

Every Mother Should Know These Good-for-Children Dishes

Prune Toast—Heat $\frac{1}{2}$ cup of prune juice; add juice of $\frac{1}{2}$ orange and $\frac{1}{2}$ cup cooked, pitted prunes. Mix 1 teaspoonful cornstarch with enough cold water to dissolve; add to hot prune mixture and cook over hot water ten minutes. Pour over buttered toast. A nice breakfast dish or, if garnished with whipped cream, it makes a splendid dinner-dessert.

Prune Custard With Chocolate Sauce—One-third cup of cooked prunes drained, pitted and cut in quarters. Scald 1 cup milk; beat 1 egg, add 2 tablespoons sugar; pour hot milk over egg mixture, add prunes; pour into custard cups or small baking dish. Set in a pan of hot water; bake in a moderate oven until firm in the center. Cool and unmold. **Chocolate Sauce:** Heat $\frac{1}{2}$ cup prune juice; pour it over 1 level tablespoon ground chocolate or 1 teaspoon cocoa; add $\frac{1}{2}$ teaspoon butter and cook five minutes. A very substantial and tasteful dish.

Prune and Rice Pudding—One cup cooked rice; 1 teaspoon butter; 2 tablespoons sugar; 1 egg; $\frac{1}{2}$ cup cooked prunes, pitted and chopped; 1 cup scalded milk. Add all ingredients to hot milk. Pour into a buttered baking dish, sprinkle top with shredded cocoanut. Set in a pan of hot water and bake in a moderate oven until center is firm.

Prune Confection—Wash, dry and remove pits from prunes. Fill center with half a marshmallow. Press together, brush over with slightly beaten white of egg and roll in shredded cocoanut. Set aside to dry.

Uncooked Prune Whip—One cup prunes pulp; 1 egg white unbeaten; $\frac{1}{2}$ cup sugar; 1 teaspoon lemon juice. Put ingredients in a bowl and beat with a whip egg beater until mixture will hold its shape. Pile in shallow glass dishes and surround with a custard sauce. Very nutritious and easily digested by children.

Prune Charlotte Russe—One-half cup of whipping cream; 1 tablespoon sugar; lady fingers; mashed prunes. Whip cream, add sugar and a little vanilla if desired. Fill individual dishes $\frac{1}{2}$ full of mashed prunes, then line the dish with lady fingers and fill with the whipped cream.

Chocolate Junket With Prune Sauce—Two cups milk; 2 tablespoons sugar; $\frac{1}{2}$ junket tablet dissolved in 2 teaspoons cold water; 1 teaspoon cocoa or 1 tablespoon ground chocolate. Heat milk to barely lukewarm. Mix sugar and chocolate, then stir to a paste with a little of the warm milk and add to remaining milk; add dissolved junket tablet and pour at once into serving dish or individual molds to become firm. Serve with mashed prunes.

Prune Cereal Pudding—One-half cup any cooked cereal; 1 cup scalded milk; 1 egg; 2 tablespoons sugar; $\frac{1}{2}$ cup prunes, cooked, pitted and chopped. Mix ingredients, pour into buttered custard cups or baking dish. Set in a pan of hot water and bake in moderate oven until firm in the center. Unmold and serve hot or cold with or without sauce.

Prune and Rice Compote—One-fourth cup rice; $\frac{1}{2}$ cup prune juice; 1 cup cooked prunes. Boil the rice and when cooked put in buttered custard cup. Turn out at once on a serving plate; repeat until all the rice is used. Heat prune juice; mix 1 teaspoon cornstarch with 1 tablespoon sugar; add to hot juice; cook over hot water 10 minutes. Add $\frac{1}{2}$ teaspoon butter, 1 teaspoon lemon juice. Surround rice mold with prunes; pour over fruit juice sauce.

Prune Betty—Moisten 1 cup soft bread crumbs with 2 tablespoons melted butter. Use 1 cup cooked, pitted prunes. Put the buttered crumbs and prunes in a baking dish in alternate layers. Sprinkle each layer with tablespoon sugar and a little lemon or orange juice. Pour over 1 cup prune juice and bake in a moderate oven about 20 minutes. Serve hot with cream or top milk.



General Rules

Every Housewife Should Know

Care of Food in the Home

Last installment

IN our April and May numbers we published two articles pertaining to care of food in the home, namely "Causes of Spoilage" and "Storage". We hope our readers read them with care, for they are instructive and pave the way for economy in more ways than one. These general rules conclude the treatise. It is virtually a resume of the two articles referred to. Truly, they are well worth reading thoroughly and painstakingly.

Food costs labor or money or both; therefore it should receive the best care in the home. Moreover, clean food is necessary to health and well-being. Some of the most important kinds are highly perishable and require careful handling.

Food must be safeguarded from spoilage by bacteria, yeasts and molds, by changes produced by heat and cold, light and loss or absorption of moisture, by insects and household pests, and by animal parasites. The following are general rules for preventing food spoilage in the home:

All foods should of course be kept clean; that is, protected from visible dirt and from contamination by insects and other carriers of dangerous microorganisms. Most kinds should also be kept cool. Dry foods, such as crackers, need to be prevented from absorbing moisture, and juicy foods, such as fresh vegetables, from losing it.

Milk, fresh meat, poultry and fish and many fresh fruits and vegetables should be kept at a temperature of 50° F. or preferably less in order to check the growth of microorganisms that cause souring and decay.

All fruits and vegetables that are to be eaten raw should be thoroughly washed, for even though they look clean, dangerous bacteria may cling to skins or leaves. As a rule, uncooked meats of any kind should not be eaten. Smoking meats does not kill parasites.

Left-over cooked foods should be kept cold and covered, used promptly, especially in warm weather; and if possible, heated thoroughly before being served again. Dangerous poisons sometimes develop in such foods without making noticeable changes in taste or smell.

Fats or fat foods, such as nut meats and chocolate, should be kept cool and in covered light-proof containers to prevent their turning rancid.

Bread and cake should be stored in a covered box or dish which is scalded frequently so that molds cannot develop.

Flour, sugar, cereals and other dry groceries should be kept dry and protected from household pests. Tea, coffee and spices hold their flavor best in air-tight containers.

Canned foods keep best in a cool, dry closet or storeroom. Those in glass jars should be shielded from the light to prevent possible fading.

Under household conditions, the refrigerator is oftentimes the best way of keeping food cool. It is well to choose one with well insulated walls, put only clean ice and clean food in clean containers into it and keep it clean by the daily practice of genuine neatness.

Lastly, adequate storage places and containers make for economy and safety in handling food in the home.

How do you like this dissertation?



Preserve that Real Fresh Strawberry Taste in Jam and Jelly

By ANN PROCTOR.

The strawberry urge is at hand. Housewives, now that the first real, honest-to-goodness homegrown strawberries with that unmistakable ripe-picked aroma and flavor are in the market, are hurrying to preserve this goodness in the form of jams and jellies for next winter.

Formerly strawberry jelly was an impossibility and strawberry jam difficult to make without long boiling that harmed both taste and color. The reason for this was that the strawberry is deficient in that jelly making substance known as pectin, which, when boiled with sugar, makes the fruit juice set, or jell.

Today, however, it is quite a simple matter to make both strawberry jam and jelly, perfect in taste, consistency and color and with only one minute's boiling. This change has come about because you can buy at any grocer's in little brown bottles a pure, concentrated fruit pectin, just what is lacking in the ripe berries. This is being used by housewives and cooking experts and teachers all over the country.

The short boiling period is a great saving of fruit juices as well as of time.

In the following recipe two quarts of strawberries will make thirteen glasses of strawberry jam. Mrs. Housewife can make this amount any morning without upsetting her housework routine, and Miss Business Woman can do the same in her kitchenette after dinner and still have time for a game of bridge or mah jong.

For Crushed Strawberry Jam it is necessary that each berry be broken up. Therefore, crush about 2 quarts of ripe berries in separate portions, so that each berry is mashed. This allows fruit to quickly absorb the sugar during the short boil. Measure 4 level cups (2 lbs.) crushed berries into large kettle, add 7 level cups (3 lbs.) sugar and mix well. Use hottest fire and stir constantly before and while boiling. Boil hard for one full minute, remove from fire and stir in $\frac{1}{2}$ bottle (scant $\frac{1}{2}$ cup) concentrated fruit pectin. From time jam is taken off fire allow to stand not over 5 minutes, by the clock, before pouring. In the meantime skim, and stir occasionally to cool slightly. Then pour quickly. If in open glasses paraffin at once. If in jars seal at once and invert for 10 minutes to sterilize the top.



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