

Old Fruit Cake Recipe Adapted to Electronics

By CLAIRE COX
United Press International
New York — (UPI) — When a housewife boasts of using a recipe handed down in her family for generations, she has more to brag about than many persons might think.

At any rate, that is the way I feel about my family's recipe for fruit cake.

Adapting my great-grandmother's recipe—she always used the old-fashioned term "receipt"—to a modern gas oven with thermostat was a neat culinary trick.

She did her baking in a Kansas farmhouse, first on a wood stove and later with coal or oil for fuel. She had an enormous kitchen, with water supplied by a cistern pump over the sink. There was no refrigeration then and electricity was available only for lights.

I do my baking in a tiny apartment house kitchen crammed with every work-saving device I can fit into it.

The fruitcake recipe, as passed on to me by my grandmother, listed most of the basic ingredients in pounds or ounces, and gave no baking degrees or time. Grandmother said she just knew when the oven was right.

That meant a do-it-yourself course in weights and measures for me.

Recipe Adapted

I learned that four cups make a pound of flour and there are two cups to a pound of sugar. An ounce of nutmeg or other spice is equal to one tablespoon.

But once I got started, everything was much easier for me than for my predecessors.

I can remember when fruitcake baking time came at our house when I was a child. It took several persons at least a day to cut up all the candied fruits and shell the nuts. The grape jelly had to be made to put in the cake.

The eggs were beaten by hand. The butter and sugar were creamed with a big wooden spoon, not an electric mixer. And that's hard work.

The pans were lined with heavily greased brown wrapping paper.

Uses Mixer

But when I turn to making fruitcake I go to the nearest supermarket and buy four-ounce jars of candied fruits already cut into tiny pieces.

The nuts come shelled. My mixer does the most tedious part of the task.

I put the batter into disposable pans bought at the five-and-ten cent store or left over from purchases of store-made cakes in tins. I line the pans with aluminum foil and grease it. I leave enough of the foil overlapping so it can be folded over the cake after it is done.

My oven has a thermostat, and I have a timer to alert me at crucial times during the baking.

Now for the recipe. Here it is, freely translated from the pre-electronic kitchen language of cooking:

- 12 eggs
- 1 pound butter
- 2 cups sugar
- 4 cups flour
- 2 pounds seedless raisins
- 2 pounds currants
- 1 pound citron (4 jars)
- 1/4 pound orange (1 jar)
- 1/2 pound pineapple (2 jars)
- 1/2 pound candied cherries (2 jars)
- 1/4 pound lemon peel (1 jar)
- 1/2 pint molasses
- 1 pound whole pecans
- 1 pound almonds
- 1 tablespoon each nutmeg, mace, cinnamon
- 1 1/2 jars, any commercial grape jelly
- 1/2 cup sherry
- 1/2 cup brandy

How To Mix

Cream butter and sugar, and beat in eggs one by one. Blend in molasses, jelly and spices, then add flour alternately with sherry-brandy mixture and blend in. Add other ingredients and blend thoroughly.

This makes 10 to 12 pounds in 8 to 10 small loaf pans.

The instructions given to me merely added: "Bake in loaf pans in slow oven in pans of water. Cover at first."

That was not scientific enough for my electronic kitchen, so I consulted cookbooks and clipped fruitcake recipes from newspapers and magazines.

With their help and a bit of experimenting, I determined that a "slow oven" would be 250-300 degrees and the cooking time would be 3 to 4 hours. I cover the pans with baking sheets for the first 30 to 45 minutes. This allows the cake to steam.

The pans should be placed in larger pans of water, which must be replenished periodically up to the last hour, when the water may be allowed to evaporate.

May Be Underdone

According to my grandmother, who baked fruitcakes every year for nearly 50 years, it is far better that they be underdone than cooked too long. She says that if a fruitcake seems a little doughy, toss it in a double boiler, steam it and serve it with hard sauce, as though it were plum pudding.

One modern convenience that enhances fruitcake today is the deep freeze, something as unheard of as atom bombs in great-grandma's day.

After the cakes are baked, sprinkle a little wine or brandy on them, wrap them snugly and put them in the freezer. They will stay moist until time to thaw and eat them.

All of this adds up to a cake that is bound to be good, just because of the ingredients. I'm still NOT convinced that it is any better made with modern conveniences. But there is no doubt that it is a lot less work.

Centennial Group Discusses Plans

Cave Junction—The Illinois Valley Centennial committee Thursday reviewed a tentative schedule of events in the valley during the 100 day Centennial observance.

Carl Spieth, chairman, previously had asked valley organizations to formulate a program, and each organization was asked to submit its plans so the material could be coordinated by the committee in drawing up a 100-day calendar.

Otto Tryon, president of the Illinois Valley Jubilee association, reported on the plans for the three-day Jubilee celebration as well as the plans to stage logging and mining shows throughout the summer.

The Rock and Mineral club outlined plans for rock displays. Many of the organizations have not had an opportunity to meet since the Centennial meeting, but a few are calling special board meetings to discuss the celebration.

To add spice to pear dessert, try ginger, cinnamon or cloves.

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Our new 1959 Alice Brooks Needlecraft Catalog, just out, has many designs for crocheting, knitting, embroidery, quilts, dolls, weaving. A special gift in the catalog—a child happily occupied—a cutout doll and clothes to color. Send 25 cents for your copy of the book.

The best values in eggs this fall are small sizes. If small eggs are more than 15 cents cheaper than large eggs, they're a better buy. Medium size eggs, 8 cents cheaper than large eggs, also are a bargain.

CALENDAR..

Today:

- 2 p.m. — Alpha Rho chapter, Beta Sigma Phi, home of Mrs. Mamie Sleeter, 1715 East Main st.
- 2:30 p.m. — Degree of Honor Past Presidents' dinner, with Mrs. Matilda Dietrich, 939 North Central ave.
- Monday:**
 - 1:30 p.m. — Jackson County Retired Teachers' association, home of Mrs. Amos Willits, 129 Almond st., Ashland.
 - 6:30 p.m. — Medford Neighbors of Woodcraft, Eagle hall.
 - 7 p.m. — Mariners club, First Presbyterian church of Phoenix, at church.
 - 8 p.m. — Degree of Honor Lodge, Girls Community club.
- Tuesday:**
 - 10:30 a.m. — Kaffeeklatsch, Derby Home Extension unit, home of Mrs. Edward Burg.
 - 10:30 a.m. — Oak Grove Home Extension unit, home of Mrs. Kenneth Williams, 1080 Stewart ave.
 - 12:30 p.m. — Central Point First Presbyterian church association of Women, at church.
 - 12:30 p.m. — First Presbyterian church circle meetings of Women's association; Bethany, Mrs. Lloyd Neilson, 2130 East Jackson st.; Charity, Mrs. C. W. Lemery, 200 Windsor ave.; Faith, at church; Grace, Mrs. Garner Hauptert, 222 Valley View dr.; Hope, Mrs. Clarence Young, 2418 Hillcrest rd.; Mercy, Mrs. Otto J. Frohnmayer, 1656 Spring st.; Temple, Mrs. Al James, 1426 Euclid ave.; and Trinity, Mrs. James Rowan, 828 Minnesota ave.
 - 12:30 p.m. — Women's Fellowship, First Baptist church, at church.
 - 7:30 p.m. — First Presbyterian church circle meetings of Women's association; Candlelight, Mrs. R. J. Custance, 1310 West Main st., and Vesper, Mrs. John Dellenback, 257 Windsor ave.
 - 7:30 p.m. — Woman's Society of Christian Service Christmas party, First Methodist church.
 - 8 p.m. — Alpha Beta chapter, Beta Sigma Phi, with Mrs. Floyd Robertson, 932 Winchester ave.
 - 8 p.m. — American Legion auxiliary, Legion hall.
 - 8 p.m. — Roguette circle, Military Order of Lady Bugs, Veterans hall.
- Wednesday:**
 - 10 a.m. — Roxy Garden club, home of Mrs. Robert Stokes, route 3, box 86A, Foothills rd.
 - 10:45 a.m. — Prospect Home Extension unit, home of Mrs. Willard Huffman, Prospect.
 - 11 a.m. — Medford Townsend club, Carpenters hall, 123 1/2 West Main st.
 - 12:30 p.m. — Adarel Past Matrons club, Rogue Valley Country club.
 - 12:30 p.m. — Women of Rotary, home of Mrs. Ralph Dippel, 1 Eastwood dr.
 - 7 p.m. — Jackson County Medical auxiliary, with Mrs. Ted Bars, 332 Windsor ave.
 - 7:30 p.m. — Medford Lady Lions, home of Mrs. Lee Melish, 117 Black Oak dr.
 - 7:30 p.m. — Pythian club, Pythian building.
 - 7:45 p.m. — West Side Mothers' club, at school.
 - 8 p.m. — Oregon Nurses association, Girls Community club.
- Thursday:**
 - 10:30 a.m. — Derby Home Extension unit, Derby gymnasium.
 - 10:30 a.m. — Howard Home Extension unit, home of Mrs. Jack Campbell, 3252 Bursell rd.
 - 12 noon — Congregational Women's Fellowship, Pilgrim house.
 - 12:30 p.m. — Medford Sojourners, Girls Community club.
 - 7 p.m. — Pythian Sunshine Girls, Pythian hall.
 - 7:30 p.m. — Alpha Rho chapter, Beta Sigma Phi, Medford hotel.
 - 7:30 p.m. — Altrusa club, home of Mrs. S. Ralph Dippel, 1 Eastwood dr.
 - 7:30 p.m. — Interior Decoration Study group of AAUW, home of Mrs. Kenneth Shuler, 470 Eastwood dr.
 - 8 p.m. — Reames chapter, Order of the Eastern Star, Medford Masonic temple.
 - Friday:**
 - 11 a.m. — Griffin Creek Home Extension unit, Griffin Creek Grange hall.
 - 12 noon — Phoenix Garden club, Phoenix Community club building.
 - 12 noon — St. Elizabeth's guild, St. Mark's church, guild hall.
 - 1:30 p.m. — Past Presidents of Ladies auxiliary, Fraternal Order of Eagles, home of Mrs. Floyd Lewis, 710 Sherman st., Medford.
 - 7:30 p.m. — Griffin Creek

French Omelet

Better than scrambled eggs, but just as quick for supper is a dressed-up French omelet. Start as for scrambled eggs, and cook very slowly, without stirring, lifting cooked edges of omelet to allow uncooked portion to run underneath. When mixture is barely set, cover thickly with chopped ripe olives, a light sprinkling of chili powder, and a generous amount of grated cheese. Place under broiler a minute to melt cheese. Cut into wedges to serve. Sliced tomatoes and hot buttered toast are nice go-alongs.

Take A Letter, Boss

East Lansing, Mich.—(UPI)— Executives should jot down their strong and weak points in a "personal journal" to learn more about their own environment for success and failure, says a Michigan State University professor.

"In the face of growing trends toward conformity and groupness, there needs to be more attention given to individualism," said Norman H. Martin, of the College of Business and Public Service.

The world's largest bats have a wingspan of nearly five feet. They are the "flying foxes" of Java.

Elegant Salad

For an elegant and unusual salad, serve mixed dried fruits—prunes, apricots, peaches and pears—that have been plumped in apple cider, on a bed of crisp greens. Top with a ball of cottage cheese and a sprinkling of chopped candied ginger. To prepare the dried fruits, cover them with boiling apple cider and let them stand 24 hours or more. No cooking is necessary.

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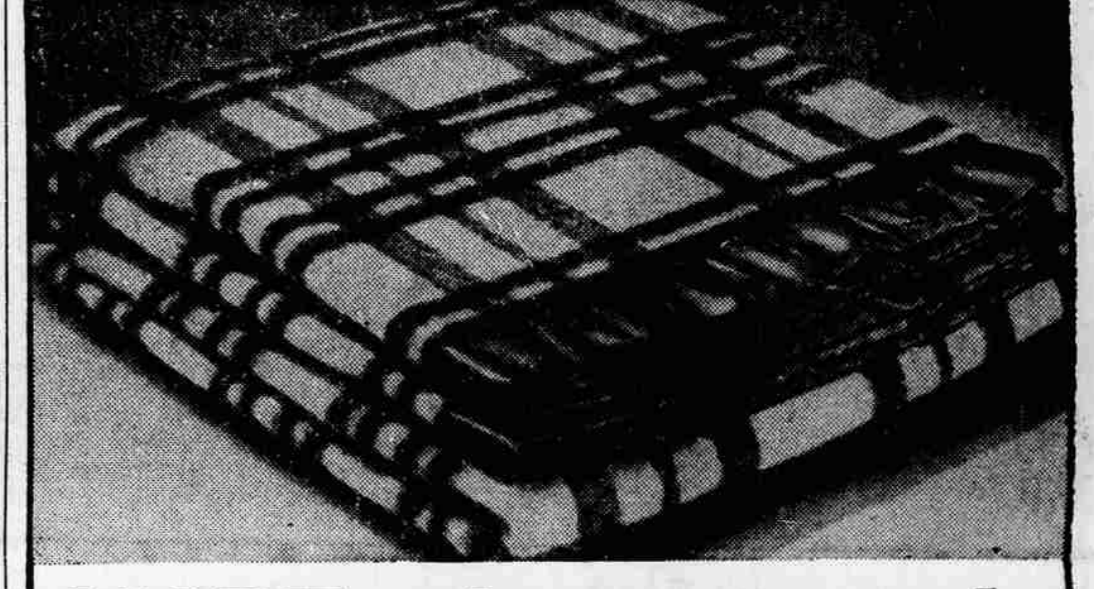
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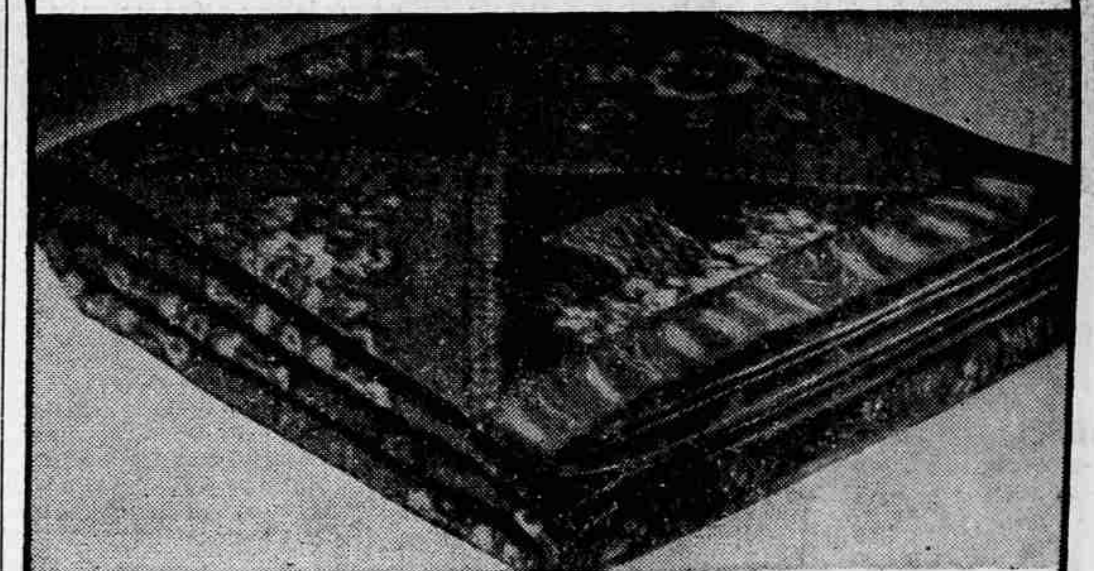
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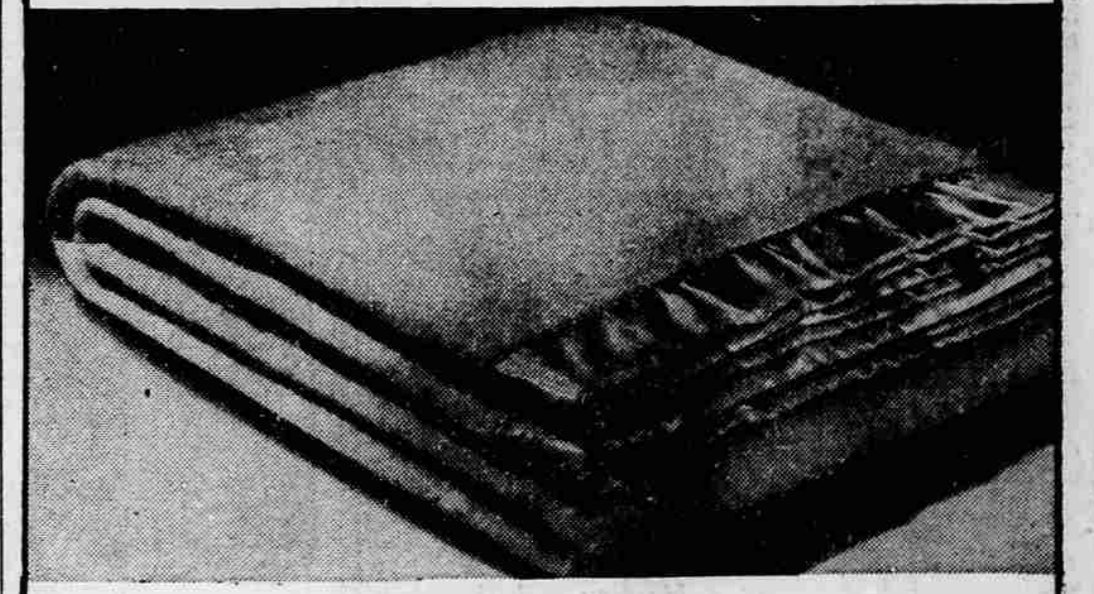
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