



## Mail Overseas Gifts By November 15 Candy Your Own Fruits For This Delicious Fruit Cake

It's fun to candy an assortment of fruits to use in making this definitely different fruit cake. The recipe looks long, but it's really easy to do. Fix the candied fruits 1 or 2 days before you start the cake. For 6 lbs. of cake you'll need:

- 1 No. 2 can sliced pineapple (10 slices)
- 5 cups granulated sugar
- Rind of 4 oranges
- 1/4 lb. dried apricots (about 8)
- 1/4 lb. dried pears (about 6)
- 1 1/2 lbs. dried prunes (about 50)

Drain syrup from pineapple and add water to make 2 cups. Add to sugar in a broad saucepan or kettle. Heat, stirring, until sugar is dissolved.

Add pineapple, apricots and pears. Cook slowly, stirring occasionally, about 25 minutes, or until fruit looks glazed.

Lift out fruit onto racks to drain, with waxed or parchment paper underneath to catch the drippings.

Use "half-shells" of rind left from breakfast oranges. Scrape out membranes and white part of peel with spoon. Cover with boiling water, drain pan, and cook 15 minutes; drain and repeat, cooking until rind is tender. Drain, add to syrup left from first batch of fruit, and simmer until peel is transparent. Place on rack to drain.

Wash and pit prunes, add to syrup after oranges are removed, and simmer about 25 minutes, until fairly well candied. Remove to rack to drain.

Let all fruits dry on racks in warm place 1 or 2 days, depending on the weather. Then cut in long strips, not too fine. To them

add 3 cups of white raisins and 3 cups coarsely chopped walnuts. Mix and set aside.

Now you are ready to mix the cake batter. (There will be only a small amount of batter, but you'll need to use a huge bowl or kettle in order to have room for the fruits.)

**Batter for Fruit Cake**  
1 1/4 cups granulated sugar  
1 cup shortening  
4 eggs  
3/4 cup milk  
4 1/2 cups sifted flour  
2 teaspoons baking powder  
2 teaspoons salt  
1 teaspoon cinnamon

Gradually add sugar to shortening, creaming until fluffy. Beat eggs slightly, add milk; set aside. Sift dry ingredients together. Alternately add small amounts of liquid and dry mixtures to sugar and shortening, beating smooth after each addition. Add fruits and stir or mix with your hands until all are well coated with batter.

For baking, use 1 or 2 good-sized tube pans, or several smaller loaf pans, or coffee cans. Grease pans. Line with 3 thicknesses of waxed paper (letting paper extend 1 or 2 inches above pans). Fill pans 3/4 full. Put into very slow oven (275 deg) and lay a sheet of aluminum foil or heavy paper over tops until almost done, to prevent over-browning.

Allow 2 to 2 1/2 hours for baking small cakes, or about 3 hours if all the batter is baked in large cake. Test with wire cake tester or toothpick, as usual.

Let cakes cool in pans. When you turn them out, don't peel off the papers! If you wish, pour a little rum or brandy over tops of cakes, then wrap, paper and all, in aluminum foil and store in cool dry place. Remove paper only when you are ready to serve the cake. Do plan to make this fruit cake soon. Good as it is when first baked, it's even better when it has had time to ripen a few weeks.

**Dark Fruit Cake Will Delight Servicemen**

We're giving this recipe early—for overseas shipping to your serviceman now. Also, fruit cakes improve with age for Christmas giving at home. This recipe makes 1 loaf cake (9x5x2 1/2), 1 round cake, coffee can size, and 6 cup cakes.

**DARK FRUIT CAKE**  
6 cups (2 one lb. each) rais or packages glace fruit mix—  
2 cups (10 oz.) seedless raisins  
1 1/2 cups (6 oz.) broken walnut meats  
3 cups sifted all-purpose flour  
1 teaspoon each baking powder, cinnamon  
1/2 teaspoon each salt, baking soda, nutmeg  
1/4 teaspoon cloves

2-3 cup chopped nuts  
Cream butter and brown sugar; beat egg and add to mixture, stirring to blend. Sift flour, measure and resift with baking powder and salt. Add to nuttier mixture with vanilla and nuts. Turn batter into an 8-inch square, buttered pan and bake in a slow oven, 300 deg. F., for 25 minutes, until lightly browned. Serve with vanilla ice cream.

**ANGEL DATE BARS**  
1/2 cup sifted flour  
1/2 tsp. baking powder  
1/2 tsp. salt  
1 cup chopped nuts  
1 1/2 cups chopped dates (1 7/8 lb. fresh dates), or about  
2 eggs, separated

**ROCKS**  
3/4 cup lard  
1 1/2 cups light brown sugar  
2 eggs  
2 1/2 cups sifted enriched flour  
2 teaspoon cinnamon  
1/2 teaspoon soda  
1/2 teaspoon salt  
3 cups raisins  
1 cup chopped walnuts

Cream the lard and sugar and add the well-beaten eggs. Reserve one cup of the flour to mix with the raisins and nuts. Sift together the remaining flour, cinnamon, soda and salt. Combine ingredients and mix well. Place by spoonfuls on a cookie sheet and bake in a hot oven (400 deg. F.), until lightly browned. Yield: 8 dozen medium cookies.



**3 • Have pans and/or cans ready before you mix the cake. Grease them first. (This will hold paper linings in place.)** Line bottom of each pan with 3 layers of waxed paper cut to fit. Stand a high "collar" of triple-layered waxed paper around sides, overlapping ends loosely. These collars help keep cakes from browning too quickly on top. Grease the paper. Fill pans 3/4 full. Bake as directed.

**4 • Come Christmas, wrap some of your mellowed fruit cakes in bright household foil, fancy papers and ribbons for special gifts. (No, don't tear off those paper pan-liners; they help to keep the cakes moist.)** Of course, you'll save some of your cakes to slice thin with a sharp knife, and serve with coffee or tea or dessert wine—and with justifiable pride! Plan now to make your cakes very soon.

with cellophane tape. Wrap bar or square cookies in big pieces.

Put flat or drop cookies together in pairs back-to-back, waxed paper between; wrap, seal ends promptly.

Here are some recipes for cookies that pack and travel well:

**Gum Drop Molasses Cookies**  
1/2 cup shortening  
1 cup sugar  
1/4 teaspoon soda  
1 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 teaspoon ginger  
1 teaspoon cinnamon  
1/2 cup unsulphured molasses  
1 egg  
2 1/2 cups sifted enriched flour  
1/4 cup sour milk  
1 cup chopped gum drops

Heat oven to 375 deg. F. (moderate). Cream together first 7 ingredients. Blend in molasses. Beat in egg. Add flour alternately with sour milk. Stir in gum drops. Drop dough from teaspoon onto lightly greased cookie sheets. Bake 15 minutes, or until edges have lightly browned.

**BUTTERSCOTCH BROWNIES**  
(Makes 12 to 16 squares)  
1/2 cup butter  
1 cup brown sugar, packed  
1 egg  
1 cup sifted flour  
1 tsp. baking powder  
1/2 tsp. salt  
1 tsp. vanilla

Heat oven to 375 deg. F. (moderate). Cream together first 7 ingredients. Blend in molasses. Beat in egg. Add flour alternately with sour milk. Stir in gum drops. Drop dough from teaspoon onto lightly greased cookie sheets. Bake 15 minutes, or until edges have lightly browned.

**When it rains it pours**



## Oatmeal Cookies Use Homemade Cookie Mix

Take just twenty minutes to make up a big canister of the cookie mix and store it on your pantry shelf. Then, when the supply in the cookie jar runs low, dip out two cups of cookie mix and add the egg, milk and vanilla. There you have enough cookie dough for two dozen delicious oatmeal cookies.

Change the cookies each time by adding nuts, raisins, chocolate chips or any of numerous variations. They will always be tasty with oatmeal in them to give a nutty flavor and a crisp texture. Oatmeal Cookies are good for you and the children too, for oatmeal contains plenty of protein, iron and the B Vitamins.

Never again will the cookie jar run low with this new homemade cookie mix recipe to save you time and provide fresh cookies at a moment's notice. Here are the directions for the mix and directions for making cookies:

**OATMEAL COOKIE MIX**  
3 cups sifted enriched flour  
1 teaspoon soda  
1 teaspoon baking powder  
2 teaspoons salt  
2 1/2 cups sugar  
1 cup shortening  
3 cups oatmeal (quick or old fashioned, uncooked)

Sift flour, soda, baking powder, salt and sugar together three times. Cut shortening into sifted dry ingredients until mixture resembles corn meal. Add rolled oats and mix well. Store in a covered container at room temperature.

**To Make 2 Dozen Cookies**  
2 cups Oatmeal Cookie Mix  
1 egg  
1 tablespoon milk  
1 teaspoon vanilla

Add egg, milk and vanilla to Mix. Beat until well blended. Drop from a teaspoon onto greased baking sheet. Bake in a moderate oven (375 deg. F.) 12 to 15 minutes.

**Variations**  
1. Add 1/2 cup chopped nuts, raisins, coconut or chocolate chips to prepared batter. Bake as directed above.

2. Add 1 teaspoon cinnamon and 1/2 teaspoon nutmeg to dry Mix; blend well. Omit vanilla. Add egg and milk; mix and bake as directed above.

3. Add 1/2 cup shortening, 1/2 cup beet or cane sugar, 1/2 cup brown sugar, firmly packed, 2 eggs, 1/2 cup orange juice (fresh or frozen).

First: Prepare baking "pans". Grease loaf pan and coffee can well; line with brown paper, grease again. Place paper ramekins in muffin pans. Set aside.

Second: In a large bowl or flat pan combine fruits and nuts with sifted dry ingredients; toss to lightly coat and separate fruits. In a second bowl cream shortening and sugars until light and fluffy. Add eggs one at a time and beat in well. Stir in combined fruits, nuts and dry ingredients alternately with orange juice to make a stiff batter. Spoon into prepared "pans". Bake in a slow oven (350 deg. F.) until center is firm to light touch. Baking times: Cupcakes, 1 1/2 hours; 1 lb. coffee can or 1 lb. loaf pan—2 1/2 hours. Note: A shallow pan of water set on a lower rack of the oven under the fruit cakes during baking allows them to steam a little—prevents the cakes from drying out and helps plump them.

To bake successfully you need proper equipment. Use standard measuring cups and spoons and level measurements in all baking recipes. A shallow-bowled wooden spoon is best for mixing batter, and a rubber spatula for folding and scraping bowls is a fine aid.

If books mildew during the summer, spread the pages of the books out fanwise to air them. If the books are quite damp, sprinkle cornstarch between the leaves to take up the moisture. Leave starch on them for several hours, then brush off.

**DARK 'N' SWEET FUDGE**  
1 pkg. chocolate pudding  
1/4 cup milk  
1/2 cup margarine, melted  
1 1/2 cups sifted confectioners' sugar  
1/2 teaspoon vanilla extract  
1/2 cup chopped nuts

Combine pudding, milk and margarine in a saucepan. Stir until well blended. Bring to a boil over medium heat, stirring constantly. Boil 1 minute. Remove from heat. Add confectioners' sugar and stir until smooth and blended. Stir in vanilla extract and nuts. Turn immediately into greased pan 8x8 inches. Let stand in cool place until firm. Cut in squares. Makes 1 pound.

**DARK 'N' SWEET FUDGE** is a candy you'll find easy to make, even easier to eat.



YOUR OWN COOKIE MIX makes these chewy oatmeal cookies, and the extra mix can be stored in your refrigerator for use later.

## YOUR FAMILY'S DIET Babies And Mothers Thrive On Well-Balanced Diet

Before we leave the subject of nursing babies, I'd like to suggest that you have a talk with your doctor before you go to the hospital, and tell him that you want to nurse your baby.

Some doctors aren't interested in whether you nurse your baby or not. In fact, some of them seem to prefer having your baby on a formula, where they can personally supervise the quality and quantity of his diet. Others fear that any emotional upset you have will upset the baby's digestion.

From personal experience, I can say that nursing a baby is one of the most soothing and calming activities life can offer both mother and child. And the quantity and quality of a mother's milk depends on her own diet—and watching her own diet makes her health better, as well as nourishing her baby.

Whether your doctor is in favor of your nursing your baby, or

growing children. They should include: Milk, 3 or 4 glasses daily; Vegetables, 2 or more servings; Meat, Cheese, Fish, Poultry, 1 or more servings; Cereal or Bread at each meal; Butter, 2 or more tablespoons; Vitamin D, in Vitamin D milk or cod-liver oil capsules; Other Foods, as custards and ice cream, enough to satisfy their appetite and growth needs.

Avoid highly spiced foods, rich pastries, ice cold foods for children (under 3 years of age), nuts, except in cooking, sausage and smoked meats. Average servings should be around 5 tablespoons, on the recommendation of a Portland pediatrician. A good eater may be al-

lowed larger servings of his favorite dishes.

Remember: Mealtimes should be regular, with a rest period or nap after lunch until the child is four years old at least. Children under six usually eat better at a separate table, but they should not be forced or coaxed to eat under any circumstances. Pay as little attention to the actual process of eating as possible, and do not be disturbed by occasional lapses in appetite unless a runny nose or fever accompany it.

Simple, well-cooked food is best; highly seasoned or rich foods encourage "selective" eating habits.

Your food editor,  
*Conna Baker*

## Dark 'n' Sweet Fudge Is Easy, Quick Candy Recipe

Fudge will make an excellent Christmas gift for anyone on your list, but especially for your serviceman—overseas or not. Try this one:

**DARK 'N' SWEET FUDGE**  
1 pkg. chocolate pudding  
1/4 cup milk  
1/2 cup margarine, melted  
1 1/2 cups sifted confectioners' sugar  
1/2 teaspoon vanilla extract  
1/2 cup chopped nuts

Combine pudding, milk and margarine in a saucepan. Stir until well blended. Bring to a boil over medium heat, stirring constantly. Boil 1 minute. Remove from heat. Add confectioners' sugar and stir until smooth and blended. Stir in vanilla extract and nuts. Turn immediately into greased pan 8x8 inches. Let stand in cool place until firm. Cut in squares. Makes 1 pound.

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## Your Soldier Will Enjoy Candies

For your serviceman there's no substitute for homemade fudge, and it's one of the gifts that ship well.

Here's a new foolproof method for making perfect fudge in ten minutes without cooking:

**WONDER FUDGE**  
Melt Together:  
1 package (8 oz.) Semi-Sweet Chocolate Dainties,  
4 level tablespoons Margarine (half of 1/4 lb. stick), in double boiler

Add:  
1 tablespoon warm water,  
1 teaspoon vanilla to above

Sift:  
3 level cups confectioners' sugar,  
Dash of salt, into large mixing bowl.

Mix:  
1 cup Stayfresh Coconut or 1 five oz. can Dixie Cut Coconut with sugar.

Stir:  
melted mixture into bowl of dry ingredients

Press:  
into 8-inch pan. (If desired, top with coconut.) Chill in refrigerator until set. Remove from refrigerator, cut into squares and serve. (Makes about 1 1/2 lbs.)

**PECAN PRALINES**  
2 cups brown sugar  
1 cup granulated sugar  
1/2 teaspoon salt  
1/2 tablespoons butter  
1 cup water

Cook over low heat, stirring until sugar is dissolved, until a small amount of syrup forms a soft ball when dropped in cold water (240 deg. F.) Remove from heat.

Add: 1/2 teaspoon maple flavor, 1 cup PECAN halves. Stir until mixture becomes slightly cloudy; drop by spoonfuls onto buttered surface or waxed paper.

**DOUBLE DIVINITY PUFFS**  
It looks like a pretty complicated process to make this candy, but it really isn't once you read the recipe over carefully. Two sugar syrups (made with either beet or cane sugar) are cooked to two different temperatures, then beaten into the egg whites to make the best Divinity you've ever tasted.

Mix I:  
1/4 cups beet or cane sugar  
1/4 teaspoon salt  
1/4 teaspoon cream of tartar  
1/2 cup hot water  
2 egg whites (at room temperature)

Mix II:  
1/4 cups beet or cane sugar  
1/4 teaspoon salt  
1/4 teaspoon cream of tartar  
1/2 cup hot water  
1 cup slivered blanched almonds  
1/2 cup halved candied (glace) cherries

Combine sugar, salt, cream of tartar and hot water in each of two saucepans; stir to dissolve well. Place Mix I on high heat; cover

and cook 5 minutes. Remove cover and cook to soft-ball stage (240 deg. F.) without stirring (takes about 4 minutes.) Remove from heat.

In a large mixing bowl beat egg whites until foamy, then start pouring the hot syrup, gradually (do not scrape the pan) beating with the electric beater (or hand beater if you have someone to help you.) Beat 5 minutes or until Divinity is quite thick and heavy. Remove beater. Stir in almonds and cherries. Drop by tablespoonfuls onto a lightly buttered cookie sheet and allow to set 1 hour.

**SOFT BALL STAGE**—when about 1/2 teaspoon of boiling syrup dropped into cold water, can be picked up but flattens.

**HARD BALL STAGE**—holds its shape, though pliable.

**2 • Cook the light-colored fruits first, then the darker ones, in a sugar syrup, using a broad kettle or saucepan. (See recipe for complete directions.)** Drain and dry 24 to 48 hours on cake racks with waxed paper underneath. Cut in coarse strips and add raisins and walnuts, ready to mix with batter. (Good fruit cakes like this one have much fruit, little batter.)

and cook 5 minutes. Remove cover and cook to soft-ball stage (240 deg. F.) without stirring (takes about 4 minutes.) Remove from heat.

In a large mixing bowl beat egg whites until foamy, then start pouring the hot syrup, gradually (do not scrape the pan) beating with the electric beater (or hand beater if you have someone to help you.) Beat 5 minutes or until Divinity is quite thick and heavy. Remove beater. Stir in almonds and cherries. Drop by tablespoonfuls onto a lightly buttered cookie sheet and allow to set 1 hour.

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**STORE:** In a lightly covered container, placing crumpled waxed paper between layers of "puffs".

**Make These Cookies For Gifts Mailed Overseas**

The best gifts for mailing overseas include fruit cake (in a tin or wooden box) and well-packed cookies.

To pack cookies for mailing, line a sturdy box with waxed paper or kitchen foil. Pad the bottom and sides with tightly crumpled waxed paper or folded paper towels wrapped in waxed paper.

Put flat or drop cookies together in pairs back-to-back, waxed paper between; wrap, seal ends promptly.

Here are some recipes for cookies that pack and travel well:

**Gum Drop Molasses Cookies**  
1/2 cup shortening  
1 cup sugar  
1/4 teaspoon soda  
1 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 teaspoon ginger  
1 teaspoon cinnamon  
1/2 cup unsulphured molasses  
1 egg  
2 1/2 cups sifted enriched flour  
1/4 cup sour milk  
1 cup chopped gum drops

Heat oven to 375 deg. F. (moderate). Cream together first 7 ingredients. Blend in molasses. Beat in egg. Add flour alternately with sour milk. Stir in gum drops. Drop dough from teaspoon onto lightly greased cookie sheets. Bake 15 minutes, or until edges have lightly browned.

**BUTTERSCOTCH BROWNIES**  
(Makes 12 to 16 squares)  
1/2 cup butter  
1 cup brown sugar, packed  
1 egg  
1 cup sifted flour  
1 tsp. baking powder  
1/2 tsp. salt  
1 tsp. vanilla

Heat oven to 375 deg. F. (moderate). Cream together first 7 ingredients. Blend in molasses. Beat in egg. Add flour alternately with sour milk. Stir in gum drops. Drop dough from teaspoon onto lightly greased cookie sheets. Bake 15 minutes, or until edges have lightly browned.

**When it rains it pours**

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