

# News!

## 'SALADA' TEA

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### Uses for Dates, Raisins, Prunes, Figs, Apricots

Tart Prunes Come from Oregon. There are Delicious Dates Grown in the Southwest States. Some Notes on History of Dried Fruit.



(By Edith M. Barber)

The history of dried fruits is ancient. Their origin was certainly in the hot climates of countries where the sun provided a natural means of preserving fruits in season for later use. Centuries later in our modern times most dried fruits are still dried in the sun where it shines eternally—if we are to believe the Californians.

At least it shines during the prune, apricot, raisin, fig and date season. In other less fortunate parts of the country the process of dehydration is used to some extent. Dehydrated fruits when soaked and cooked resemble more nearly fresh fruit in colour and fla-

vour, but the practicability and the low cost of sun drying, as well as the fact that we by custom have come to expect certain typical results all join in keeping the sun dried products popular.

#### Dates Grown in California and Arizona

Peaches, apples and apricots are allowed to ripen on trees and are then placed on trays under which sulphur is burned. The use of the sulphur prevents darkening and fermentation and protects the fruit from insects. There is a difference of opinion as to whether the sulphur is an objection as far as the health standpoint is concerned. Prunes are dried after dipping in boiling lye and washing thoroughly. Sometimes they are dipped after drying in prune juice, glycerine or salt to make them sterile. Raisins are prepared from grapes especially grown for this purpose and are dried on the stems. Some of the large raisins are sold in clusters and others seeded. The small seedless raisins are particularly convenient to use. They have replaced almost entirely the imported currants, which are really small seedless raisins. Figs are now produced in large numbers in California and rival the foreign products. The production of dates in California and Arizona is increasing, and there are now to be found in the markets "fresh dates" which are delicate and delicious in flavour.

#### Tart Prunes

There are enormous quantities of dried fruit eaten in this country. Over a billion pounds are produced yearly in the United States and of this number more than half are raisins and more

than a third are prunes. Oregon as well as California furnishes us with some of the prunes. Oregon prunes are more tart than the California variety. The use of dried fruits is an excellent custom, as they provide us with very valuable nutrients as well as with inexpensive delicacies for our table.

#### Prune Jelly

2 tablespoons granulated gelatin.  
1-2 cup cold water  
1-2 cups boiling water  
1 cup prune juice  
1-2 cup lemon juice  
1-2 cups stewed prunes.

Soak the gelatin in cold water, dissolve in boiling water. Add sugar stir until dissolved. Add the fruit juice and pulp. Pour into a mold to chill and set.

#### Apricot Pudding

1-2 pound dried apricots  
Cinnamon toast  
1-2 cup sugar  
3 egg meringue

Soak the apricots overnight. Stew until tender and add the sugar. Arrange squares of cinnamon toast in the bottom and around the sides of a pudding dish. Pour in the boiling hot apricots, cover the dish so that no steam can escape and cool gradually. Chill and cover the top with meringue.

#### Fig and Raisin Filling for Cake

1-4 pound figs  
1-4 pound seeded raisins  
1-2 cup water  
1-3 cup sugar

Cook figs and raisins. Cook in the water until the figs are tender. Add sugar and cook slowly until it thickens. Cool before using. Put between layers of cake. Frost top with white icing.

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#### How do Geese Find Their Way to Winter Quarters

Each year Jack Miner tries a new experiment studying the migration of birds and their knowledge of travel, says The Mail and Empire. Last spring, with the co-operation of the Manitoba Government and the Department of Interior, Ottawa, with Mr. Carl Munn of the Hamilton Bird Society, and the Winnipeg Free Press bearing the expense of crates and express, he caught twenty-five Canadian geese and shipped them via fast express to Winnipeg. There they were met with a truck and taken to Grant Lake, in that vicinity, where they were released with a flock of several western wild geese.

About one month later one of these tagged geese was reported killed by a native in Northern Manitoba, near the western shore of Hudson Bay; but nothing more was heard from them until December 20th, when one was shot at Grandy, North Carolina—it's winter home. In other words, it left the western geese and went back to North Carolina, along the Atlantic seaboard, to join its parents, sisters, and brothers, where it has always spent its winters. The geese that visit the Jack Miner bird sanctuary at Kingsville, Ontario, Canada, located 25 miles southeast of Detroit, Mich., in the spring, mostly winter along the Atlantic coast, chiefly around Carrickton Sound.

The report of this goose going back to its old winter quarters was a surprise to Jack Miner because he believed that when it travelled nearly 1,500 miles in an express car, and was released with western geese, it would stay with the western flight, and perhaps be shot west of the Mississippi. Commenting further, Jack Miner said this incident is something for scientists to carefully study, in order to fathom the knowledge of this goose, which led it to spend the summer in the Arctic region after being released in the Northwest, and then find its way back to its usual winter quarters in North Carolina.

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