular food. When Uncle Sam set his seal of approval on them as one of the most valuable foods that could be served to our fighting men a good many people who previously had passed them by paused to prove their right to such preferment.

One trial sufficient

“One trial is sufficient, as a rule, for when properly cooked, stewed prunes constitute one of the most delicious of dishes.

“All things considered, the prune is one of the most nutritious articles of diet we have, for they contain large amounts of protein and easily digestible sugar. They are as well adapted to substantial dishes as to desserts, and the fact that substantial dishes can be made from them is a large point in their favor.

A triumphant food trinity

“They can be eaten in some form or other by every member of the family—even babies find them a welcome addition to their simple diet

when cooked soft and the pulp crushed—and prunes are often included in special diets for invalids. Because of their concentrated form they are easily kept.

“They constitute a really triumphant trinity in any consideration of food, whether weighed in the balance of nutritive worth or economic value. They supply health, strength and goodness in a single package, so to speak, and during the winter months they take the place of fresh fruits whose peculiar nutritive elements are so needed by the body, but which are so often beyond the reach of the average pocketbook.

“Eat more fruit”

“In every home where good food is enjoyed, yet where eating is regarded as something more than a mere pleasing of the palate, the date, the fig and the prune deserve to be used with much the same regularity as now attends the potato and the meat dish. Their food value places them far ahead of the former and gives them good right to march in front of the latter in the great procession of edible products. Until we have learned to make larger use of them we shall be neglecting a rare opportunity to pleasantly and economically build up the best of all possessions—a sound body fit to house a sane mind.

“With the beginning of the New Year why not put among your resolutions: ‘Eat more fruit,’ ‘Keep well through food,’ ‘Give more thought to diet.’ Any one of these slogans would bring your attention to these excellent dried fruits which provide larger nutrition at less cost than

the fresh varieties, and especially is this true when supplies run low in the winter time.”

The right way to stew prunes

“There's all the taste-difference in the world in prunes when they're properly prepared. And it's just as easy to prepare them right. Perhaps you have a pet way of stewing prunes. But if you haven't [and even if you have] try this tested method:

First—soak them over night, if possible—but if not, for several hours at least. Second—cook them slowly until tender in the water in which they were soaked. Third—use plenty of water so the fruit will be “loose.” Fourth—be sure you don't cook them too long as they will become too soft.

Flavor with an inch stick of cinnamon or some lemon or orange juice. Sugar is not required, as slow cooking brings out the rich fruit sugar in Sunsweet Prunes. If sugar is added, however, put it in after the prunes are cooked but while still hot so the sugar will dissolve.

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