

### Make Most Of Prunes And Plums

Prunes and plums make such delectable pies and cobblers; fine too for eating out of hand. Best quality ripe fruit is plump, full colored for the variety and soft enough to yield to slight pressure. Prunes of course are a variety of plum particularly suitable for drying purposes. Both will be available for some weeks. Try either or both of these for "over the Labor Day week-end."

#### Spicy Prune Cobbler

Combine 3 cups halved pitted fresh prunes, juice of 1 lemon, ¼ cup water, 1 cup brown sugar, 1 teaspoon cinnamon, 2 tablespoons butter and heat to boiling. Pour into deep baking dish and cover with dough. Bake at 425 degrees for 30 minutes.

Cobbler dough is made by sifting together 1 cup flour, 1 teaspoon baking powder, ½ teaspoon salt, 2 teaspoons sugar. Now cut 2 tablespoons butter or shortening until very fine; then stir in ¼ cup rich milk or cream.

#### Dutch Plum Cake

Mix together and then let stand: 3 tablespoons butter or margarine, ½ cup sugar, 1 tablespoon flour, 1½ tablespoons lemon juice.

Wash, halve and pit 12 fresh prunes or plums.

Dough is made like this: Sift 1½ cups flour, 2½ teaspoons baking powder, ½ teaspoon salt, 3 tablespoons sugar; sift again. Cut in ¼ cup shortening until well blended. Beat 1 egg slightly and add ¼ cup milk. Add to flour mixture and stir just enough to blend. Pat dough out on greased pan and place plums, skin side down on dough. Sprinkle with butter-sugar mixture. Bake at 375 degrees until golden brown. Serve warm with cream.

### Shrimp Arnaud Is Recipe From Files Of Food Experts

Recipes that reveal secrets from the experts are always fun to read — and often not at all difficult to follow. The new, revised "Antoinette Pope School Cook Book," by Antoinette and Francois Pope Macmillan Company, New York, \$3.95, contains hundreds of such recipes. The Popes, who have been teaching cooking in Chicago for years, and have been demonstrating expert cookery on television, have added more than 500 recipes to their original cookbook of 800 recipes — which pretty well covers the range of basic and gourmet cookery. And to their own recipes, they have added recipes from well-known restaurants.

#### Here's one such recipe:

##### Shrimp Arnaud

Drop 2 pounds of shrimp with shells into rapidly boiling water, and let simmer about 5 to 6 minutes if very large, 3 minutes if medium. When done, remove shells and intestinal vein, and split shrimp in halves lengthwise. Pour Sauce Arnaud over them and keep covered in refrigerator at least 4 hours before serving, stirring occasionally.

##### Sauce Arnaud for 2 Pounds Shrimp

2 tablespoons tarragon or cider vinegar  
½ cup olive oil  
1 tablespoon paprika  
¼ cup strong prepared mustard

About 1 teaspoon salt, more or less to suit taste  
1 cupful celery chopped as fine as possible  
½ cupful fresh green onions and tops, chopped as fine as possible  
¼ cup parsley chopped as fine as possible

Combine all ingredients in a bowl and blend thoroughly. Pour enough sauce over shrimp to moisten them. Mix well, cover bowl, and keep in refrigerator for at least 4 hours before serving. Pour rest of sauce over shrimp just before serving. This is an excellent dish for a first course or for buffet parties.

Barbados in the British West Indies was the only foreign land ever visited by George Washington says the National Geographic Society.

### Herbs and Spices Magic With Beef

Herbs, spices and seasonings all lend a magic touch in giving flavor charm to good old-fashioned braised beef dishes. Because braising means long slow cooking, the flavor of the seasonings has plenty of time to mingle with the beef. Meats with shorter cooking time do not have quite this same opportunity.

Certain seasonings are best with beef. She suggests summer savory, thyme, parsley, celery leaves or marjoram.

A good rule is to underseason rather than add to many herbs. Practice soon reveals the quantity your family likes. It's best to use a combination

### Muffins With Fancy Topping

For company breakfast or a Sunday family treat, try these muffins:

**Pineapple-Topped Muffins**  
A new suggestion for dressing up plain muffins is this quick and easy Pineapple Topping. The rich brown sugar mixture and the juicy pineapple makes additional butter or jelly unnecessary. You may use your own favorite muffin

of two or three, but usually not more than this.

recipe, using 2 cups of flour (or a packaged mix), filling medium-sized muffin cups about half full. Make a depression in the batter in each muffin cup. Place in each depression 1 teaspoonful of the following mixture—

¼ cup brown sugar (firmly packed)  
¼ teaspoon cinnamon  
2 tablespoons melted butter or margarine  
Top each muffin with—  
1 teaspoon drained "Crisp Cut" Crushed pineapple

Bake in a preheated hot oven, 400 degrees, for 20-25 minutes or until lightly browned. Makes enough topping for 1 dozen medium-sized muffins.

### Hurry-up Dessert

For a real last-minute dessert make one of the new instant puddings. Add ¼ cup chopped walnuts to the mixture before spooning it into serving dishes. Top with a puff of whipped cream and handsome walnut half.

### BISCUIT ROLLS

Let biscuits serve for summer meals. Roll biscuit dough jelly-roll fashion, spread with filling of left-over or canned meat seasoned with catchup or spices. Roll and slice. Bake biscuit rolls in a hot oven (425 F.) until biscuit dough is done.

### Ground Beef-Rice Duo Good

Tailor-made both for the budget and for summer cooking is this Ground Beef-Spanish Rice combination. You'll have it ready for your table in little more than 30 minutes. Team it with thick slices of French bread, with cut green beans and a tossed garden salad.

**Spanish Rice with Beef**  
1 pound ground beef  
1 tablespoon lard or drippings  
1 cup diced onion  
¼ cup diced green pepper

### Chocolate Waffles

Chocolate waffles make an easy dessert. Stir two or three tablespoons of chopped walnuts into the batter before baking. They add a wonderful rich flavor and crunchiness.

4-oz. can mushrooms, optional  
1 cup diced celery  
¼ cup uncooked rice  
2½ cups tomatoes  
1 tablespoon salt  
¼ teaspoon pepper  
Brown meat in lard or drippings in frying pan. Add remaining ingredients. Simmer until rice is tender, about 30 minutes. 6 to 8 servings.

### Quick Main Dish

Make a quick and deliciously economical main dish by mixing together 3 cups of cooked rice, 1, 16-ounce can of salmon and liquid, 1, 10½-ounce can condensed cream of celery soup, ¼ cup of water and ¼ teaspoon pepper. Pour into a greased 2-quart oven dish. Sprinkle 1 cup of grated American cheese over the top. Bake at 350 degrees F. until the cheese is melted and browned.

Fruit flavors are particularly good in combination with pork. For instance, braise pork chops with apricots. Place a canned apricot half on each and use with syrup from the fruit as the cooking liquid.



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