Use regular canned fruits to make these luscious 'anytime' desserts

These packages of luscious golden fruit will surely bring shouts of joy, because the juicy canned cling peach halves bake in baskets of flaky pastry to make open-face dumplings.

Coconut is sprinkled on each peach during the last five minutes they are in the oven, to keep it from browning too fast. A simple butterscotch syrup goes over all.

Warm and richly sauced, "Open-Face Peach Dumplings" take most kindly to a topping of whipped cream, ice cream or a pouring of table cream.

Open-Face Peach Dumplings

1½ cups sifted all-purpose flour
¾ teaspoon salt
⅓ cup shortening
3 to 4 tablespoons cold water
6 canned cling peach halves
⅓ cup shredded coconut
¼ teaspoon nutmeg
2 tablespoons syrup from peaches
Butterscotch syrup

Butterscotch syrup:

¾ cup brown sugar (packed)
½ cup water
1 tablespoon lemon juice

Sift flour and salt into a bowl. Cut in shortening. Add water gradually, mixing to a stiff dough. Divide into 6 pieces. Roll each piece into a round about 5 inches diameter. Shape each pastry circle around a well-drained peach half (cut sides up) to form a "cup."

Arrange dumplings, touching each other, in a 10 x 6 x 2-inch baking dish or pan.

Bake in very hot oven (450 degrees F.) for about 30 minutes. Combine coconut, nutmeg and peach syrup, and fill centers of peaches. Pour half the hot Butterscotch Syrup over peaches. Return to oven and bake 5 to 10 minutes longer.

Remove from oven and pour over the remaining hot syrup. Serve warm, either plain or with whipped cream, ice cream or table cream.

Butterscotch Syrup: Bring all ingredients to a boil.

Makes 6 servings.

Use juicy canned cling peach halves for Open-Face Peach Dumplings.

Fruited Cafe Cheese Cake

Worth every moment it takes to prepare, Fruited Cafe Cheese Cake is a real beauty that will have every guest at your party begging for the recipe.

It's the colorful, flavorful fruit glaze that's the star of this dessert. Not at all difficult to prepare, the cake has an advantage in producing a luscious creamy texture although it cuts calories by using cottage cheese as an ingredient.

Fruited Cafe Cheese Cake

1½ cups finely rolled graham cracker crumbs
⅔ teaspoon cinnamon
⅓ cup melted butter or margarine
1 envelope plain gelatin
2 tablespoons lemon juice
Two-thirds cup fruit cocktail syrup(-)
⅓ cup sugar
⅛ teaspoon salt
2 eggs, separated
1 teaspoon grated lemon rind
1½ cups small curd cottage cheese
⅜ cup whipping cream
Drain fruit cocktail, two-thirds cup is used in above recipe. Place remaining syrup in saucepan with cornstarch and Kahlua. Bring to a boil, stirring constantly. Add drained fruit cocktail and remove from heat. Pour cooled glaze on top of cheese cake and chill. Keep cake refrigerated until serving time.
Makes 8 to 12 servings.

The subtle fruity flavor of Fruited Cafe Cheese Cake helps keep it at the top of the list of special desserts.

Blend graham cracker crumbs, cinnamon and butter thoroughly. Pack into bottom and sides of 8 or 9-inch spring form pan. Bake in 350 degree F (moderate) oven for 10 minutes. Cool before filling.

Soften gelatin in lemon juice. Heat fruit cocktail syrup with sugar and salt. Beat egg yolks lightly. Stir a little hot syrup into yolks, then combine with remaining syrup.

Place over hot water and cook and stir until slightly thickened. Add softened gelatin; stir until dissolved. Blend in lemon rind. Cool.

Place cottage cheese in electric blender and blend till smooth. Stir into cooled gelatin mixture. Fold in stiffly beaten egg whites and whipped cream. Turn into cooled shell. Top with fruit cocktail glaze. Chill thoroughly.

Glaze

1 can (16 ounce) fruit cocktail(-)
1 tablespoon cornstarch
One-third Kahlua liqueur

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WEEK'S FOOD ECONOMICS

Dried beans, peas are budget stretchers

If you are in conversation about high food prices, you may find an inspiration to help stretch the budget by using main courses of dried beans and peas, says Virginia McLuckie, food economist, Cooperative Extension Service, University of Maryland.

The dried bean family itself is a large and colorful lot. Larger supplies of most all varieties are available at lower cost than this time a year ago.

You may find dry beans, peas or lentils lined up on the grocery shelf in film bags where they look attractive and where you can get a good look at them. Whichever member of the dry bean family you buy, you should know that the food has long been known as a nutritional bargain.

To get your money's worth in dry beans, save all possible vitamins and minerals in cooking, because some of these nutrients are soluble in water; use only the amount of water the beans can absorb, and cook in the same water they were soaked in.

To cut cooking time and vitamin loss, nutritionists suggest that you pre-boil dry beans before soaking them. Boil the beans for two minutes, then soak them for one hour before you cook them in the soaking water.

Even if you prefer to soak them overnight, starting with a two minute pre-boil, will help soften the skins.

If you are using a variety of bean that takes an hour or longer to cook, you can shorten this time by adding soda at the start of the soaking period. The hardness of your tap water determines how much soda to add, but for most tap waters, ¼th teaspoon of soda for each cup of beans will shorten cooking time considerably. Measure this soda carefully, as too much will affect flavor and nutritive value.

Dishes that combine bean family foods with cheese, eggs, or meat deserve special attention. Adding meat-source protein to the protein in beans forms a strong protein team. At the same time the dry beans are a source of inexpensive calories, iron and of two of the B vitamins.

The most familiar or popular beans include Navy pea beans, Great Northern, Pinto, Red Kidney and large and small lima beans. Split peas and legumes are plentiful. Choose a cool, dark, dry storage place. Stored properly, you can purchase a quantity and have them available to use at will.

Basic Recipe For

Split Pea or Lentil Soup

1 pound (2 and one-third cups) green or yellow split peas or lentils
8 cups cold water
meaty ham bone
¾ cup chopped onion
¾ cup diced celery
¾ cup diced raw carrots
1 large bay leaf
1 teaspoon salt
1 clove garlic, if desired

Combine in heavy kettle with a tight fitting lid. Bring water to boiling point. Cover. Reduce heat. Simmer for 2 hours, stirring occasionally. Split peas and lentils require no soaking.

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Cora's Jumbo Raisin Cookies

2 cups raisins
1 cup water
3½ cups all-purpose flour
1 teaspoon CALUMET® Baking Powder
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
1 cup shortening
1½ cups sugar
2 eggs, slightly beaten
1 teaspoon vanilla
½ cup chopped nuts

Place raisins and water in a saucepan; bring to a boil and boil about 3 minutes. Set aside to cool; do not drain. Mix flour with baking powder, soda, salt, and spices. Cream shortening. Gradually add sugar, beating well after each addition. Beat in eggs. Stir in the raisins with liquid and vanilla. Gradually add the flour mixture, blending thoroughly after each addition. Stir in nuts. Drop from tablespoon, about 2 inches apart, on greased baking sheets. Bake at 375° for 12 to 15 minutes. Makes about 2½ dozen.

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Food clips

"Light meat" tuna costs less than "white meat" tuna. In descending order of price, packs are fancy or products, rice or potatoes sold, chunks and flaked or grated.

In making salads or creamed tuna, or even casserol dishes, it's important to remember that you usually use tuna in small pieces — so you don't need the solid pack according to USDA home economists.

• • •

For combination dishes and baked foods where the appearance of an egg is not important — use Grade B eggs . . . . they're cheaper.

Grade A refers to appearance, not wholesomeness.

• • •

Use less tender, less expensive meats and cook slowly with moisture, pot roasting braising simmer and stew. It cuts down on shrinkage and is more economical.

You can serve more people by adding mild-flavored foods, such as dry beans or peas, macaroni — to casseroles, stews or soup.

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Market Basket

(A weekly consumer report)

Whew, well there is finally relief in sight after the recent holiday food buying spree. A large number of food shoppers can finally settle down and began their new year budgeting

Many area food shoppers will be pleasantly surprised to discover that some food prices are much lower than those of 1975. The price decrease ranges from slight to largely significant.

In the meat category the only increase was the seven-inch cut rib roast which now sells for between $1.79-$2.19 per lb. While rib roast went up several other beef prices went down. Round steak, porterhouse, and sirloin steak showed marked decreases.

All of the pork products remained the same as the previous week with the exception of fully cooked whole ham which decreased in price.

The marjority of the seafood products remained on an even keel for this week but Norfolk Spots and Croakers floated their prices up, while Sea Bass sunk to lower depths and shrimp scraped the floor of their price sea in a range of $3.19-$4.99 per lb.

Poultry remained for the larger part, in a stable price range with turkeys rising in price and whole fryer chickens and frozen capons decreasing.

For those of you who planted victory gardens, and lost the war in your backyard there is some consolation. Vegetable prices have registered a decrease in price from last week. So for those of you who want to withdraw with honor you can buy a large supply of fresh vegetables this week and save them in case the price increases over the next week, that way you still come out ahead.

On the fruit stand most products remain constant, in regard to prices, with lemons the only fruit to decrease. Increases were noted in Fla. 100's oranges and grapes. The best indicator of grapes increase were the fewer number of wine bottles left in the alley.

After checking the prices on the stands against those of the Baltimore Retail Food Price Report this writer interviewed several shoppers at the Lexington Market.

"I sure hope all the prices go down" said Mrs. Lucille Beale. "They charge too much for food already. I think all prices should drop."

Ms. Ernestine Wilder replied "The prices can't get low enough for me, honey. I think I have spent all this year's food money just over the holidays. The food we would almost have to be free to help me."

James Carr had this to say about food prices "The prices aren't going down. They lower the price on one thing and raise it on another. If they want to give us a break why don't they lower the price on everything."

Most of the merchants I asked agreed there was an increased volume of shoppers in the market for the new year. Many, no doubt, were trying to start the New Year off on a good note by purchasing food at cheaper prices than in 1975.

International lunch series at main YWCA

A "Russian lunch" will be served Jan. 30 at noon at the YWCA, 128 W. Franklin St.

This is the first in a series of international lunches served on the last Friday of the month by volunteers for the YWCA International Division. Later menus will be an Italian luncheon served on Feb. 27 continued with lunches on march 26 and April 30. Cost will be reasonable. Each lunch represents a different country.

The menu for the Russian lunch includes Broscht (a beet and cabbage soup), cottage cheese pie, black bread and butter, and coffee.

Reservations for the Russian lunch should be made by Jan. 26 and for all succeeding lunches by the Monday preceding the Friday it is served.

For reservations call the sion, 685-1460.

YWCA International Division, 685-1460.

Cabbage is abundant in Jan., Feb.

Cabbage is available throughout the year but there is an abundance in Jan. and Feb. Despite its plentifulness, cabbage can be expensive if you are not careful in the selection.

Buy a well-trimmed, reasonably solid head that is heavy for is size and shows no discolored veins. Fresh, crisp leaves free of insect injury or bruises insure good flavor and texture. The cabbage in the retail markets now has a firmer head than the early or new cabbage. There are numerous common varities but quality characteristics are generaly the same for all.

One of the most unusual varieties of cabbage is Savoy. Its yellowish, crimped leaves form a head that is not much harder than that of Iceberg lettuce.

Another novel type is celery cabbage, also called Chinese cabbage, that has characteristics of both Romaine and cabbage. This variety is used mainly for salads. It has a long, oval-shaped head that should be firm, fresh had well balanced. Except for color, red cabbage is identical to other headed types.

Raw, uncut cabbage can be kept in the refrigerator for seven to eight days. It wilts quickly in dry storage.

Finely shredded raw cabbage is used for cole slaw and may be added to tossed salad. Red cabbage makes a colorful accent to a tossed lettuce salad. Cabbage should be cooked quickly to preserve the nutrients and for better flavor. Cut it into wedges and place into an inch of boiling salted water. Boil uncovered two or three minutes, cover pan and simmer for another ten to 12 minutes. It should be tender but still crisp. Drain and season to taste.

Raw cabbage is rich in Vitamin C and has a fair content of Vitamin B1. It is also a source of several minerals and low in calories.

-Techniques

(Continued on Page 29)

under the directoin of Dr. ment development center of Md. William Edwards, area manager, Reuben Donnelley Corporation; George Marcheios, assistant dean of instruction, Harford Community College; also, Brenda Eddy, professor of Management, Georgetown University; Thomas Diggin, lecturer in management, Harford Community College and Dr. Ria Fnijters, associate dean, Towson State College.

For more information or to register, please call the Center for Community Services, Essex Community College, 682-6000, Ext. 406.

LIGHTSIDE

Personal Action Plan bakes pounds away

Getting Back On The Track

Do you have those post New Year's "Oh my gosh, I ate too much over the holidays and I must get rid of these extra pounds" blues?,

According to Norma Mails, area director for WEIGHT WATCHERS in Md., the holidays traditionally are times when many people become expansive — in more ways than one.

That Christmas dinner and the "How can I refuse?" New Year's celebrations invariably mean too much food and drink and very often the wrong foods and the wrong type of beverage.

If your trousers or your dress are a bit tighter than they were a few weeks ago, this is a good time to get back on the weight control track, and start getting rid of those unwanted pounds.

Ms. Mails suggested a six-point program that is in line with the "Personal Action Plan" developed by Weight Watchers International, Inc.

The plan takes the form of a series of behavior-oriented Eating Management Techniques — day-by-day steps designed to help the overweight to face and overcome problems and obstacles in weight reduction.

Start by starting . . . with a breakfast exactly as specified by your weight control program. Then you're already committed and back on the weight reduction track.

— Get back on the track by keeping track . . . . Chart every food you eat, hour by hour, every day. Keeping a record can open your eyes.

— Clean house . . . of all temptations. If you're struggling to get back on the right eating track, you don't need an obstacle course.

— Have a drink . . . of water, every time you pass a drinking fountain. (try it, it's a great filler-upper).

— If you're stuck in the house and think you're hungry when you're not, set a timer. Wait 10 minutes, or better still an hour. It will help you adhere to your weight reduction program.

— Better still, get out of the house . . . keep busy and consider, as part of your schedule a weight watching class. Fill up on motivation. It isn't fattening at all.

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