



**HINTS TO Homemakers**  
BY RUTH CURRENT  
STATE HOME DEMONSTRATION AGENT

**NUTRITION NOTES ON PRUNES**—Prunes rate high in the list of foods rich in Vitamin A and contain more of this important vitamin than any other fruit, with the lone exception of apricots. Prunes contain considerable amounts of calcium, phosphorus and iron and, like most fruits, are low in sodium content. A serving of cooked prunes has three times the iron content of other common fruits.

Our nutritionists recommend ideas on serving prunes, the economy fruit with the rich fruit flavor, the nutritious fruit with new popularity. You will like the following combinations:

Prunes and sliced bananas; prunes, grapefruit and orange wedges; prunes on grapefruit, honey dribbled, heated in broiler; and prunes, marinated in orange and lemon slices, cinnamon, nutmeg, and water (refrigerated a day or two).

For making spiced prunes, pour boiling water on dried prunes. Add cloves and cinnamon stick. Let stand 24 hours. Serve with cream.

Hot plumped prunes served with cream are delicious, too. Plump enough prunes to serve cold the next day, adding nutmeg.

The juice of prunes is good for mixings. Prune juice can be a different drink every morning, but start with prune juice well chilled.

**NUTRITION SPECIALISTS GIVE DRESS-UP TOUCHES FOR SOUP**—Serve it hot or cold.

Try it with cheese. Spread cream cheese on rounds of melba toast; poke a birthday candle in it; float on birthday soup, and light; cut snippets (outlines of dolls, animals, stars, etc.) out of processed cheese and slip gently on children's hot soup. Children will eat a big bowl of nourishing hot soup with garlic cheese croutons; pass hot caraway cheese finger sandwiches with cold soup.

Try it with cream. Pile a mound of salted whipped cream on a soup shake—a soup float; combine heavy cream with chopped chives as a surface fluff for hot soup; heap a dollop of sour cream on cold or hot soup; float "dumplings" of unsweetened whipped cream dusted with minced herbs or chives on hot or cold soup; fold a little whipped cream into cream soup for extra-rich smoothness. We recommend cream of celery, mushrooms, asparagus, chicken, tomato, beef broth, and green pea. Do not boil—bring to boiling point.

**QUICK "RULES OF THUMB" FOR HANDLING PLASTICS:** Don't clean them with abrasives—use warm water with soap or synthetic detergent. (Exception: Nylon may be boiled.) Keep plastics away from high heat. (i.e. the oven) or direct flames.

Something new is a bath rug with both nylon pile and back in pastel shades. It is extremely functional because it is quick drying, long wearing and mildew-resistant.

**PRUNES ON THE BREAKFAST PLATE:** Spiced prunes with broiled ham or crisp bacon and eggs, as you like them. Serve prunes on hot and ready-to-serve cereals. Cereals take on new flavor with prunes added in a variety of ways—whole plumped prunes or ready-to-serve canned prunes on top; prunes, pitted and chopped, mixed in cereal, or pureed prunes poured over cereal with cream.

Prunes in breads, rolls, muffins, are delicious. For upside down prune muffins, add chopped prunes to batter for bran, oatmeal, corn or other muffins.



**TOT TALK**

As long as there are children in the world, a fair percentage of the deceased cats, dogs, squirrels and birds will be accorded a decent funeral.

Certainly the relatives of a little bird that was run over by an automobile near Joy Corner the other day can console themselves with the knowledge that he was put away right.

Joy Corner, in case you're not familiar with it, is one of the City Recreation Department's playgrounds. It is located in Riverside, and Elizabeth Cotten is the director.

For this particular funeral, Bill Littleton was the officiating minister. His eulogy would have served well for a departed king or potentate, and all of the other kids in the group of mourners were quite impressed.

Prior to the last rites, a grave had been dug, so that things would go off without a hitch. Instead of a hymn, those in attendance made up some appropriate words of their own, and sang them to the tune of Old Ned.

The little bird, carefully wrapped in leaves, was much too small to need pallbearers for the funeral procession, so the minister gently placed him in the basket of his bicycle and headed the journey around Joy Corner that eventually terminated at the graveside.

He was buried under a tree, a tombstone was fashioned out of construction paper, and flowers were placed on the tiny mound. Having paid their respects to the deceased, they went back to their play.

God, Who loves children and sparrows, and keeps His eye on both, no doubt witnessed it all.

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