



The Cranberry Kitchen



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Home Economics Division
CRANBERRY CANNERS, INC.

South Hanson, Massachusetts

Pick-ups Dispel Mid-morning Hunger

★ We've swung away from big breakfasts. The breakfast that started with oatmeal, progressed to ham and eggs, hot corn muffins, and ended with pie and coffee is a thing of the past. For many of us, breakfast today means a glass of fruit juice, toast and coffee.

Light breakfasts have brought about mid-morning hunger, something grandmother knew nothing about. After all, from dinner to breakfast is a long time, twelve hours for many of us. With just a light breakfast to tide us over, there are four or five hours more to lunch. Is it any wonder we are hungry by ten?

Doctors tell us it is better to take liquid nourishment to dispel this mid-morning hunger. Something that will stand by us until noon without spoiling our mid-day meal. The drink given below was made up especially for those who feel the need of extra nourishment during mid-morning. All the ingredients may be combined beforehand and the egg added just before shaking. This drink contains the thirteen health-giving minerals and vitamins found in cranberry juice plus the healthfulness of orange juice, lemon juice, and eggs. It will tide you over to lunch time without another hunger pang, and will in

(Continued on page 2)

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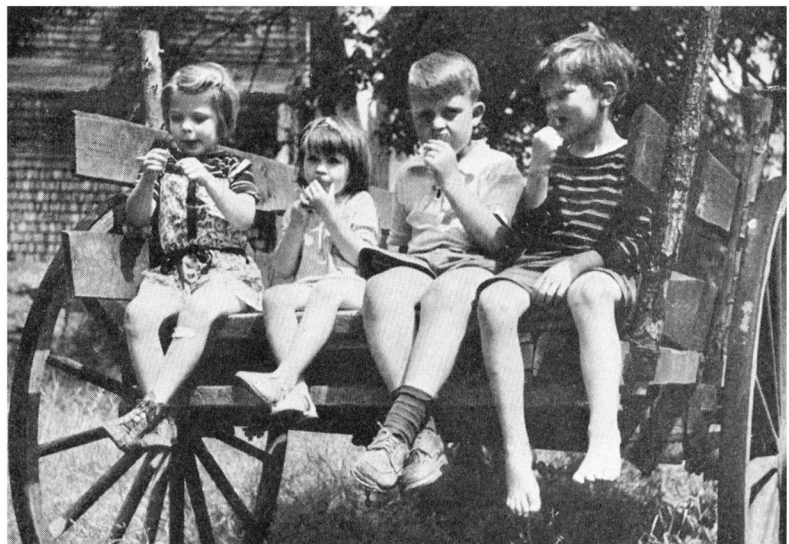
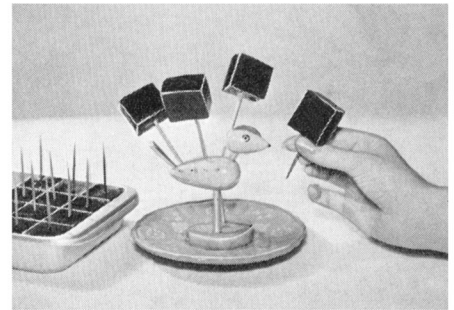
Cranberry Popsicles Score Hit with "Young Fry"

HERE'S something the children will go for. Home-made cranberry popsicles, as easy to make as freezing ice cubes, as healthful as health-giving cranberry juice itself.

To make these colorful popsicles, simply combine two parts bottled cranberry juice with one part water. Pour into the cube tray of your refrigerator and freeze to a mush. Insert a toothpick in each cube and continue freezing until solid.

During vacation time, while children are at home, you have many opportunities to give them added nourishment that will put extra flesh on thin arms and legs. Foods rich in minerals and vitamins will build stronger teeth and bones, and bring color to pale cheeks. Cranberry popsicles are but one of the many ways to give your children health-giving fruit juice in a way which will appeal to them. Many cooling drinks also have a fruit juice base and these are especially good for children.

Chilled fruit juice alone is a good starter for warm-weather meals and represents an investment in health as well as refreshment.



Home-made cranberry popsicles are fun to eat!

The *Cranberry Kitchen* is published to promote the use of ready-to-serve Ocean Spray Cranberry Sauce packed by the cranberry growers of Cape Cod and New Jersey. Every recipe appearing in the publication has been tested in the Cranberry Kitchen.

Cape Cod Special Sandwich

★ Ham, cheese, and cranberry sauce combine to make this delicious open sandwich. Try it for luncheon or a Sunday night snack.



Kraft Phoenix Cheese Co.

Ham, sliced Butter Toast Pickle Fans Celery Curls
Grated American Cheese Cranberry Sauce, sliced

Brown medium-thick slices of cold boiled ham in a small amount of butter. Place each slice on a slice of buttered toast. Cover with a slice of cranberry sauce and sprinkle with grated cheese. Slip under broiler (low heat) until the cheese is melted. Serve hot, garnished with celery curls and pickle fans.

What's doing on Cape Cod Cranberry Bogs

EVERYONE who has a cranberry bog is as flustered and expectant these days as a setting hen. The berries have already formed and can be seen among the low green vines. Growers are actually *counting* the number of berries per square foot on their bogs to get a more accurate estimate of the crop. In another month the harvest will begin!

The question now is, will the crop be long or short? In New England, on lower Cape Cod, many of the bogs were without water protection the past winter due to a severe drought last summer, and as a result vines have been winter-killed and will not bear this year. In addition, severe frosts this spring have injured bogs which did not have water for flooding. Farther up the Cape, in southeastern Massachusetts, the crop prospects appear to be good. From New Jersey comes word that the crop is average; and Wisconsin, the third cranberry-growing area, expects no more than normal production.

All of which means no bumper cranberry crop is expected, but there still will be plenty of cranberries for your supply of Ocean Spray Cranberry Sauce because growers of New England, New Jersey, and Wisconsin are all members of the Ocean Spray co-operative. Combined, these growers produce more than 80% of the nation's crop, assuring you a supply of Ocean Spray Cranberry Sauce from their factories regardless of crop.

My FAVORITE CRANBERRY Dish

OUR GUEST OF THE MONTH



Hattie Lewellyn

Food Editor, San Antonio Express and Evening News

THIS column has brought you outstanding home economists in many different fields — radio, magazines, public utilities, publicity, and teaching. With Hattie Lewellyn, food editor of the *San Antonio Express* and *San Antonio Evening News*, we present to you a representative of another important field of home economics — newspaper food editing.

Helen Homemaker, as she is known to her readers, is one of the thousands of household editors throughout the country devoted to the purpose of entertaining and assisting Mrs. Housewife through the pages of a daily paper.

Like her colleagues, Mrs. Lewellyn is an extremely busy person. "Deadlines" and "headlines" are the reason, for she not only does the writing for her household pages, but directs their actual make-up as well, to say nothing of editing a 16-page trade journal every month.

Maintaining her own home, Mrs. Lewellyn is acquainted with the practical as well as the theoretical side of homemaking. This together with 15 years' experience on the *Express* and *News* and her vital interest in all food products may account for her success in this field of home economics.

Our best wishes for her continued success — and our thanks for her favorite cranberry recipe.

Cranberry Parfait

½ can Ocean Spray Cranberry Sauce
2 level tablespoons powdered sugar
1 egg white
½ pint cream
1 teaspoon almond extract

Beat the Cranberry Sauce and the powdered sugar with a fork. Whip the egg white and cream. Combine the two mixtures. Flavor with almond extract and chill. Serve with square of Cranberry Sauce on top.

Pick-ups Dispel Mid-morning Hunger
(Continued from page 1)

no way dull your appetite for luncheon. It is also a good between-meal drink for children.

Cranberry Bracer



Combine 1 cup bottled cranberry juice, the juice of one-half orange, 1 tablespoon lemon juice, and 2 tablespoons sugar. Just before served add a raw egg and chopped ice and shake vigorously. Makes two 8-ounce glasses. Truly a delicious health drink.

Cranberry Cooler

Have you seen "Better Homes & Gardens" color page of "So Good Meals" for August. Beautifully cool food, and beautifully tempting. Sharing the lime-light on this page are glasses of Cranberry Cooler about which Helen Homer says:

"Watch the sippers arch their eyebrows when you serve Cranberry Cooler on the terrace. Dip vanilla ice cream into glasses, fill with bottled cranberry-juice cocktail and a dash of white soda."

Salad Idea

Ann Batchelder in August "Ladies Home Journal" has a lot of good suggestions for summer meals. One we quote:

"Chicken salad served on a good slice of canned cranberry sauce is a chicken-salad suggestion. Lettuce, of course. All go together 'fine'."

"Help Yourself" Entertaining Fun for All

CAREFREE summer days" used to be something enjoyed by youngsters only. Summer was anything but carefree for mother with cooking to be done, and a hot kitchen to do it in.

Ready-to-serve foods have simplified summer cooking, and the turn to picnics and informal dining has helped bring mother out of the kitchen and give her more time with her guests.

Sunday night suppers in a help-yourself style are fun for everyone. So are picnics and weenie roasts. If you can't go out in the country for your weenie roast, have it on the back porch, using the kitchen broiler to roast the weenies, and a sandwich toaster to toast the rolls. For something new in weenie toppings, try one part horseradish mixed with four parts canned cranberry sauce crushed with a fork. A thin slice of cranberry sauce is good on hamburgers, too.



Cranburgers

Hamburg patties, broiled, and topped with a thin slice of canned cranberry sauce are good eating!



Horseradish-and-Cranberry Sauce. . . .

Something new in toppings for the favorite old frankfurter.



Dry Skin Prevented by Acids Found in Cranberries

By WALTER A. NEALY

Research Chemist for Ocean Spray



Cranberries contain two acids which are very necessary in the diet because they possess properties which maintain a smooth and healthy skin.

They are linoleic acid and linolenic acid. These acids play no part in giving to the fruit its sour or acid taste, but are what are known to the chemist as unsaturated fatty acids.

Although it has been demonstrated that fats are not essential constituents of the diet from the energy standpoint,* yet Burr and Burr** have shown the essential nature of certain unsaturated fatty acids and state that either linoleic or linolenic acid must be present in the diet or a disease characterized by a scaliness of the skin results.

Very interesting laboratory experiments have been conducted showing the results of a deficiency of these necessary unsaturated fatty acids.

Two groups of subjects were fed a diet adequate with respect to protein, energy, salts, and vitamins. One group received a normal amount of fat in their diet, while fat was rigidly excluded from the food of the other group. Each group was given all the water they desired and the amount measured. In about seventy to ninety days the symptoms of the deficiency began to appear in the fat-free group. Not only did the skin become scaly and swollen, but the kidneys were also affected. The subjects fed on the fat-free diet ate the same amount of food but consumed twice as much water as those on the diet containing fat. And yet nearly all of this excess water appeared to have been lost by evaporation from the lungs and skin.

It is quite evident that the lack of dietary fat had so injured the tissues that there were no longer the normal membranes separating the interior of the body from its relatively dry air environment.

This condition could be prevented and cured by including in the diet ten drops of a fat or oil rich in linoleic or linolenic acid.

It is quite apparent that linoleic and linolenic acids are essential and that they cannot be synthesized in the body from saturated fatty acids or from oleic acid.

Dry skins, dandruff, and abnormal kidneys may be directly attributable to a lack of proper fat in the diet.

* Osborne and Mendel, J. Biol. Chem. 45,145 (1920).

**Burr and Burr, J. Biol. Chem. 82,345 (1929).

J. Biol. Chem. 82,587 (1930).

Ocean Spray Birthday Cake

WHILE Ocean Spray Cranberry Sauce has been on the market for more than 20 years, the Ocean Spray company has been organized as a co-operative only 10 years.

One of the highlights of the annual meeting of the company, held recently at South Hanson, Massachusetts and attended by hundreds of member-growers, was the cutting of a three-tiered, cranberry decorated, birthday cake to mark the 10th anniversary of the co-operative.

Miss Elizabeth C. White, daughter of the late J. J. White pioneer cranberry grower of New Jersey, and herself a holder in the White's Bogs of New Jersey, cut the first slice of the birthday cake. She was assisted by Mrs. Elizabeth F. Lee, Vice-President of Cranberry Cannery, Inc. and Mr. John C. Makepeace, Secretary and Treasurer.

In its ten years as a co-operative, Ocean Spray has increased volume and worked out economies in production which have made it possible for consumers to pay 15¢ and less for a can of Ocean Spray Cranberry Sauce for which they paid more than 25¢ ten years ago. At the same time, returns to growers for cranberries have increased. Co-operative canning has proved advantageous to both consumers and growers.

