

Pineapple Treats

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Pineapple is such a popular fruit and one we like to eat so well because of its very refreshing and distinctive flavor. It is native to South America and was probably brought to Hawaii by some Spanish traveler who had been in South America. The pineapple is known as a multiple fruit because it is a collection of small fruit on a central core.

Fresh pineapple is a good source of sugar and a fair source of calcium. The juice has more calcium than guava juice. The popular Island Smooth Cayenne variety of pineapple is a fair to poor source of the vitamins A, B1 (thiamine), and C, and low in minerals, phosphorus and iron compared to many other fruits.

To select a good, ripe pineapple the "thump" test is more reliable than plucking top leaves. The fruit should sound solid when snapped with the forefinger and thumb. The sound should resemble "thumping" the inner side of your wrist. A little practice should make you a reliable "pineapple picker." A small, compact leaf crown, in relation to the size of the fruit indicates a well-developed fruit. Pineapples do not become sweeter once they are picked. They contain no stored starch that will change to sugar. The color of the rind does not indicate fruit quality. It may vary from yellow to a greenish brown. The best quality pineapples are harvested during the summer months.

Pineapple, fresh, canned or frozen, is available as juice, crushed, chunks, slices, tidbits, mixed cocktail or pie mix. It has as many or more uses—beverages, punches, fruit cocktails, salads, desserts,

bread, cookie, cakes, pies, pickles, jams, etc.

Beverages
Juice—Fresh, canned, or fresh frozen pineapple juice may be used for breakfast, lunch or dinner, plain, in cocktails, or in combination with other juices.

Eggnog—
3 cups pineapple juice, heated
4 eggs, separate
½ cup sugar
1 cup light cream, evaporated milk or skim milk
1½ teaspoons grated orange peel

Heat pineapple juice. Beat egg yolks with ¼ cup sugar until thick. Pour hot pineapple juice slowly into egg yolks, stirring constantly. Beat egg whites and remaining cup sugar until fluffy. Add cream or milk to hot pineapple-egg mixture; fold in egg whites. Serve hot or cold. Makes 10 servings.

Pine-Tea Punch—
4 cups boiling water
1 cup tea leaves
4 cups sugar
4 cups cold water
12 cups pineapple juice (fresh, frozen, canned)
2 cups tart juice (guava, lemon, lime, passion fruit)
Add boiling water to tea leaves; let stand 5 minutes, then strain, add sugar, and stir until dissolved. Cool. Add other ingredients; chill. Serve in punch bowl with block of ice. Makes about 6 quarts, or 50 half-cup servings.

Cocktails or Fruit Cups
Hawaiian Ambrosia—
Combine fresh, frozen or canned pineapple chunks, sliced dates, diced bananas, halves of maraschino cherries, or any other fresh fruit, and shredded coconut in any desired proportions. Sweeten with a little pineapple juice, if desired. Chill thoroughly.

Serve for first course of dessert.

Pineapple, Cabbage, Marshmallow—
½ medium-sized head cabbage
1 cup drained, crushed pineapple
½ cup cut marshmallows or miniature marshmallows

½ teaspoon salt
1 tablespoon sugar
½ cup sour cream, salad dressing or mayonnaise
Chill cabbage thoroughly. Shred fine. Measure about 4 cups. Add marshmallows and drained crushed pineapple. Combine remaining ingredients; pour over cabbage mixture. Sprinkle with paprika.

Sunset Salad—
1 package lemon flavored gelatin
2 tablespoons lemon juice (or vinegar)
1½ cups grated raw carrots
1¼ cups well drained canned, crushed pineapple
Prepare gelatin according to directions on package. Add the lemon juice or vinegar. Chill, and when partially set, add grated carrots and crushed pineapple. When partially set again, pour into a ring mold (8½" in diameter and 2½" deep) or 8 to 10 individual molds. Chill until firm. Unmold on large chop plate or individual salad plates. Garnish with crisp lettuce, or lacy watercress. Serve with appropriate dressing: Mayonnaise or salad dressing thinned with a little cream.

*If fresh pineapple is used, cook and sweeten to taste before adding to gelatin.

Full Moon Salad—
Arrange 6 slices of canned pineapple* upright along sides of a bread-loaf pan. Pour in your favorite tomato aspic. Chill until firm, unmold on platter. Scoop out center, fill with shrimp and diced celery. Garnish with watercress. Pass mayonnaise thinned with pineapple syrup. This would be an excellent main dish salad.

*If fresh pineapple is used, cook before adding tomato aspic.

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Desserts
Career Girl's Delight—
12 fig-filled cookies crushed
1 cup tidbits or crushed pineapple drained
8 marshmallows, quartered
½ cup heavy cream, whipped

In advance, dice or crumble the fig cookies. Add tidbits or crushed pineapple and marshmallows quartered. Chill several hours or overnight. About an hour before serving, whip cream and fold in. Heap in dessert glasses, sprinkle with chopped walnuts, and chill again. This is a versatile sort of recipe. You can use macaroons or other cookies in place of fig bars; add diced bananas with the cream—and so on.

Pineapple Sherbet—
½ tablespoon (½ envelop) gelatin
2 tablespoons cold water
2 cups buttermilk
1 cup sugar
1 cup (9 oz. can) crushed pineapple
1 teaspoon vanilla
1 egg white, beaten stiff

Soften gelatin in cold water; dissolve over hot water; thoroughly combine buttermilk, sugar, pineapple and sirup, vanilla and gelatin. Pour mixture into freezer tray; freeze firm. Beat with an electric beater (or hand beater) until smooth. Add stiffly-beaten egg white. Refreeze until firm.

Lani Laiki Serves 6-8
Lani Laiki means "Heavenly Rice" in Hawaiian, and you'll agree that left-over rice has a special glamour when fixed this delicious way.

2 cups cold cooked rice
1 cup tidbits or crushed pineapple, drained
½ cup pitted dates, chopped
½ cup coarsely chopped nuts
2 tablespoons sugar
1 cup heavy cream, whipped

Mix all ingredients together, and chill before serving. (You may cut up 12 to 16 marshmallows and add also,

Humane Slaughter Law Will Become Effective Aug. 30

Washington, (Science Service)—A new Federal humane slaughter law becomes effective Aug. 30. It requires packers selling meat to the Government to use an approved humane method of immobilizing the animals before slaughter.

There are three approved methods of immobilization. In one, animals are knocked out by carbon dioxide.

In the other two methods, electrical shock or mechanical concussion is used to stun the animals. Animals are held in a restraining pen while an electric probe or mechanical instrument is applied to their heads.

Emergencies on Conveyor Belt
Cardox Division of Chemtron Corporation, a supplier of carbon dioxide, claims the carbon dioxide system keeps hogs unconscious for about four minutes, twice the time needed for slaughtering. The heavier-than-air gas gathers at the bottom of a tunnel which is depressed in the center. Animals walk into the tunnel and emerge, unconscious, on a conveyor belt.

Cardox reports that in one test, a hog had passed through the system, but purposely had not been killed, did not resist repeating the trip soon after regaining consciousness.

The new law requires that animals be rendered unconscious painlessly before being killed. It also regulates animal handling, the construction of restraining pens and the training of personnel.

Requirements of the law, and the techniques which have been developed for immobilization can be used to improve the initial stages of animal dressing and, in some cases, to increase productivity, according to packers who have installed humane slaughter machinery.

Spared Horrors
"But infinitely more important is the fact that these animals will be spared many of the horrors of the packinghouse," said Mrs. Christine Stevens, president of the Animal Welfare Institute.

Wife Putts While Doctor Delivers

Lockport, N.Y.—When Dr. Frank Crosby was called from a father-son golf tournament to deliver a baby, Lockport Country club officials permitted the doctor's wife, Peggy, to play the next hole with their son, David.

Dr. Crosby, meanwhile, went to the hospital, delivered the baby, and was back in time to take over on the next hole and finish the match.

Bantam Hen Bests Erie Railroad

Canistota, N.Y.—A little black bantam hen stood her ground against a railroad and won.

She decided to make her nest between the siding tracks of the Erie railroad.

In a two-day period during her setting time, at least a dozen train cars were "switched" over the track above her. But she stayed.

Age of Squirrel Revealed by Tail

Blacksburg, Va.—Wildlife experts at Virginia Tech tell hunters to judge the age of a squirrel by looking at the flattened underside of its tail.

Bone showing one-third of the way up the tail means the squirrel is less than six months old and much more tender for stewing. The adult squirrel has a bushier tail.

Spy Plane Will Monitor Fallout

Washington (Science Service) The Army's new unmanned spy plane will eventually be equipped with radiological equipment so it can radio to a field army commander the size and severity of a nuclear blast, and the pattern and danger of its fallout.

The AN/USD-5 is a delta-winged, 35-foot craft. Army personnel will begin training in its use within six months, according to present plans. The AN/USD-5 is expected to be in operation in late fiscal 1963.

Mouse Was Enjoying Life in a Jukebox

Swan, Iowa—A patron of Jessie's tavern here, looking over the selections on the juke box, did a double-take and discovered he was right the first time. There was a mouse inside the machine.

Not only that, but the mouse was enjoying himself. Each time a record was automatically transported to the turntable, the mouse would jump aboard for the short ride down. And he'd stay on for a few spins.

The patrons toasted and cheered the mouse on for several days. And then there was sadness. Jessie Miller, the tavern owner, notified the patrons that the mouse was dead. Apparently he stepped on a hot wire and electrocuted himself.

Lincoln, Neb.—Policeman Lyle Bikley parked his small foreign car at the police station and went to work on his beat.

His colleagues rolled the car into the police garage and replaced it with a child's pedal car, which Bigley found on his return.

The officer entered the police station and asked the duty lieutenant for a tarpaulin.

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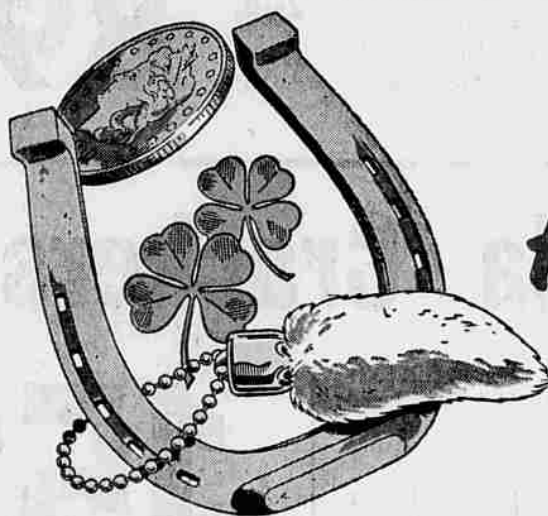
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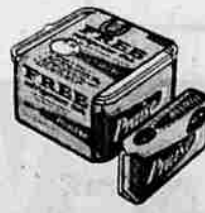
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