

Grand CULINARY CONTEST

Of Interest to Women

NOW IS THE TIME TO MAKE
A FRUIT CAKE AND PUDDINGS
FOR HOLIDAY FESTIVITIES

Both of These Desserts Improve in Flavor if Sufficient Time is Given for the Blending of Ingredients

(By Edith Shuck)

The size and shape of the fruit cakes and puddings have changed in the last twenty years, but the recipes remain the same. I can remember when fruit cake was baked in our home it was an all day and night affair. The cake was baked in a pan as large as the average dishpan. The pudding was baked in almost as large a steamer. Today most people prefer to bake cakes and puddings in two-pound size pans. It means that the large cake or pudding does not have to be opened every time you want to serve a small group of people. It also means a much shorter cooking period. A cake or pudding can be kept just as moist when it has a small diameter as when it is much larger.

Fruit cakes are made of a large assortment of fruits of different textures and strength of flavor, held together with a small amount of batter. To give the best texture to the cake the fruits are cut in pieces according to their texture and strength of flavor—the candied lemon, orange peelings and the citron are shaved, while the candied pineapple, maraschino cherries, dates and soft fruits are cut in larger pieces.

This recipe for dark fruit cake gives about twenty pounds of cake. It calls for one pound of butter, one-half pound of brown sugar, one-half pound

of white sugar, one pound of flour, one-half teaspoon of cloves, three teaspoons of cinnamon, one-half teaspoon of ground allspice, one-half teaspoon of soda, one-half cup of molasses, one-fourth cup of lemon juice, one-fourth cup of mixed fruit juice (with the exception of adding grape juice), two pounds of seeded raisins three-eighths of a pound of dates, one pound of currants, one-half pound of maraschino cherries, one-half pound of candied cherries, one-eighth pound each of lemon and orange peeling, one-fourth pound of candied citron, one-fourth pound of candied pineapple, one or one and one-half pounds of pecan kernels and twelve eggs.

Preparing the Fruit

Wash the currants and mix with the raisins. Shave the citron and cut the lemon and orange peeling in very thin slices and combine and mix with the fruit juices. Cover and let stand over night in the refrigerator. Cut the candied cherries in medium slices, the maraschino cherries in halves, the dates in fourths or fifths according to size and the pineapple in pieces of medium thickness. The pecans are ground and mixed with the other fruits.

Mixing the Cake

Sift the dry ingredients together and add all of the fruits which have not been mixed with the fruit juices.

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Cream the butter and sugar, add the molasses and beaten eggs, then add the fruits which are soaked in the fruit juices. Then add all of the dry ingredients which are mixed with the fruits. Mix until the fruits are evenly distributed throughout the batter.

Baking the Cake

The pans should be greased and then lined with light brown paper which is also greased. Dip the batter in the pans and smooth it over the top. Fruit cakes rise very little so that the batter can come to within an inch of the top of the pan or the batter can be put into the pan to give the desired depth. Put the cakes in a very low oven, 275 or 300 degrees, and cover them with heavy paper and cook for the first thirty minutes for two-pound cakes or slightly longer for larger cakes. The oven should not be hot enough to scorch the paper. Then uncover and continue to bake at this low temperature until the cake responds to a light touch.

Storing the Cakes

When the cakes are baked remove from the oven and from the pans. Remove the paper and cool on a cake rack. Cover the cakes with a thin cloth to shut away any draft while they are cooling. Then when they are cold, wrap them in a thin cloth or put them in a paper lined box. Cover (Continued on Page Seven)

PRIZE WINNERS

First—Mrs. Arthur Crowley, Lemon Pineapple Pie.
Second—Miss Dorothy Smith, Date-filled cookies.
Third—Mrs. Frank L. Morgan, Clover Honey.

HONOURABLE MENTION:

Mrs. Thos. L. Kane, Cabbage Salad;
Mrs. Douglas Terry, Cream Cheese daisties;
Mrs. Byron Brewer, Whole Wheat Buns;
Mrs. Fred Bearisto, Small Chocolate Cakes;
Mrs. Wilfrid Wade, Mustard Pickles;
Miss Margaret Bearisto, Chocolate Cake;
Mrs. Albert Manuel, Mocha Cakes;
Mrs. M. C. Horncastle, English Marblecake;
Mrs. John M. F. McKenzie, Experimental Station, Walnut Fudge.

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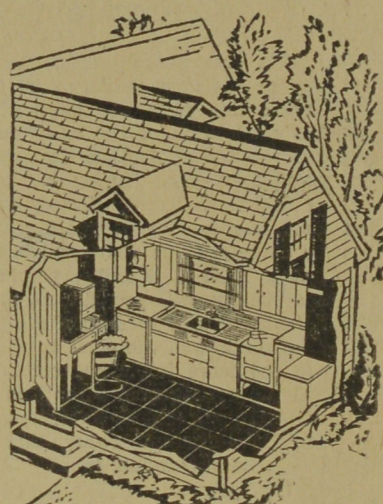
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Cooking Contest Prizes

The following Fredericton merchants donated prizes for yesterday's judging of The Daily Mail Cooking Contest, which was held in the Maritime Electric Co., Ltd. store: Five pound box of Moir's chocolates, donated by Kitchen Bros., wholesale grocers; Lady's hand-bag, solid black leather, donated by R. L. Black, Ladies' Wear; Twenty-four pound bag of Flour, donated by Jones Brothers, new grocery store, located in premises formerly occupied by Dunbar's Bakery.

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