

Feeding the Family

By ZOLA VINCENT
Food Editor

Bake Fruit Cakes New For Family Enjoyment

When it comes to fruit cakes, some like them dark, some like them light, some like them baked and some have a super recipe for unbaked cake. Whatever your preferences, and you'll probably bake several kinds, we suggest that you take it easy, have fun. Let younger members of the family share in the pleasure of planning, preparing, decorating and wrapping fruit cakes for further sharing with relatives, friends and good neighbors.

Easy Stages: No need to do it all in a day. Divide the pleasure into three easy stages. First part is the recipe selecting and the shopping. Second is the preparing of dried and candied fruits, fresh dates, walnuts, almonds filberts and Brazil nuts. Along with this goes preparing the pans for baking and that is a very important part. Last comes putting the cakes together, baking, cooling, labeling and storing for later decorating and festive wrapping.

Light or Dark? Perhaps some of both. A recipe which lists dark seedless raisins, prunes, figs, dates, molasses and assorted spices will turn out a dark, moist, traditional fruit cake. Those recipes calling for light seedless raisins, dried apricots, honey, candied cherries and peels, but no spices or dark fruits will produce a light cake.

Shopping Know-How

Here are weights and measures of candied (glace) fruits and nutmeats:
One-half pound equals 1½ cups cut-up pineapple, cherries and citrus peels. These are ready-cut and available in cans, jars and packages with weight on label. A one-pound jar or package will measure approximately three cups.

One pound nuts in shell will make 1½ to 1¾ cups nutmeats. One pound sugar equals two cups. One pound powdered sugar (sifted) equals four cups. One pound brown sugar equals 2 1/3 cups when firmly packed.

Pan Fixing Important

Fruit cakes need no special pans for baking but their preparation is of major importance. Tube pans or loaf pans are most often used for large cakes but one pound coffee cans, fruit and vegetable cans, ring molds, casseroles and freezing containers are equally good. Pans should be lined with two thicknesses of greased brown paper and one thickness of greased waxed paper. Papers act as insulation during baking and help prevent a heavy crust. Before greasing, cut paper to fit size of pan allowing it to extend an inch above top of pan to protect edge from over-baking. Make slashes, not folds, in the paper so the corners will fit. Grease each layer of paper separately; then stack the layers together before fitting them into the pans.

Fruits-Nuts Fixing

Take time to cut fruits and nutmeats nicely with a sharp knife on a board; never grind. Kitchen shears often are best for fruit-cutting. Steam hard fruits in top of double boiler until soft. For effective pieces, cut pineapple ring across into two fan-shaped pieces; cut citron half into four lengthwise strips, then across to make eight irregular cubes. Cut cherries in half, stem to bottom. Cut orange and lemon rind halves into four triangles, then into small ones. Store fruits and nuts in jars with screw top lids if fixed ahead of time.

Baking Memos

Spoon batter into pan, pushing gently into corners to level being sure to fill pans leaving one-inch leeway from top for expansion in baking.
If you're baking several fruit cakes at the same time, be sure they are spaced evenly in the

oven so there is enough room for air to circulate freely. For a deliciously moist cake, place a shallow pan of water on lowest rack and let steam work its magic while cakes bake.

Baking time will vary for each type and size of cake, but temperature is same for all; a slow oven, 300 degrees. Allow about 2½ hours for one pound cakes, three to 4½ hours for larger ones. Cake is done if, when touched with fingertip, no imprint is left. Testing may also be done with a wooden pick. Inserted pick should come out clean.

Fruit Cake Storing

Fruit cakes must be completely cooled before wrapping and storing. As soon as cakes are baked, remove them from their baking pans to racks, pulling paper down from sides a bit; but do not remove the pan-lining papers. After the cakes cool, replace paper and wrap cake tightly either in waxed paper or aluminum foil and store in air-tight container in a cool place. When it comes to freezer storage, let your fruit cakes age four weeks first in order to develop right flavor and texture; then keep in freezer as long as you like.

Fruit Cake Decorating

Fruit cakes should be decorated after storage and just before serving or sending as gifts and we'll discuss this in a later column.

Elegant White Fruit Cakes

Here is a recipe for 5½ pounds of fruit cake wherein the beautiful rich colors of the candied (glace) fruits shine against the white background. Bake in a spring form pan with tube center, in a 10-inch angel food cake pan or smaller sizes figured to take care of the batter.

1½ cups (6 slices) pineapple chunks
1 cup cubed citron
1 cup halved, candied (glace) cherries
1 cup each: cut-up candied (glace) lemon and orange rinds

1 cup golden seedless raisins
1½ cups silvered blanched almonds
4 cups sifted all-purpose flour
2 teaspoons each: baking powder, salt
¾ cup butter or margarine
2 cups beet or cane sugar
¾ cup milk
8 egg whites

Prepare baking pan. Combine fruits and almonds with sifted dry ingredients. Cream together shortening, butter or margarine and sugar until light and fluffy. Stir in combined fruit, nutmeats and sifted dry ingredients alternately with milk to make a stiff batter. Fold in egg whites, beaten until stiff; spoon batter into prepared pan. Bake in a slow oven, 300 degrees, 2½ hours or until top is firm to light touch. Shorter time for smaller cakes. If top seems to be browning too fast, cover with heavy paper during last 45 minutes of baking.

No-Bake Brazil Nut Fruit Cake Keeps Well

Long-time favorite in many families is this Brazil nut fruit cake that skips baking. Rich with Brazil nuts, it also has a bounty of fruits and spices, the texture of a baked cake, stores well and slices neatly to show off its creamy fruit and nut design. Four and a half pounds for baking in one or two loaves.
3 cups Brazil nuts, (2 pounds unshelled, 1 pound, shelled)
1 pound graham crackers
1 pound seedless raisins
1 cup, (8-ounces) diced, mixed glacé fruit
1 8-ounce jar maraschino cherries, drained
1 envelope unflavored gelatine
1/3 cup orange juice
½ cup sugar
2/3 cup unsulphured molasses



DO IT NOW—Fruit cake baking, like Christmas shopping, should be done right away for best results. Many find great pleasure and satisfaction in making holiday baking a family affair with the children assisting in planning and preparation. Valuable suggestions are offered in today's food columns.

(or light or dark corn syrup)
1 teaspoon vanilla
1 tablespoon grated orange rind
¼ teaspoon each, cinnamon, nutmeg, cloves
½ teaspoon each, allspice, ginger
Line a 9¼ x 5¼ x 2¼-inch loaf pan, or two loaf pans, 7¼ x 3½ x 2-inches with two strips waxed paper, extending paper three inches above rim. Set aside. Put Brazil nuts in a large mixing bowl. Finely crush graham crackers with a rolling pin; add to Brazil nuts with raisins, glazed fruit and maraschino cherries. Soften gelatine in orange juice; place over boiling water and stir until gelatine is dissolved. Add sugar; stir until dissolved. Pour molasses into large bowl of electric mixer; add gelatine mixture, vanilla, orange rind and spices. Beat on highest speed of electric mixer 15 minutes. Add to Brazil nut-fruit mixture; blend thoroughly

with spoon. Turn into prepared pan, pressing with spoon. Fold waxed paper cover cake, press down with hands. If desired, garnish with additional maraschino cherries and sliced Brazil nuts. Chill in refrigerator six to eight hours. To store, wrap in aluminum foil and keep in refrigerator. Makes 4½ pounds fruit cake.

Note: One pound marshmallows may be substituted for the gelatine, sugar and molasses. Cut marshmallows with scissors; place in top of double boiler. Increase orange juice to three-quarter cup. Add to marshmallows with vanilla, orange rind and spices. Place over boiling water, stirring occasionally, until marshmallows are melted. Continue as directed.

Oratorical Contest Plans Discussed

Plans for the American Legion oratorical district contest in February were announced at a recent Legion meeting by District Vice Commander Bud Fisher.

Contestants from each high school in Jackson and Josephine county will compete in the district finals about Feb. 9. Jackson County Judge Rodney Keating was elected chairman of the district contest. He will be assisted by Hugh Collins.

Winners of four district finals will compete in area finals in Eugene.

A scholarship will be awarded the winner of the district finals. As contestants advance to the area, state and regional contests the size of additional scholarships will increase.

Post Commander Charles Holbrook gave a report on a dinner sponsored by Post 15 honoring scout troop seven. Post 15 sponsored the scout troop for several years. For the past several years they have sponsored Air Explorer Squadron 14.

Guests at the meeting were Scout Commissioner Mac McDougal and Neighborhood Commissioner Robert A. Forbes. Senior Scout Troop Leader Dick Gutches was in charge of the program.

Eddie Albright reported on summer scout camp activities and stated that Squadron 14 had the largest representation. Dick Clark discussed the local and regional conferences on "Citizens Now."

Michael Redmond reported that Squadron 14 was selected to be the official staff for the district camporee.

New Wave of Terror Reported in Albania

Belgrade, Yugoslavia — (U.P.) — The Communist newspaper Borba has reported a wave of terror and mass arrests in Communist Albania. It said many persons were fleeing to the hills with rifles.

Back Stairs: Dining Room at Augusta

By MERRIMAN SMITH
United Press White House Writer

Augusta, Ga. — (U.P.) — Back stairs at the traveling White House:

Since Mr. Eisenhower last visited Augusta, the thoughtful members of the Augusta National Golf club had added a \$13,000 dining room to the Eisenhower residence on the edge of the golf course.

This put the cost of "Mamie's cabin" well over \$100,000 although the White House staff does not like to discuss such a high figure.

The Eisenhowers occupy their luxurious "cabin" only a relatively short time each year. When they are not resident at the club, the quarters are available to other club members at a fancy daily rental price.

Reports that Bernard Shanley, Mr. Eisenhower's appointment secretary, will leave the White House staff have recurred over a period of months.

Shanley is entertaining the idea of running for governor of New Jersey.

Shanley is a wealthy Republican who has kept a close eye on the New Jersey political situation for well over a year. He claims that he is interested in one thing—being of service to the President.

"Bern," as he is called around the White House, may have arrived at the conclusion that he can serve administration purposes best by being governor of his native state.

Mr. Eisenhower did not hear about it at the time, but he

Thursday, November 29, 1956

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Adams, Ore. — (U.P.) — The Adams postoffice was broken into Tuesday night and the safe carrying all office receipts was carried off and blown open.

lead to a "mighty uprising" in the South.

Talmadge, incidentally, has never greeted Mr. Eisenhower on any of the presidential visits here. This is because the young former governor and upcoming senator believes Mr. Eisenhower wants to be left entirely alone when he comes to Georgia.

County Court Inspects Roads, Bridges Tuesday

The Jackson county court inspected roads and bridges in northern and eastern parts of the county Tuesday. The inspection is a step in planning a three-year program for road and bridge construction in the county.

Texas has 56,000 miles of oil pipelines—33,000 miles of trunk lines and 23,000 miles of gathering lines.

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