

Feeding the Family

By ZOLA VINCENT
Food Editor

Oregon No-Bake Fruit Cake Honey of Idea

Let's take a minute from our busy holiday planning and consider the efficiency of real experts at being busy. A look at any honey factory reveals 60,000 or so bees, each one a specialist, efficiently contributing to the colony's food, shelter and protection while hoarding golden nectar for our ultimate eating pleasure.

Honey bees are responsible for at least 50 crops that are almost entirely dependent on them for pollination. If honey bees are to continue to perform this valuable service, beekeepers must have a ready market for their honey crop. People who eat honey, keep the bees busy. It's a pleasure. Mr. Beekeeper, to make it with honey... bake it with honey.

These lovely-to-look-at, heavenly-to-eat fruit cake confections are a combination of ingredients blended with honey and brandy or orange juice. They require no baking. Combine everything in your very biggest mixing bowl; then follow your fancy.

- 1/2 cup Oregon honey
- 1/2 cup undiluted evaporated milk
- 1 tablespoon lemon juice
- 4 cups miniature marshmallows
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1 1/2 cups chopped raisins
- 1 1/2 cups dates, pitted, diced
- 2 cups diced candied fruit
- 1 1/2 cups chopped walnuts
- 6 cups honey graham cracker crumbs
- 1/4 cup (about) brandy, orange juice or pineapple juice

Use a large mixing bowl and blend honey, milk, lemon juice, marshmallows, salt, spices, prepared fruits and nuts. Work in graham cracker crumbs and brandy or fruit juice until mixture is moist enough to shape into fruit cakes, miniature fruit cakes, holiday wreaths, trees, individual confections or whatever you dream up.

For "cakes," line loaf pan, ring or other mold with wax paper or aluminum foil. Pack fruit cake in; cover top.

Chill several days to blend flavors. Cakes or confections freeze well... when properly wrapped of course. You'll get approximately one 2 1/2 pound cake, any desired number of small cakes or 48 candy-size pieces. Candy-size pieces are nice with sherry.

Golden Date Pudding Sweet and Spicy

This date pudding is a good keeper; freezes well. Makes eight servings.

- 1 cup chopped dates
- 1 cup chopped walnuts
- 1 cup honey
- 1 cup milk
- 1 teaspoon vanilla extract
- 1/2 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon nutmeg
- 3 eggs.

Combine prepared dates, walnuts, honey, milk and vanilla extract. Sift together all dry ingredients. Beat eggs until thick and lemon-colored (about five minutes). Combine prepared date mixture with dry ingredients. Fold in well-beaten eggs. Do not over mix. Batter will be thin. Pour into 8 x 8 x 2 inch greased pan. Bake at 325 degrees, 45 minutes or until done in center. Serve warm with Amber Sauce.

Amber Sauce. Combine two tablespoons cornstarch, one-half teaspoon salt and one-half cup honey. Gradually add 1 1/4 cups water. Cook over low heat until thick and clear. Add two tablespoons butter and one-fourth cup tart fruit juice (orange, pineapple, sherry or brandy); blend thoroughly. Makes 1 1/2 cups sauce or enough for eight pudding servings.

Golden West Fruit Cake Recipe Makes 3 1/2 Pounds

Golden West fruit cake, favored by many, is a between light and dark cake; one that is certain to please everyone. Both golden and dark seedless raisins, dried figs, fresh dates and almonds are among the numerous ingredients which make this so very good.

Bake this recipe in two loaf pans; age as long as possible; divide in any way you like for home enjoyment and/or for giving.

- 3 cups light and dark raisins
- 1 cup golden dried figs
- 2 cups pitted fresh dates
- 1 cup unblanched almonds
- 1 cup pecans
- 1 cup cut preserved orange peel
- 1/2 cup cut citron
- 1/2 cup cut candied cherries
- 1/2 cup apricot whole fruit nectar
- 1/4 cup honey
- 1 cup shortening

- 1 1/4 cups brown sugar (packed)
- 4 eggs
- 2 cups sifted all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon soda
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon cloves

Rinse raisins and drain thoroughly. Chop figs, chop dates. Combine fruits, chopped nuts, orange peel, citron and cherries. Combine nectar and honey and pour over fruit nut mixture. Cream shortening and sugar together thoroughly. Blend in well beaten eggs. Sift together flour, salt, soda, and spices. Add to creamed mixture and blend thoroughly.

Turn into two loaf pans (8 1/4 x 4 1/4 x 2 1/4 inches) lined with two layers of greased brown paper and one of greased waxed paper. Bake in slow oven, 275 degrees, about 3 1/2 hours with shallow pan of hot water in bottom of oven.

Makes about 3 1/2 pounds cake for sub-dividing any way you wish.

Lamb Shoulder with Minted Orange Sauce

A four pound boned shoulder of lamb, rolled and tied, is a bargain in good eating any time. When glazed and orange-sauced, it is party-worthy, family-worthy. Eight servings.

- 1 4-pound boned shoulder of lamb, rolled and tied
- 1 6-ounce can frozen orange juice
- 1/4 cup lemon juice
- 1/4 cup butter or margarine
- 1/2 teaspoon salt
- 1/2 cup finely chopped celery
- 1/4 cup slivered almonds
- 1/4 cup chopped mint or 2 teaspoons mint flakes

Place lamb on rack in shallow roasting pan. Bake in slow oven, 300 degrees, 1 1/4 hours. Combine orange juice concentrate, lemon juice, butter or margarine and salt. Cook five minutes; mix well. Brush lamb with orange juice mixture. Bake 1 to 2 hours more (or until meat thermometer registers 170 to 180 degrees) depending upon desired degree of doneness.

Brush occasionally with orange juice mixture during baking period. Meanwhile, combine remaining orange juice mixture and celery. Cook five minutes. Add almonds and mint or mint flakes; mix well. Pass sauce with the lamb.

Lemon-Bake Fish

So many fine fish fillets and fish steaks in our markets today for solid enjoyment as menu change. For each four servings:

- 1 1/2 pounds fish fillets or steaks
- 2 fresh lemons, peeled and sliced
- 1/4 cup salad oil
- Salt, pepper, paprika.

Place fish fillets or steaks in greased baking dish. Arrange lemon slices over fish. Combine oil, salt, pepper and paprika; pour over fish. Bake in moderate oven, 350 degrees about 20 minutes or until fish is flaky-tender. Garnish with lemon quarters.

New Steel To Be Used in Missiles

Yuma, Ariz. (Science Service) — A new structural steel that is seven percent stronger for its weight has been developed for use in airplanes and missiles.

Shown here at the U. S. Navy's Aerial Weapons Meet, the steel will enable designers to cut the weight of certain plane and missile parts seven per cent at no sacrifice of strength.

"Strux," developed by U. S. Steel corporation metallurgists, can be heat treated to develop tensile strengths up to 300,000 pounds per square inch. A user reported it posed no manufacturing problems.

Caviar, Shoes, Gauze On Campaign Expenses

Elyria, Ohio—A former prosecutor, elected judge of the court of common pleas, listed these campaign expenses:

- Gauze (1 roll), 18 cents;
- Mercurchrome, 39 cents;
- Shoes (1 pair) \$17.50;
- Caviar (2 jars), \$1.27;
- Total, \$19.34.

He wore out a pair of shoes campaigning, he said, bought the mercurchrome and gauze for his left hand when his wife hit it with a sledge while putting up campaign signs, and he furnished caviar for sandwiches at a party rally.



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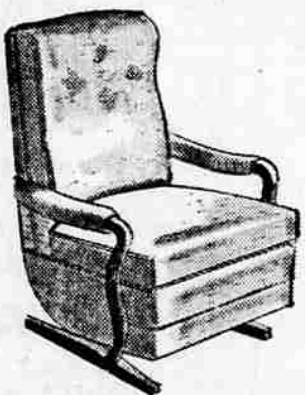
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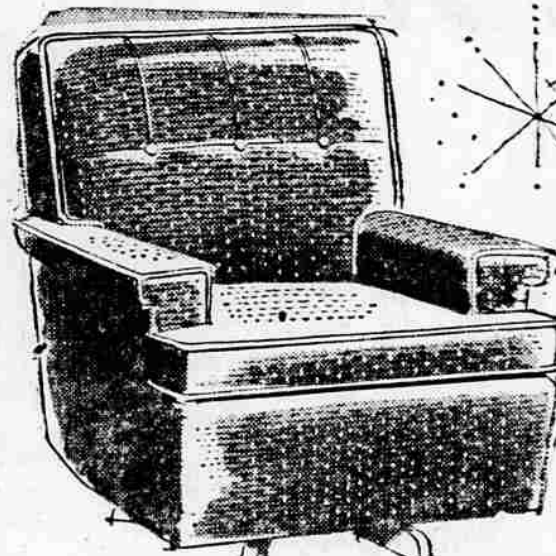
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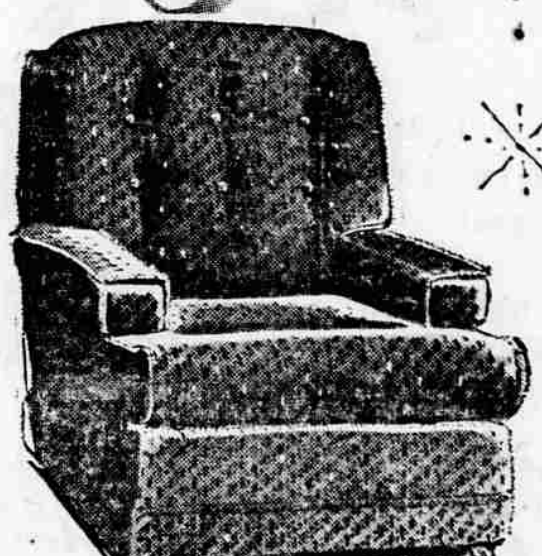
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