

JANUARY 19. 1966

PROSS-HERALD

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Facing a Dull Evening? Why Not Try Fresh Date

California grown fresh for about 40 minutes. Serve dates are mighty tasty. They warm or cold—plain or top-are a good source of natural fruit sugars and vitamins A and B CALIFORNIA DATE-NUT and B CALIFORNIA DATE-NUT BREAD

are a good source of natural fruit sugars and vitamis A and B. The ripe fruit is picked fresh, packed fresh, and stor-ed and shipped under refrig-ble. Much of the crop reaches the produce market in De-cember and January. How-ever. the fruit is now availa-ble most of the year. Thump and inviting, and not at all sticky, fresh dates are delightful for between meal snacks. They are fine-funch box fare and a wonder ful addition to fruit salads fast cereal. Then, there are the like in which the pleasing dates is very enjoyable. Thesh dates sor with cubre-tags. Freezing storage is also very satisfactory. Be sure to warping or freezer contan-in sovered jar or pilofini bags. Freezing storage is also very satisfactory. Be sure to warping or freezer contan-in sovered jar or pilofini tresh dates or with cubre-trest. Now for some dandy rec-tares. DATEF NUT CAKE

dates.	1/4 c. shortening
all and the second same grant	1/2 c. sugar
DATE NUT CAKE	1 egg
1 c. hot water	2 c. sifted flour
1 c coarsely chopped dates	14 tsp. salt
1 tsp. vanilla	1/4 tsp. soda
2 Tbsp. butter	1½ tsp. baking powder
1 c. sugar	1/2 c. milk
1 egg	1/2 c. molasses
1 tsp. soda	1 c. chopped walnuts
11/2 c. sifted all-purpose	1 c. chopped dates
flour	Cream shortening and su-
1/2 tsp. salt	gar together. Add egg and
1/2 to 3/4 c. chopped	beat well. Sift flour, salt, soda
walnuts	and baking nowder Add sift

while solution to be addressed by the solution of the sugar maximum set of the sugar. Con-bing and pour over dates, Mix is the solution of the sugar beat in in ally cream in $\frac{1}{2}$ c. of the nuts and dates, Spread batter solution in the rest of the sugar. Con-bine the sugar mix tures. Stir is been conditioned by the solution of the solution o

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