

Prune Seeds Help To Bring Flavor To Many Puddings

Here Are Recipes For Two Puddings You Will Like.

By KATHERINE BAKER

Prunes have risen from the old boarding house stand-by to an exalted position in the food world. They have great dietary virtues—mineral salts, bulk, and supplement the vitamins. Now, even the prune-seed kernel is used and it adds a new and unusual flavor to a popular prune pudding.

Prune Perfection—1 package of quick-setting strawberry jelly powder, 1 cup warm water, 1 cup prune juice, 8 prune-seed kernels, blanched and chopped, 1 cup finely cut cooked prunes.

Dissolve jelly powder in warm water. Add prune juice. Chill. When slightly thickened, fold in kernels and prune pulp. Turn into individual molds. Chill until firm. Serve with whipped cream if desired. Serves six.

Coconut Prune Strips makes an excellent light dessert—plenty of flavor and not too much quantity. A prune strip with ice cream for the finale to a light meal, or alone for a Sunday supper course—either marks the clever hostess with a flair for the new.

Coconut Prune Strips—1 lb. of prunes, stewed and seeded, 6 tablespoons sugar, 2 tablespoons butter, 2 cups coconut, premium shred, ½ cup sugar, dash of salt, 1 egg, beaten thoroughly, ¼ cup milk.

Line a shallow pan or baking sheet, 13 by 9 inches, with pastry rolled ⅛ inch thick. Arrange prunes in rows on dough; sprinkle with sugar and dot with butter. Bake in hot oven (425 degrees F.) 20 minutes. Cover with coconut topping made by combining coconut, sugar, salt, egg and milk. Reduce heat to moderate (375 degrees F.) and bake 15 minutes longer, or until delicately browned. Cool and cut in 2 by 4½-inch strips. Makes 1 dozen strips.

Cooked and sweetened apricots, cranberries and raisins, or canned sliced peaches, may be substituted for prunes in this recipe.

PEANUT BRITTLE

One and one-half cups granulated sugar, ½ cup white corn syrup, ½ cup water, 2 tablespoons butter, ¼ teaspoon salt, 1 teaspoon soda, 1 teaspoon vanilla, ½ pound raw Spanish peanuts.

The peanuts are weighed after shelling. Blanch and let stand in a cool oven while the candy is cooking. Mix syrup, sugar and water and cook until a few drops tried in cold water form a hard ball or the thermometer registers 270 degrees F. Remove from fire and add vanilla and soda which has been dissolved in one tablespoon cold water. Stir and pour onto a large oiled platter or marble slab, spreading with a spatula into as thin a sheet as possible. Let cool a few minutes and pull apart to make thin and full of holes.



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For Lovely Spring Costume



You will smile the while you look your ravishing best in a knitted blouse like this designed by Laura Wheeler! You will even feel happy while you make it—the novel pointed yoke and soft, loose body stitches knit up so quickly. Started now, you will have it ready for all sorts of wear this spring—with a matching knitted skirt (instructions for it included in the pattern), with any other separate skirt, or with a suit. And you can make it with short sleeves—the pattern tells how. This blouse and skirt pattern is N1117. It comes in sizes 16 to 18 and 38 to 40. Pattern gives detailed instructions, illustration of blouse and all stitches used, and material requirements. To get pattern N1117, send 20 cents to "The Maritime Broadcaster," 22 Canterbury Street, Saint John, N. B.

Household Hints

By MRS. MARY MORTON

RECIPES

Codfish-Cauliflower Casserole

Prepare ½ lb. codfish. Cook one small cauliflower. Alternate codfish and cauliflower in a buttered casserole. Cover with 1½ cups well-seasoned cream sauce. Bake in a hot oven 425 degrees until well browned. Sprinkle with chopped parsley and serve hot.

Doughnuts (or Fried Cakes)

1 cup sugar, 2 well beaten eggs, 1 tablespoon melted butter, 1 cup milk, ½ teaspoon salt, 1 tablespoon baking powder, flour to make as soft a dough as can be handled. Fry in deep, hot fat. Drain on paper and sugar when cool.

Roquefort Cheese Canapes—16 circles white bread, 3 tablespoons butter, 4 tablespoons Roquefort cheese, 1 teaspoon cream, ½ teaspoon pepper. Cut one-inch circles from fresh bread. Mix rest of ingredients with fork until creamy. Spread on bread. Toast. Serve warm.

Sugar Cookies—1 cup thick sour cream, 1 cup sugar, ½ teaspoon soda, ½ teaspoon baking powder, 1 teaspoon salt, 1 teaspoon vanilla extract, ½ teaspoon mace, 1 egg. Flour to make soft dough. Stir the sugar and cream together thoroughly. Add the egg, well beaten. Mix the soda, baking powder, salt and mace with one cup of sifted flour to make a soft dough. Turn out on a floured board and roll lightly to ¼ inch in thickness. Shape with cookie cutter, dipped in flour; place on oiled cookies sheet or on the back of a flat pan. Bake in a moderately hot oven, 275 degrees F., 12 to 15 minutes.

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MENU HINT

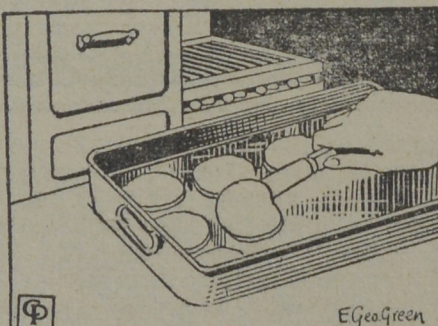
CODFISH-CAULIFLOWER
CASSEROLE
POTATO CHIPS
WATERCRESS SALAD
DOUGHNUTS COFFEE

I have heard women say that they never have made doughnuts, implying that it is a hard task and once tain of results. I have found the making of this favorite cake of men very easy with the recipe I include this week.

FACTS AND FANCIES

Cornices for Curtain Rods

If you want to give some work to a handy man or carpenter in your home town, you can have him make you some cornices to cover your curtain rods. They can easily be made out of wall board, with a straight lower edge from six to eight inches wide, depending, of course, on the size of your window. The ends to hold the cornice board out can be made from one inch thick pine. After these cornices are finished they should be painted cream, or the same color as the woodwork of the room.



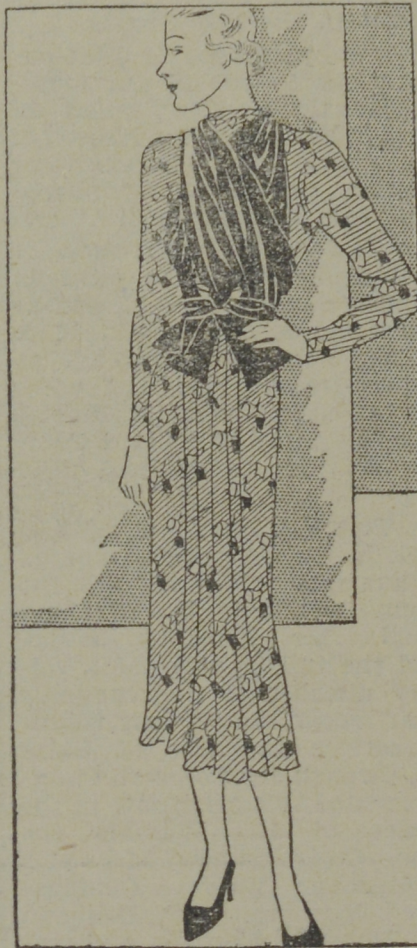
Melt butter in the pan in which you are baking biscuits. Put biscuits in, turn over so that both sides are coated, and bake in hot oven.

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WHAT ONE GIRL WORE

By BETTY BROWNLEE

Decorative prints now being shown give promise of a gay spring along the avenues. The new designs are a tribute to the ingenuity of the textile designers and, after looking them over, your feeling of impatience to shed the



old winter coat and step out in colorful array becomes something of an obsession.

Some of the more interesting motifs include symbolic designs and, of course, flowers of every variety in the gayest of colors.

There are plenty of the more conventional prints, too, such as the one illustrated, which makes up in color contrast for what it lacks in radical design. One of the new features of the spring frocks is the combination of velvet with the colorful prints

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as illustrated in the flattering gilet in the sketch.

This print has a background of green, in a lovely soft shade bordering on chartreuse, with its design in brilliant red and black. The velvet gilet is black, as is the belt, and a gay red buckle completes the color picture. Nice details are to be found in the high neckline at front, the straight, tight-fitting sleeves and the unpressed pleats, running down the front of the skirt and sewn part of the way.

WHIPPED CREAM SUBSTITUTE

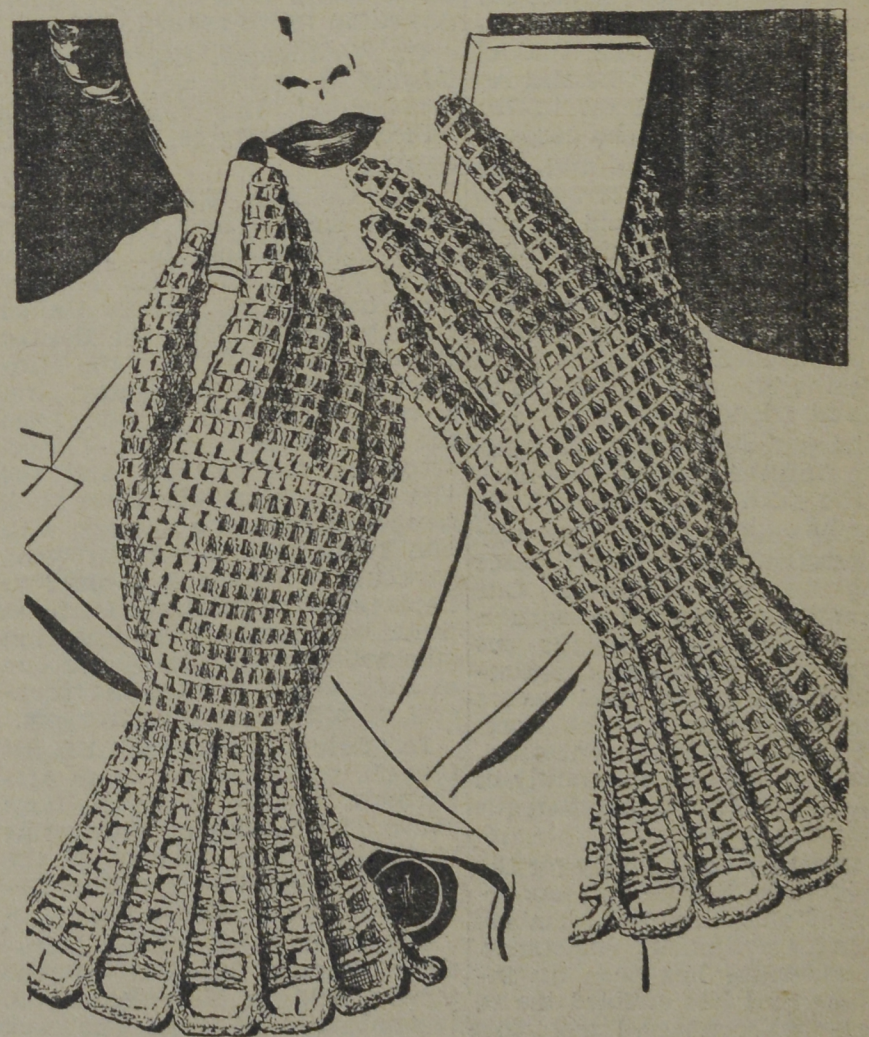
Into a deep bowl drop 1 unbeaten egg white, half a cup powdered sugar and one cup well drained crushed pineapple. Stir with slotted spoon 20 minutes. It will look done in half that time but will stand up much better if beaten the full time. Can be used as any whipped cream can.

USES DIVIDED BOWL

For informal meals such as buffet luncheons or suppers, Heather Angel, screen player, is serving dressings in a round glass bowl which is divided into three sections, one part for each dressing. This permits the guests to make their choice and simplify serving.

Help yourself by buying goods made in the Maritimes.

Laura Wheeler Gloves For Feminine Hands To Make And Wear



CROCHETED GLOVES—PATTERN 1149

Nimble fingers—supple hands—are beginning already to crochet the lovely, lacy gloves they will wear this spring. They are easy and quick to make, too, using pearl cotton that tubs like a charm. A simple mesh fashions the hands—a more open mesh the gauntlet cuffs,—and why stop at just one pair!

Pattern 1149 comes to you with detailed directions for making the gloves shown, illustrations of them, and of all stitches used; material requirements.

Send 20 cents in stamps or coin (coin preferred) for this pattern to "The Maritime Broadcaster," 22 Canterbury Street, Saint John, N. B.