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For a Cheerful Awakening Make It a Dried Fruit Spread

By Kathern Ayres Proper, '26

Not that anybody ever thinks about health on the way to a midnight spread, yet there is the inevitable morning after. And it's the wise co-ed who knows her fruits and how they can be easily and quickly served in a variety of ways.

The dried fruits lend themselves particularly well to any impromptu occasion. More often than not, spreads are spontaneous affairs and if a few packages of raisins or prunes or other dried fruits are kept on hand they can be delved into at any time. For added palatability, they can be softened up a bit by merely rinsing and drying, or hastily made into more pretentious and tastier sweetmeats with very little painstaking.

One of the most delightful additions to any spread is an array of cheese stuffed dried fruits.

Stuffed Fruits, Hollywood

Dried prunes, apricots, peaches, pears or nectarines
 2 3-ounce packages cream cheese
 4 tablespoons cream
 1/2 teaspoon prepared mustard
 1/4 teaspoon garlic, onion, celery or table salt
 Paprika (may be omitted)

Rinse fruits in warm water; wrap in a towel and steam 15 minutes (a steam-



er can be easily improvised by using a sieve or colander over boiling water in a deep saucepan). Rub skin from peaches and flatten. Cut prunes down one side and remove pits. Clip cores from pears. Arrange fruits on a large platter or tray. Combine cheese, cream, mustard, and salt, and rub to a paste. Fill paper cone and decorate tops of fruits. Sprinkle with paprika if desired. The paste is sufficient to fill 50 pieces of fruit.

When you are contemplating a fudge party, raisins are the ideal fruit to have on hand, as they can be used in candies without affecting the moisture content. Raisins, rinsed and dried thoroughly, can be added to fudge or other favorite candies the same as nuts. Here is a good uncooked fudge recipe enriched with both raisins and nuts.

Raisin Jiffy-Fudge

1 1/2 cups seedless raisins
 3/4 cup chopped walnut kernels
 2 tablespoons butter
 1 pound powdered sugar
 2 tablespoons thick cream or evaporated milk
 1 egg, slightly beaten
 1 teaspoon grated or minced fresh orange rind
 1 teaspoon vanilla extract
 6 ounces dipping chocolate

Rinse raisins in hot water, drain, dry on a towel and cool. Cream butter, add sugar and work well into the butter. Add cream, slightly beaten egg white, orange rind, vanilla, and work until smooth. Add raisins and nuts and mix well. Add chocolate which has been melted over warm water, and work with hands until creamy. Press into waxed paper lined pan in desired thickness. May be cut after standing a few minutes, but improves on standing. Peel off paper and cut into squares. Makes approximately 2 pounds.

Other dried fruit dainties which fit in admirably well with a co-ed's extra-curricular activities may be concocted readily with the aid of such everyday

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staples as sugar and nuts, or with the purchase of a small amount of dipping chocolate.

Sugared Fruit Strips

Dried peaches, apricots, nectarines, pears, prunes, or figs may be used. Rinse the fruit in either hot or cold water, and steam 15 minutes (another method of softening is to cover with boiling water and let stand a few minutes until the fruit is pliable). Remove cores, stems or pits. Flatten fruits and cut into thin strips. Roll in granulated sugar. Tie in little bundles with bright ribbon or arrange in bon bon dishes.

Health Sweets

Soften 2 cups of prunes by steaming or covering with boiling water 5 minutes; dry thoroughly, split sides, remove pits, and lay prunes out flat on pans or waxed paper. Rinse 3/4 cup of seedless raisins and dry thoroughly, then stir into 1/4 pound of melted dipping chocolate. Drop a spoonful of coated raisins onto each prune and chill.

Dried fruits, by the way, contain all the health properties of the same fruit in the fresh state, but in concentrated form.

If your medical adviser has prescribed more blood-building foods, then dried apricots, dried peaches and prunes are your best friends, as they are rich in both iron and copper—and most important, they are pleasant to eat.

For anyone who is in need of more regulatory foods—see dried fruits first. And they are further recommended as an excellent source of quick food-energy, as they contain simple sugars which are readily assimilated.

How I Do It

ALMA McCURDY, H. Ec. Jr.—

My unique lamp shade originated in the zoology laboratory. We were making records of the respiration on white paper that had been blackened with soot. One of my records was incomplete, therefore I sketched designs on it and my classmates autographed it. To make our work permanent I dipped the sooted paper in shellac. When the paper was dry, I cut it to fit a lamp frame and I had a modernistic lamp shade in black and white.



JANET JONES, H. Ec. Jr.—

If you must get lipstick on your "Sunday best" let me help you solve your problem.

I found that naphtha alone would not take out lipstick but by smearing a little white vaseline over the spot and then dipping the dress into naphtha the lipstick was easily removed.

The vaseline absorbs the lipstick and in turn the naphtha removes both the lipstick and vaseline.

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