Feeding the Family

ZOLITA VINCENT
Food Editor

Festive Fruit Cakes For Holiday Gifting

It is not a minute too soon to begin preparation of festive fruit cakes for gifting those special far-away or nearby family members and friends. Skillet Fruit Cake such as we picture today are rich in California-grown dates, other equally tasty fruits and crisp almonds to make a confection that will be remembered far into the future. When properly wrapped and stored in the refrigerator their keeping properties are prodigious since they will keep for several months . . . by the same token, although these bits of goodness slice better if allowed to stand overnight or longer, they may be cut and served without aging.

This recipe makes three cakes when baked in six-inch inexpensive iron skillets for which the housewife will later find many uses. Trim gaily with lacy paper.

- 1 cup sifted all-purpose flour
- 1 cup sugar
- 1 teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1½ cups seeded raisins (½ pound)
- 1 cup candied pineapple (½ pound)
- 2¼ cups unblanched almonds (¾ pound)
- 2½ cups pitted fresh dates (1 pound)
- 1½ cups candied cherries (½ pound)
- 4 large eggs
- 1 tablespoon vanilla

Sift together flour, sugar, salt, baking powder and spices. Rinse and drain raisins. Place in colander over boiling water; cover and steam until soft — about 10 minutes. Cool. Cut pineapple into wedges; leave other fruits and almonds whole. Combine flour mixture with fruit and nuts in a large bowl; mix until fruits and nuts are well coated.

Beat eggs with vanilla; pour over fruit and nuts, mixing until they are evenly moistened and covered with a thin film of batter. Spoon into three 6-inch iron skillets which have been lined with 2 layers of greased brown paper and one layer of waxed paper. Bake in a very slow, 275 degree, oven for one hour and 15 minutes. Cool in pan. Wrap in foil or plastic film and refrigerate until ready to use.

Quick Mix Fruit Cake New and Delicious

Even in the realm of fruit cakes, so notoriously time consuming in preparation, cake mixes have stepped in and are aiding in the making of wonderfully flavorsome, quickly made fruit cakes like this gem. Recipe makes a four pound fruit cake.

- 1 package (15 ounces) raisins
- 1½ cups (12 ounces) diced, candied fruit and peel mix
- 1 cup Maraschino cherries, drained and quartered
- 1 package orange cake mix
- 3 teaspoons rum flavoring
- 2 cups chopped walnuts

Combine raisins, fruit and peel mix, and cherries with cake mix and follow package directions for cake. Add rum flavor and chopped nuts. Pour into two well-greased loaf pans, 9x5x2½ inches. Bake in slow, 250 degree, oven 1½ to 2 hours or until done. (Or bake in 10x4 inch tube pan 2½ to 3 hours, or in smaller pans for shorter period.) Chill well before cutting.

Christmas Peels Have Great Appeal

Peel is something more than the sound of Christmas chimes when it is crystalized orange peel deluxe made like this and cut into fancy shapes with tiny cutters and then sprinkled with colored sugar or fancy decorations.

Cut the peel from six navel oranges; then cut into small star, tree, bell or other fancy shapes. If you have no small cutters, make a pasteboard pattern and cut around it with scissors or sharp pointed knife. Place these designs plus all left-over strips, into saucepan and cover with cold water.

Bring to a boil and boil five minutes; drain and repeat three times to prevent bitterness. Drain water and add two cups brown sugar, one cup water, two tablespoons corn syrup. Boil gently, stirring constantly until syrup is thick and almost absorbed by peel. Drain on waxed paper and roll in sugar or other decorations to be found in cake decorating section of all grocery stores.

Raisin Chutney Will Enhance Holiday Meals

For keeping or gifting, this raisin chutney goes with any kind of meat or poultry. It is ideal with all curried dishes. A real joy to have on hand for enhancing meals.

- 1 cup light or dark raisins
- 4 medium-size cooking apples
- 3 medium-size tomatoes
- 1 lemon
- 4 tablespoons instant minced onion
- ¼ teaspoon garlic powder
- 3 tablespoons chopped candied ginger
- 1 tablespoon mustard seed
- 1 tablespoon salt
- ¼ teaspoon cayenne pepper
- 2 cups brown sugar, firmly packed
- 1 cup cider vinegar

Rinse and drain raisins. Pare, core and dice apples. Peel tomatoes and dice. Cut lemon into thin slices. Combine with remaining ingredients and cook over low heat about 45 minutes or until mixture is syrupy; cool. Makes about three half-pints.

Lamb-Rice Turnover Oldtime Favorite Recipe from Jordan

The Hashemite Kingdom of Jordan has a history that goes back to the ancient times of Moses and Moab. Its area of 37,300 square miles with a population today of approximately 1,725,000 has been ruled by many countries over the centuries. Today it is a constitutional monarchy with a bicameral parliament. Life in Jordan is primitive with an estimated 50,000 nomads and 120,000 semi-nomads. At least 95 per cent of the total area is desert.

However, as in all countries, there are favorite recipes that appeal not only to the "natives" but to foreigners as well. Lamb-Rice Turnover is one of these, according to Jordan representatives to the United Nations. We are inclined to agree.

- ½ cup salad oil
- 2 pounds cubed lean lamb
- 2 large onions, peeled and sliced
- 1 large or 2 small heads cauliflower, sliced
- 2 tablespoons salt
- 1 tablespoons ground allspice
- 4 cups rice
- 1 green pepper, sliced (optional)

Pan-brown lamb in quarter cup oil in a four-quart kettle. Saute onions and cauliflower in oil and add to lamb. Add two quarts boiling water, salt, and allspice. Heat until water boils. Add rice slowly so that all of rice is covered by the water. Boil five minutes. Cover. Reduce heat and simmer about 20 minutes or until rice is tender and all the water is absorbed. Turn over onto a hot, large platter so that lamb is on top of mound of rice. Garnish with strips of green pepper or cooked frozen peas if desired. Serve as a main dish. Recipe makes 10 to 12 large servings.

FESTIVE CONFECTION — These skillet fruit cakes in their diminutive inexpensive six-inch iron skillets are a festive confection for saying "Merry Christmas" to relatives, friends and friendly neighbors. Rich in fruits and crisp almonds, they will keep for months when properly refrigerated. The recipe and other "holidayitis" suggestions are included in today's food columns.

CONVENTION

SEATTLE (UPI) — Thirteen national conventions have been scheduled for Seattle during 1964 according to the Seattle Convention and Tourist Bureau.

The city also will host 42 state and regional conventions.

School News

Phoenix High School

Terri Campbell and Mary Sue Emerson, news editors

At Phoenix High, a creative writing seminar has been organized due to the efforts of Miss Janet Clark and Mrs. Laura Fett, both English teachers. The purpose of the seminar is to provide time for and encourage creative writing. Juniors and seniors possessing recognized ability and interest make up the clubs membership.

Quill and Scroll an honorary organization for journalists elected officers at their last meeting. Lois Rasmussen was chosen president; Pam Grove, vice-president; and Judy Bagley, secretary-treasurer.

A Clean Campus Campaign which involves class competition has been organized by student council. Each class will be responsible for a certain area for seven weeks. Prizes will be awarded to the most responsible classes at the end of the school year.

Marlent Bean, Bonnie Simmonds, Sally Dyer, and Cynthia Owens represented PHS at the annual FTA convention at the University of Oregon recently. "Speak to us of Teaching" was the theme.

Assassination Is Re-Enacted

DALLAS (UPI) —An open top sedan cruised down Elm Street Wednesday along the same fatal route that President Kennedy took. A telescopic gunsight was trained on it.

In rapid-fire order, three photographs were snapped through the four-power lens.

The re-enactment showed how the President looked to the sniper in the sixth floor window of the Texas Schoolbook Depository Building. A 35 millimeter camera recorded the scene.

Jerry A. McNeill, UPI photographer, snapped three pictures over an interval of less than nine seconds, the time it was estimated that it took the sniper to fire his shots at the President. The results indicated that the assassin had a very large image to shoot at.

The re-enactment was a close duplication of events which occurred Nov. 22, even to the time of day.

The Lighter Side...

BY DICK WEST

Fallout Shelters For Dairy Cows

WASHINGTON (UPI) — If someone on your Christmas list is a farmer who has everything I may be able to solve your shopping problem.

The Agriculture Department's research service has just come up with an item that should make an ideal gift for the hard-to-buy-for granger or husbandman.

It's a fallout shelter for cows.

Talk about agrarian status symbols! I would rather have a bovine fallout shelter than an atomic-powered churn.

According to the department, this type of shelter has a dual function. It will provide fallout shelter for 50 cows. And in between nuclear attacks, it can serve as a dairy barn.

Shelters Farmer Also

The shelter also has space for six people. This will, the department notes, "permit the dairyman to care for his livestock during a fallout emergency without leaving the barn."

The department, as you can see, has thought of everything except how the farmer is going to deliver the milk.

Another new development by the agricultural research center also is designed to reduce damage from fallout, but of a somewhat different type.

It is an improved floor for turkey cages. The department reports that it reduces from 10 per cent to less than 1 per cent the number of shells that a turkey cracks in laying eggs.

Still another development that I found captivating is the research service's answer to the alfalfa weevil problem in the eastern part of the United States.

The alfalfa weevil became established in the East about 12 years ago and has been going great guns ever since. It has caused far more damage than it ever did in the West.

Well, sir, one of the boys down at the lab has figured out the reason for this. It's because the alfalfa weevil is not beset by natural enemies as it is in the West.

The department has moved to remedy the situation by bringing in anti-weevil insects from California and other places, including Europe. Should be an interesting experiment.

I hope, however, that someone at the department is giving some thought as to how we are going to get rid of the imported insects once they have done in the weevils.

STUDENT STUDY

SEATTLE (UPI)—A study of new students entering the University of Washington as freshmen in the fall of 1963 showed that of the 3,390 who began classes, 2,988 were from Washington State.

California led the list of new out-of-state students with 133 entering freshmen followed by Oregon with 64. Alaska contributed 16 new students and Hawaii 37.

WILD WEST

FAIRBANKS, Alaska (UPI)—Robert W. Bailey, 24, and Robert J. Drasdis, 22, confused the Far West with the Wild West and got arrested for it. They were charged with carrying firearms in a bar.

Police To Query Gunshot Victim

TURNER, Ore. (UPI) —Marion County sheriff's deputies hoped today to be able to question a Cloverdale man in connection with a gunshot wound which shattered his upper lip and tore off most of his nose.

Deputies said Simon Watson, 52, drove up to a Turner market Wednesday and collapsed as he got out of his car.

He was reported in fair condition following surgery at Salem Memorial Hospital.

Deputy Sheriff John Wilkerson said a 30-30 deer rifle, from which one shot had been fired, was found in Watson's car, but that it did not appear Watson had been shot inside the car.

Wilkerson said Watson's wife and children were unable to explain the incident, and that Watson apparently had been in good health.

Watson was employed at a fir tree farm southwest of here.

Prison Escapee Nabbed by Agents

PORTLAND (UPI) —Billy Francis Jones, 42, an escapee from the honor farm near Washougal, Wash., was arrested at the U. S. Veterans Hospital here Wednesday.

FBI agents said Jones had been a patient at the hospital since shortly after his escape Nov. 8. He told agents his feet had frozen while walking away from the prison farm, John H. Williams, special agent, in charge of the Portland office, said.

Jones was lodged in the infirmary at Multnomah County Jail following a preliminary hearing before the U. S. Commissioner.

He had been sentenced at Seattle in 1962 to 20 years in the Washington State Penitentiary for armed robbery.

Unique Species of Animal Life Being Found Off Oregon

CORVALLIS — Oregon State University oceanographers who are making the first extensive inventory of ocean animal and plant life off Oregon are discovering some unique species and recording scientific information that offers tremendous potential and benefits for the future.

Because so little work had been done earlier, almost every trip by the OSU oceanographic vessel, Acona, produces some "new - for - Oregon" species of animal life—fish, squid, shrimp and plankton — according to Dr. William G. Pearcy, who is in charge of work on the small swimming animals of the ocean.

More important, the oceanographers are gathering detailed information on the inter-relationships between ocean water and animal life. They are observing how the distribution of species changes from season to season; how the fish, shrimp and squid migrate vertically throughout the day, and what the members of food chains are. This will provide data on the potential food resources of the ocean.

Another Goal Noted

Another goal of biological oceanography is to predict movements and concentrations of animals by knowledge of their environment, such as temperature, salinity, oxygen and the production of their food.

The project on small swimming organisms — which are intermediate in the food chain between plankton and larger fishes and whales — is now in its third year under Pearcy's direction. Collections are made year round with midwater trawls and large plankton nets at locations extending up to 165 miles off Coos Bay, Newport and Astoria. The upper 200 meters of ocean water are sampled at night.

Recently, a species of squid never before reported in scientific literature was collected by the OSU oceanographers. It is unique in that males of the species lack "hooks" that are standard equipment on the main set of arms in squid. Females of the species, oddly enough, have the hooks, though weakly developed.

Studies Are First

The studies by Pearcy are the first ever made on squids off Oregon. Up to now, 17 different species of squid have been identified off Oregon by the OSU researcher. Seven of the 17 species had not been reported earlier in the northeastern Pacific Ocean.

Squids feed on fish and crustacea and in turn are eaten by many whales and other larger fishes.

Pearcy has just been awarded a $52,000 grant by National Science Foundation to continue his project another three years. Earlier work was supported by the Atomic Energy Commission.

Journalism School Gets $1,000 Grant

EUGENE — The University of Oregon School of Journalism has received a $1,000 grant from The Reader's Digest Foundation of Pleasantville, N. Y., to be used to support research and travel by journalism students who are writing magazine articles or books.

A similar grant was made last year by the Foundation.

Sterling Fisher, executive director of The Reader's Digest Foundation, made the announcement.

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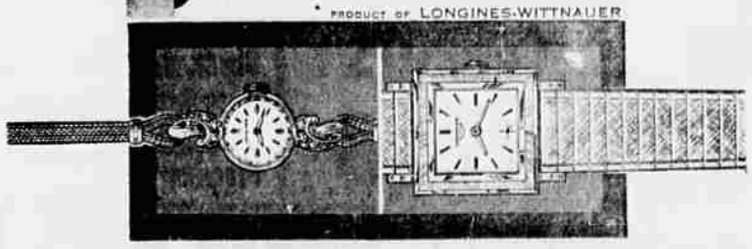

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