

New Ways With Fruit

BESIDES COLOR and flavor, fruit adds health to meals.

Yellow and orange fruit—peaches, apricots, oranges—contribute vitamin A, which promotes normal vision, especially in dim light, and helps to keep the skin and linings of the nose, mouth, and inner organs in good condition and resistant to infection.

Most kinds of fruit are fair sources of the B-complex vitamins, which help with steady nerves, normal appetite, good digestion, good morale, and healthy skin.

Most of all, fruit is important as a source of vitamin C, which helps cement body cells, keeps tissues in good condition and resistant to infection, and helps in the healing of wounds. The familiar citrus fruit—oranges, grapefruit, and lemons—furnish bountiful amounts of vitamin C. A 4-ounce glass of orange or grapefruit juice, fresh, canned, or frozen, goes a long way toward meeting one's daily need for vitamin C.

The same is true of half a grapefruit, a whole orange, or a couple of tangerines and lemons. Other worthwhile sources of vitamin C are fresh strawberries and cantaloup.

Although most varieties are not rich sources of iron, which helps to build red blood, blackberries, apricots, peaches, oranges, prunes, figs, raisins, and dates, used in liberal amounts, are fair sources.

Fruit also contains cellulose. Because people cannot digest it, it adds bulk to the intestines and stimulates peristalsis,

thus helping to avoid or overcome constipation.

Another virtue of fruit, particularly the acid varieties, is that in digestion they supply base-forming substances (the opposite of acids), which neutralize acid substances from other foods, such as meat, fish, poultry, eggs, cheese, cereals, and some nuts.

MAKE THE MOST, then, of fruit.

One way is to drink, first thing in the morning, a glass of chilled orange, grapefruit, prune, apricot, pineapple, or cranberry juice or a tropical blend.

Or, to start breakfast, have juice or fruit, whole, sliced, or chunked, canned, frozen, or fresh. To finish breakfast, have peaches, pears, plums, apricots, or applesauce. Another time, serve the dried form stewed. At other breakfasts, include fresh fruit in season, strawberries, other berries, and cantaloup.

High in water content and therefore comparatively low in calories, fruit is ideal for snacktime. Fruit juices, fresh, frozen, canned, or bottled, are any-time-of-day beverages.

A bowl of fresh fruit is a ready-to-eat snack and is decorative as well.

For lunch or dinner, use fresh or processed fruit or juices as appetizers, accompaniments to the main course, or dessert.

As an appetizer, serve the juices plain or blended and the fruits as salads or fruit cups.

Fruit soups may be an appetizer or dessert; we give a recipe later.

Used with cheese, fruit makes a hearty salad main course for lunch. As a salad with a sandwich lunch, fruit provides contrasting succulence.

Baked apples, bananas, and pears and stewed or spiced, dried prunes, peaches, and apricots go well with meat. Canned and frozen fruit needs no preparation for such uses. They also are readymade desserts as they are or when garnished with mincemeat, jelly, jam, cranberry sauce, or chopped candied ginger.

Fresh fruit makes a good dessert,

served on individual fruit plates with a fruit fork and knife.

To GET THE MOST for the money when you buy fresh fruit:

Make your own inspections and selections, asking yourself, "What is best for my purposes?"

Consider fruit in season in nearby fruitgrowing sections. The price in season usually is lower, but do not buy it merely because the price is low.

Do not buy more than you can store or refrigerate or use without waste.

Avoid selections that show deterioration, as waste offsets any reduction in price.

The largest is not always the best. Heft the fruit to weigh it, particularly oranges and melons; and if they are light for size, they may lack juiciness.

Learn the difference between defects that affect appearance only and those that affect edible quality. Many blemishes can be removed in normal preparation.

Watch for full measure of containers. Examine containers in which the best specimens are on top and ordinary or poor fruit is underneath.

Consider the commodities designated as plentiful foods by the Department of Agriculture.

Do not handle fruits unnecessarily. Rough handling causes spoilage and waste, for which consumers as a group must pay.

When you select fresh fruit, look for these desirable characteristics in each kind:

Apples—proper variety for intended purpose; fresh and firm; well colored for the variety; free from bruises.

Bananas—bright, fresh appearance; firm, unscarred; full yellow or brown-flecked yellow color if they are for immediate use.

Berries—fresh, clean, firm, with bright appearance; well colored for the type.

Cherries—fresh, bright, plump; good color for the variety.

Grapefruit—firm; heavy for size, relatively smooth, well shaped.

Grapes—plump, fresh, highly colored for the variety, firmly attached to stems.

Oranges—firm, heavy for size, reasonably fine-textured skin for the variety, good color for the variety.

Peaches—bright, plump, fresh appearance, yellowish or creamy background color with overlying blush or red, fairly firm to firm, free from bruises.

Pears—clean, plump, fairly firm to firm, free from bruises.

Cantaloups—well netted, "full slip" stem scar, color changing to yellowish-buff or gray; characteristic aroma.

Watermelons—good red flesh which appears firm and fresh, is not stringy, not watery or mealy, and contains dark-colored seeds.

If fresh fruit is to be kept for several days, store it in the area of the refrigerator designated by the manufacturer. Usually there is a bin for such products.

WHEN YOU BUY FROZEN FRUIT:

Choose a reputable dealer who buys quality frozen fruits from refrigerated trucks and keeps the packages frozen solidly until the consumer buys them.

Select packages that are clean and firm. Make sure that the packages are not torn, crushed, or juice stained.

When buying many groceries, select the frozen fruit last. For the trip home, protect them with an insulated bag or a double paper bag.

When you buy frozen fruit in quantity, check one package for quality soon after you buy it. If the fruit is not frozen solidly and of bright appearance, plan to store it for a short time only or return it to the store.

To check for quality when the package is opened, note whether frost has formed inside (large amounts may indicate impaired quality) and whether the color is normal and bright. Color changes indicate long holding periods or high temperatures. Some fruit held at too high temperatures first darken and then turn brown. Note also whether any undesirable change

in texture has occurred, such as excessive softness or flabbiness.

Store in the freezing unit of the refrigerator for not more than a week. For longer periods, keep in a freezer at 0° F. or lower.

WHEN YOU BUY canned fruit:

Read the label to determine grade or quality.

Select the quality that best suits the purpose.

Choose the highest quality for salads and fruit cups and for serving as is. Second quality, which is fully as flavorful, will serve the purpose well in shortcakes, puddings, pies, and cobblers.

Store in a dry place at room temperature, preferably not above 70° and in a dark place to prevent color loss if canned in glass. Dampness causes rust, which in time may perforate the metal. To prevent breakdown of texture, avoid freezing canned fruit.

LIME FROST

- 1 cup fresh lime juice
- 2 tablespoons lemon juice
- ¾ cup canned pineapple juice
- ¾ cup sugar
- ¼ cup water
- Ginger ale

Add the sugar to the fruit juices and water. Stir until dissolved. Freeze in ice cube trays that have dividers. Place two cubes in a glass, add the ginger ale and serve as appetizer or between-meal snack beverage. Serves 9.

FRUIT SOUP

- 12 oz. can apricot nectar
- 12 oz. can pear nectar
- 12 oz. can cranberry juice
- 1 tablespoon cornstarch
- 1 pint can or jar of apple-raspberry sauce.
- ½ tablespoon lemon juice
- 1 teaspoon grated lemon rind
- ⅛ teaspoon cinnamon
- ⅛ teaspoon salt
- Few drops red food coloring

Combine the first three ingredients in a saucepan. Add the cornstarch.

Cook over low heat until slightly thickened. Add the remaining ingredients and heat to simmering point. Garnish with lemon slices. Serve hot or chilled. Serves 8.

CITRUS COOLER

Add 1 cup sugar to 1 cup fresh, frozen, or canned lemon juice and stir until completely dissolved. Add 4 cups orange juice (fresh, canned, or frozen) and 8 cups chilled ginger ale or sparkling water. Pour into tall glasses. Just before serving, top with scoops of ice cream or sherbet. Garnish with orange and lemon slices or fresh strawberries. 12 servings.

WITH MAIN DISHES

- Glazed apricots with ham slices.
- Pineapple tidbits with curried shrimp or baked fish fillets.
- Hot minted pears with lamb.
- Cinnamon apple slices with pork.
- Spiced peaches, plums, or cherries with poultry.

Canned peach halves broiled with hamburgers or chops on the grill. Chunks of pineapple, peaches, or bananas alternated with meats as kabobs.

BAKED FRUIT FLAMBÉ

- 1 cup orange marmalade
- 4 teaspoons grated lemon peel
- ½ cup lemon juice
- 3 cups light-brown sugar, firmly packed
- 3 teaspoons cinnamon
- 2 cans (1 lb. size) peach halves, drained
- 2 cans (1 lb. size) pear halves, drained
- 2 jars (9½ oz. size) pineapple sticks, drained
- 4 bananas, peeled and quartered
- 2 teaspoons rum flavoring
- 2 cubes sugar
- Lemon extract

Preheat oven to 400°. In small saucepan, combine marmalade, lemon peel, and lemon juice; mix well. Bring just to simmering over low heat. Add rum flavoring and set aside.

Meanwhile, in a medium bowl, combine brown sugar and cinnamon; mix well.

Dry the fruit (except the banana quarters) well on paper towels. Dip all pieces of fruit in marmalade mixture, then in sugar mixture, coating completely.

Arrange the fruit in two $13\frac{1}{2} \times 9 \times 2$ inch baking dishes. Bake 15 minutes.

Just before serving, place the sugar cubes on top of fruit, wet thoroughly with lemon extract, ignite, and serve. Makes 12 servings.

STIR-AND-BAKE FRUIT COBLER

1 cup sugar
1 cup plain flour
1 cup milk
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon nutmeg or cinnamon
 $\frac{1}{2}$ stick butter or margarine
1 pint of canned fruit and juice (cherries, pears, apricots, peaches, fruit cocktail, or stewed dried fruits)

Make batter of first six ingredients. Cut butter or margarine into 3 or 4 pieces and add. Pour into a greased baking dish. Add fruit and juice. Bake at 325° until brown (about 45 minutes). Serves 6 to 8.

PERSIAN PEACHES

4 cups sliced peaches
1 cup orange juice
6 tablespoons honey
2 to 3 tablespoons finely chopped candied ginger
Dash salt

Combine all ingredients, mixing gently. Cover; chill thoroughly. Spoon into chilled sherbet glasses. Makes 5 servings.

CANTALOUPE RING SALAD

Peel cantaloupe and slice one-half inch thick. Remove seeds from slices and place on bed of lettuce. Fill the center of each cantaloupe ring with fresh seedless grapes, cubed peaches,

pears, or bananas dipped in lemon juice, and garnish with strawberries, cherries, or blueberries.

APPLE-FIG SALAD

Wash, core, and slice red apples. Arrange apple slices and canned Kadota figs on bed of salad greens.

Garnish with seedless raisins or chopped dates. Serve immediately.

DESSERT FRUIT AND CHEESE TRAY

1 No. 2 $\frac{1}{2}$ can whole apricots, drained
2 1-lb. cans blueberries, drained
2 oranges, peeled and sectioned

Assorted cheeses (Edam or Gouda, Camembert, Port du Salut are good selections)

Put the chilled apricots in one bowl and blueberries in another. Garnish blueberries with orange sections. Arrange the fruit and cheese on a large tray, with assorted crackers at hand. Serve with both dessert plates and sauce dishes convenient to the tray. Serves 6.

PLUM SORBET

1 quart can greengage plums
Juice from canned plums

Drain the plums, mash, and put through a coarse sieve, and recombine with juice. Freeze in refrigerator tray or ice cream freezer to mushy stage. Serve in chilled sherbet glasses. Garnish with fresh strawberries, maraschino cherries, or orange wedges. Serves 4 to 6.

RASPBERRY SORBET

1 10-oz. package of frozen raspberries

In a mixer, blend frozen raspberries to a semiliquid stage. Serve in chilled sherbet or cocktail glasses. Garnish with grated coconut or sprig of mint. Serves 3 or 4. (SUSAN C. CAMP AND IZOLA F. WILLIAMS)