

# COOKING DOWN EAST

By REBA MITCHELL

Winter squash is a member of the pumpkin family. It was originally found along the coast of South America. They do not grow very well in Europe.

Winter squash is marketed only when fully mature. The best known varieties are acorn, butternut, green and blue Hubbard, green and golden delicious, and banana. They are more plentiful from early fall to late winter. Full maturity is indicated by hard tough rind, and should be heavy for its size.

## FRUIT FILLED SQUASH

3 md. acorn (or) butternut squash

½ tsp. salt

3 cups chopped apples

1 md. Orange peeled and diced or ¾ cup pineapple drained

½ cup brown sugar

¼ cup margarine melted

Cut squash in half. Remove seed. Place cut side down in shallow baking dish. Bake 35 min. at 350 degrees. Turn cut side up; sprinkle with salt. Combine remaining ingredients. Spoon into squash

cavities. Bake another 25 min. until tender.

## Microwave method:

Place squash cut side down in microwave dish. Bake 10 min. on high. Turn once during baking. After filling squash, bake another 10 min. on high, turning dish once or bake until tender.

## GLAZED SQUASH RINGS

2 md winter squash

salt & pepper

2/3 cup brown sugar

¼ cup margarine

Trim ends. Cut squash crosswise into 1 inch slices. Discard seed. Season to taste with salt and pepper. Arrange in single layer in shallow baking dish. Cover and bake 30-35 min. 350 degrees.

Combine brown sugar and butter. Spread over rings and bake uncovered 15-20 min. Baste occasionally.

## Microwave Method:

Microwave 10-15 min. on high covered with wax paper. Cover with butter and sugar and continue another 7-10 min. on md. high.

## A New Twist for Fresh Pears

1 pkg. raspberries in syrup thawed

2 tbs. sugar

2 tbs. orange juice

4 very ripe bartlette pears

2 tbs. toasted sliced almonds, or other nuts if preferred

Puree raspberries with sugar and orange juice in blender. Pour through a mesh strainer. Drain thoroughly. Peel pears place on dessert platter. Spoon sauce over pears. Sprinkle with almonds and refrigerate until ready to serve. 222 calories.

## Whitford Family Reunion

The 53rd annual reunion of the Whitford Family and descendants will be held at the Woodmen of the World Lodge Hall in Ernul, N.C. on the first Sunday in September.

Each family will bring dinner which will be spread about 1 p.m. The business session will be held right after dinner.

This year's president Milton Whitford, will show pictures and talk about his recent trip to Whitford, England.

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