

# Sister Mary's Kitchen

Candies made with dried fruit are a delicious alternative to the usual Christmas confection. In this, the fifth of her articles on Christmas cooking, Sister Mary tells how to make such inviting "sweetmeats."

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Nearly everyone has a sweet tooth and during the holiday season it's all too easy to eat too much candy. Although candy is an excellent food when eaten in moderation, too much of it tends to satiate the appetite while furnishing only one body need—fuel.

Consequently you will find a few confections made with dried fruits delicious and entirely satisfactory to mix with the usual Christmas candies. Dates, figs, raisins, prunes, apricots and peaches all can be used to make inviting "sweetmeats."

To be sure, dried fruits contain a large amount of sugar, but it is a natural sugar in a form which is quickly assimilated. They also contribute some iron and calcium and on account of their chewy structure are an aid to the very essential tooth exercise we hear so much about.

## Syrian Sweets.

One-half pound figs, ½ pound seedless raisins, ½ pound nut meats, powdered sugar, 1 tablespoon strained honey, 1 tablespoon lemon juice.

Wash and pick over the figs and raisins and combine with the nut meats. Put through medium knife of food chopper. Add honey and lemon juice and mix thoroughly. Roll into a sheet about an inch thick on a board sprinkled with powdered sugar. Cut in squares and roll in sugar.

## Candy Fruit Cake.

One-half cup stoned and chopped dates, 4 tablespoons shredded citron, 4 tablespoons each of candied orange and lemon peel, ½ cup pecan nut meats, 2 ounces dipping chocolate, powdered sugar.

Put nuts and fruit through food chopper. Melt chocolate over hot water and stir into first mixture. Work with a fork until perfectly blended. Pack in a buttered square pan. When firm cut in small oblong blocks and roll in powdered sugar.

## Stuffed Prunes.

One-half pound prunes (about 20), 2 tablespoons finely minced citron, 1 tablespoon candied orange peel, 4 tablespoons broken nut meats, 4 tablespoons seedless raisins, 4 tablespoons pitted dates.

Wash prunes and steam 10 minutes. Remove pits. Put remaining fruit and nuts through food chopper and work with a wooden spoon to mix thoroughly. If mixture is too dry add honey or lemon juice or

orange juice to suit your taste. Stuff prunes with mixture and roll in granulated sugar.

## Stuffed Dates.

One-half pound dates (about 30), 5 prunes, ½ cup pecan nut meats, 4 tablespoons preserved ginger, 4 tablespoons seedless raisins, strained honey.

Wash dates and remove stones. Wash and steam prunes. Remove pits and put fruit and nuts through food chopper. Add honey to make mixture moist enough to hold together. Fill dates with mixture and roll in granulated sugar.

A good stuffing for either dates or prunes is made of 2 tablespoons orange peel, 4 tablespoons shredded cocoanut and 8 dates. Wash dates and remove pits and put through the food chopper with the orange peel and cocoanut. Mix well and add 1 teaspoon orange juice to make moist.

## Spiced Fruit Balls.

One-half cup pitted prunes, ½ cup pitted dates, 1 cup seeded raisins, ½ cup nut meats, ½ cup figs, 1 teaspoon cinnamon, 1 tablespoon lemon juice.

Wash fruit thoroughly through several waters. Drain and dry between paper towels. Put through food chopper with nuts. Add cinnamon and lemon juice and mix well. Make into small balls and roll in powdered sugar mixed with cinnamon in the proportion of 1 teaspoon cinnamon to 2 tablespoons powdered sugar.

## Apricot Squares.

One cup diced dried apricots, ¾ cup grated cocoanut, 1 cup nut meats, 1 tablespoon lemon juice, confectioner's or powdered sugar.

Wash apricots through several waters and let stand in cold water for one hour. Drain and put through food chopper with nuts and cocoanut. Add lemon juice and work until perfectly blended. Roll out on a sugared board into a sheet about one-fourth inch thick. Cut in squares and dip in powdered sugar.

## Fig And Raisin Cream.

One cup dried figs, ¼ cup chopped candied ginger, ½ cup brown sugar, 1 cup granulated sugar, ¼ cup thin cream, 1 tablespoon butter, 1 teaspoon vanilla, 1 cup seedless raisins.

Wash figs. Cook in boiling water for five minutes. Drain and chop. Cook brown and granulated sugars with cream and figs until a soft ball is formed when a few drops are tested in cold water. A candy thermometer should register 236 degrees F. Add butter and remove from the

fire. Let stand until cool. Add vanilla and beat until creamy. Add raisins and ginger and knead on a slab. Shape into flat wafers. These are very good dipped in chocolate.

## Tomorrow's Menu.

Breakfast: Baked apples with cereal and cream, fizzled dried beef, crisp toast, milk, coffee.

Luncheon: Creamed oysters on toast, celery, brown Betty with hard sauce, milk, tea.

Dinner: Stuffed hearts of veal with tomato sauce, potato marbles in parsley butter, pineapple and cheese ball salad, mince pie, milk, coffee.