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THE MIXING BOWL

Hello Homemaker! When we were making our fruit cakes over a month ago, we made a wedding cake too. The recipe was obtained through a good friend who has for years specialized in making fruit cakes. Since it contains some spice and the fruits used in the traditional Christmas cake, we are quoting this recipe as our favourite for this year's festive season.

The boiled-type fruit cake has advantages. It has sufficient fruit to be really good and the method of cooking the batter ingredients reduces the baking period. (This is very important in the operation of an electric oven at this time).

So far as plum pudding is concerned we highly recommend using either the pressure saucepan or canner to steam it thoroughly, yet evenly. In our neighbourhood, the pressure canner is loaned to one and then another to save time and fuel. Usually when we begin Christmas baking, the children think of candy making and so we shall list that favourite which keeps well (if you can hide it from the children).

FESTIVE FRUIT CAKE

Into a saucepan put:
2½ cups light sultanas, 2 cups minced citron peel, ½ cup chopped orange peel, ½ cup chopped lemon peel, add ¼ cup apricot or peach juice.

Heat contents for 3 or 4 minutes, stirring well, remove from electric element, cover and let stand overnight.

IN THE MORNING, cream:

½ lb. butter with 1 cup gran. sugar till fluffy.
Beat 5 eggs and blend well with fat and sugar. Add 3 cups sifted flour, ½ teaspoon salt and ½ teaspoon soda (sifted together), then add to the creamed mixture.
1 tablespoon vanilla, 1 cup sliced candied cherries and 1 cup slivered almonds.
Combine with fruit and juice mixture. Blend thoroughly.
For one large cake 8x8, bake in electric oven at 275 degrees for 3½ hours.
If spices are desired—add 1 teaspoon allspice, ½ teaspoon cloves, ½ teaspoon each cinnamon and nutmeg.

INEXPENSIVE FRUIT CAKE

¾ cups seedless raisins, washed and drained, 1½ cups brown sugar, lightly packed, 1½ cups water, 4 tablespoons butter, 2 eggs well-beaten, 2½ cups once-sifted pastry flour, or 2½ cups once-sifted all-purpose flour, 1 teaspoon baking powder, 1 teaspoon baking soda, ½ teaspoon salt, ½ teaspoon ground cinnamon, ½ teaspoon ground allspice, ¼ teaspoon ground cloves, ¼ cup mixture of slivered mixed peel, ¼ cup drained maraschino cherries one-third cup coarsely chopped nuts.

Combine the raisins, brown sugar, water and butter in a saucepan; bring to the boil, stirring until the sugar dissolves, then boil gently for 10 minutes. Cool thoroughly. Stir well-beaten eggs into cooled raisin mixture. Measure and sift together three times, the flour, baking powder, baking soda, salt, cinnamon, allspice and cloves; add the peel, cherries and nuts, and mix well. Add flour mixture to raisin mixture, a third at a time, combining well after each addition. Turn batter into a 6-inch square pan that has been lined with 3 layers of heavy brown paper, the top layer buttered, or with 3 layers of cooking parchment. Bake in a slow oven, 275 degrees, about 2 hours.

CHRISTMAS CARROT PUDDING

2 eggs, 1 cup grated carrot, 1 cup grated potato, 1 cup suet chopped fine, ½ cup brown sugar, 1 cup Sultana raisins, ½ cup seeded rais-

ins, ¼ cup currants, ¼ cup mixed peel, ¼ teaspoon nutmeg, ¼ teaspoon allspice, 1 teaspoon baking powder, 1 teaspoon salt, 1 cup flour.

Beat eggs slightly. Add sugar, grated vegetables, peel and fruit. Sift flour with baking powder, salt and spices. Mix all together. Steam 3 hours in a well-greased bowl. Fill bowl only two-thirds full.

Note: The deep-well cooker only requires 1½ cups of water. Turn the electric element "Low" as soon as steam comes out of the vent of the well-cooker.

POPCORN BALLS

5 cups popped corn, one third cup corn syrup, ¼ cup molasses, ½ cup granulated sugar, 2 tablespoons water, ½ teaspoon vinegar, ¼ teaspoon salt, 2 tablespoons butter, ¼ teaspoon vanilla, peppermint flavouring.

Measure popcorn into a large buttered bowl. Combine corn syrup, molasses, sugar, water, vinegar and salt; bring to a boil, stirring until sugar dissolves, then boil, without stirring, until a few drops will form a hard ball when dropped into cold water (or candy thermometer reads 250). Remove from heat and stir in butter, vanilla and just about 3 drops of peppermint. Stir hot syrup over popped corn, shape quickly into balls using buttered wooden spoon. Store in a cool place.

COOKING HINTS TO SAVE ELECTRICITY

1. Use canned cream soups for sauces often. Never let them boil, only heat hot enough to eat.
2. Blend flour into meat juices, then add hot water to make the best brown gravy quickly.
3. A layer cake may be baked in 35 minutes at 375 degrees, while the same batter in a square tin requires 55 minutes at 350 degrees.
4. Bake a meat loaf mixture in muffin tins for even servings and it cooks quickly this way.
5. Scalloped potatoes made with a hot cream sauce require only half the baking time.
6. Shred cabbage, turnips and beets on a slicer using a small amount of water, cook the vegetables in fifteen or twenty minutes depending upon the amount.
7. Pastry turnovers are more quickly baked than heavy fruit pies and baked on a jelly roll pan require 20 minutes at 400 degrees.
8. Use a pint measure to fill your tea kettle and heat only the required amount of water for tea. (There are commercial powders available at your electrical dealers which should be used to remove lime from your tea kettle).
9. To hard cook eggs, wash them and put in the potato kettle for exactly ten minutes. This saves turning on an extra electric element.
10. The pressure cooker may be used to cook a number of different foods in the same pan. Make full use of this quick cooking utensil. Watch the clock to prevent over-cooking.

REQUESTED RECIPES

Welsh Rarebit

2 tbsps. butter, 1 tsp. cornstarch, 1 cup rich milk or cream, ½ tsp. salt, few grains of pepper, dash of paprika, 2 cups mild Cheddar cheese (grated) 1 egg (slightly beaten).

Melt butter in top of double boiler. Add cornstarch and mix until smooth. Add milk gradually. Cook over hot water, stirring constantly until mixture thickens. Add salt, pepper and paprika. Add cheese and stir until melted. Add some of the hot mixture to the beaten egg and return to mixture in the double boiler. Cook for 2 minutes, serve at once on toast or crackers. Garnish with olives or parsley. Yield: 6 servings.

Hot Slaw

½ cabbage (shredded) 2 egg yolks (slightly beaten) ¼ cup cold water, 1 tsp. butter, ¼ cup hot vinegar, ½ tsp. salt.

Mix egg yolks, cold water, butter, vinegar and salt. Cook over hot water, stirring constantly, until thickened. Add cabbage. Re-heat.

Potato Pancakes

3 medium-sized raw potatoes; 1 tsp. flour, 1 tsp. cream, 1 egg, 1 tsp. salt.

Grate potatoes, add other ingredients. Stir well. Cook by spoonfuls in heavy frying pan in hot fat.

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