

# Each Season On For Local Area; Fruit Popular Fresh and Cooked

## Mrs. Taylor Outlines Some Points in This Favorite Fruit of Willamette Valley

By MRS. MARGARET TAYLOR  
(Member Lane County Nutrition Committee)

Who live in the Willamette valley are richly blessed with fruit. This is a double blessing, for they are essential to a balanced diet for their bulk and alkaline reaction, and are long valued for their variety in flavor. One principle member of the fruit group is the peach, which pleases the eye, color, aroma, texture, and taste. It also has the advantage of being easily prepared for serving, either raw, dried, canned or in frozen desserts.

**PEACHES HAVE VITAMINS**

Our Oregon fruits, the yellow and white peaches, such as the Crawford, Elmer, Hale, etc., are next to the best in Vitamin A content, being exceeded only by the apricot. The white peach contains practically no Vitamin A, but is about equal to the yellow in other vitamins. The yellow peaches also contain Vitamin A content up to 10 times that of a point of comparison in this time of year.

Peaches are also one of our best sources in Thiamin (Vit. B1). Chocolate Milk, Orangeade, Cottage Cheese, Butter, Clemens Bros. Phone 1241

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- |   |                                      |
|---|--------------------------------------|
| CHEESE 25c pound                                    | <b>Fresh PEACHES</b>                 |
| FARGO BRAND ORANGE and GRAPEFRUIT JUICE 30c per can | RANCHO TOMATO SOUP 4 for 27c         |
| ALL GOOD TOMATOES 2 1/2 tins 15c                    | 1/2 Gallon WESSON OIL \$1.00 per can |
| GARDEN PICKLES 12 1/2 oz. 2 for 25c                 | COSMOS OLIVES No. 2 tin 17c          |
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Hunter Candee



Frank Duncan

## Peach Pie Rates As Tops; Other Recipes Presented

Along with her comments on the value of peaches as a food, Mrs. Taylor gives several appealing recipes, as well as suggestions on preserving this fruit.

**PEACH PIE SUPREME**  
Line a pie pan with pastry  
4-6 peaches  
2-3 cup of sugar  
1-8 teaspoon of cinnamon  
1/2 cup of sour cream  
1/2 cup of sugar  
1/2 cup of sugar  
Cut the peaches in eighths.  
Mix the sugar, flour, cinnamon and cream. Pour over after placing them in the pie pan. Sprinkle cheese over peaches and bake in a moderate oven 20 to 30 minutes.

**PEACH COBBLER**  
1 can sliced peaches (1 1/2 cups)  
1/4 cup sugar  
1 tablespoon lemon juice  
1 1/2 cups sifted flour  
2 teaspoon baking powder  
1/2 teaspoon salt  
2 tablespoons shortening  
1 egg, well beaten  
6 tablespoons of peach syrup  
1/2 cup peach syrup  
1-8 teaspoon almond extract  
Place peaches in 8 inch baking dish greased with shortening. Sprinkle with sugar and lemon juice—Sift the flour with the baking powder and salt—cut in the shortening until the mixture is as fine as cornmeal—combine the beaten egg and six tablespoons of syrup and add to the flour mixture, mixing until a soft dough is formed. Spread the dough over the peaches—Bake in a hot oven 425 degrees F for 15 minutes—combine 1/4 cup syrup and almond extract and pour over pudding. Return to the oven and bake 10 to 15 minutes longer. Serve with a pitcher of cream—serves 8.

**PEACH MOUSSE**  
1 cup whipping cream  
1 cup peach pulp  
5 tablespoons sugar  
2 egg whites  
1-16 teaspoon salt  
Whip the cream. Peel and slice ripe peaches and rub enough through a coarse strainer to make 1 cup of pulp. Add the sugar, and fold quickly into the cream before the peaches discolor. Add the egg whites, which have been beaten with the salt, pour into a tray or mold and freeze.

**PEACH SWEET PICKLES**  
1 quart vinegar  
6 pounds of sugar  
12 pounds of peeled fruit  
Make a syrup of the vinegar and sugar and add a spice bag made of one tablespoon of cloves, and 1 piece of ginger root, if desired. Add 4 or 5 whole sticks of cinnamon to the syrup and drop a few peaches into this syrup at a time. Cook until the peach can be readily pierced with a straw, let stand in a covered kettle over night. Next day pack in clean jars to within half inch of top, covering fruit with the syrup. Put on cap, screw band firmly tight. Process in water bath at simmering temperature (180 degrees F) for 20 minutes. Kerr Canning recipe.

**DRIED PEACHES**  
To stew dried peaches; wash well; place in hot water to cover; simmer until fruit is soft about 40 minutes. Sweeten to taste and stir until the sugar is dissolved. Remove from heat and cool with lid tightly covered to get a nice syrup. May be used in the Mousse recipe or eaten with whipped cream.

**Spinach Savor**  
2 tablespoons butter  
1 tablespoon minced onions  
1 tablespoon chopped pimientos  
2 cups cooked drained spinach  
1/2 teaspoon salt  
1/2 teaspoon pepper  
Heat butter in frying pan, add onions and simmer 5 minutes. Pour in rest of ingredients and cook until hot.

**Fruit Thrill**  
1 tablespoon granulated gelatin  
1 cup seeded red cherries  
1/2 cup sugar  
1 cup water  
1 teaspoon grated lemon rind  
1 tablespoon lemon juice  
1/2 teaspoon salt  
2 beaten egg whites  
1/2 cup heavy cream or evaporated milk, whipped  
6 slices angel food or sponge cake  
Soak gelatin 5 minutes in cherries. Heat in double boiler and stir until gelatin dissolves. Add sugar, water, rind, lemon juice and salt. Cool and chill until thick. Fold in egg whites and milk. Place 3 slices cake in mold (glass suggested). Add gelatin blend and

cover with rest of cake. Chill several hours—or over night. Unmold and serve plain or garnished with fresh fruit.

**Browned Chops Neapolitan**  
4 loin veal or lamb chops  
1 egg, beaten  
1/2 cup cornmeal  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon celery salt  
3 tablespoons chopped bacon  
1/2 cup canned cream of asparagus soup  
Wipe off chops with damp cloth and dip in egg. Sprinkle with meal and seasonings, blended. Quickly brown on both sides in bacon heated in frying pan. Add soup. Cook in covered pan for 15 minutes over moderate heat. Turn several times for even browning.

**Middlebury Ice Cream (Without Sugar)**  
1 cup maple syrup  
2 eggs beaten (or 4 yolks)  
1-3 teaspoon salt  
2 cups milk  
1 teaspoon vanilla  
2-3 cup cream  
1/2 cup chopped nuts (butter-nuts preferred)  
Heat syrup in double boiler; slowly pour over eggs. Return to boiler and add salt and milk. Cook 2 minutes. Stir constantly. Cool and add milk, vanilla and cream. Freeze until quite stiff. Add nuts

**Potato Surprise (Meat Alternate)**  
4 large baked potatoes  
4 one-inch cubes cheese  
1 hard-cooked egg, sliced  
2 tablespoons butter  
1-3 teaspoon salt  
1/2 teaspoon celery seed  
1/4 teaspoon white pepper  
Press baked potatoes, open on one side. Insert cheese in the cuts.

Add portions of rest of ingredients. Arrange upright in shallow pan and bake 10 minutes in moderate oven.

**Victory Salad Dessert**  
1 package lemon gelatin  
1 2-3 cups boiling water  
2 tablespoons lemon juice  
1-8 teaspoon salt  
1 cup sliced peaches  
1-3 cup raisins

1/4 cup broken nut meats  
Dissolve gelatin in water. Cool until quite thick and syrupy. Beat until frothy and thick. Lightly fold in rest of ingredients. Chill until thick. Stir well and pour to the thickness of about one inch. Chill until firm. Cut in squares and serve atop lettuce or cress. Mayonnaise or salad dressing may be added.

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