

The Christmas Feast

The head of the wild boar was the historical dish of the nobleman's table. This is a legend that early man learned to plough the ground by watching the wild boar root with his large tusks in the ground. The boar was also an enemy of the crops, trampling them under foot.

The boar's head was placed on a large platter, decked with a wreath of rosemary, with a round fruit like an apple or orange in his mouth. The boar's head was carried into the hall with great fanfare.

Everyone stood when the Master of Revels brought in the Chief Cook. Sometimes the platter was preceded by a man carrying a dripping sword, supposedly the one that had killed the boar.

Singers join in the traditional carol:

The boar's head in hand bring I,
With garlands gay and rosemary;
I pray you all sing merrily,
Qui estis in convivio.

Another royal meat served was the peacock. The feathers were removed and the stuffed bird cooked. Then the feathers were replaced and the tail spread. The bird sat on a platter with its head erect. Sometimes a sponge soaked in liquor was placed in its gilded beak and lit.

Sometimes the peacock was made into a pie with its head sticking out of one side and its tail from the other. The peacock was carried to the feast by a beautiful and distinguished woman. She held the dish before an honored guest. Before the bird was served, each knight placed his hand on it and made a solemn vow to do a good deed.

In Germany and in England the

goose became the Christmas bird. It was accompanied by sausages served in string form to represent the boar's head's garland.

Spanish ships brought the turkey from the Aztecs of Mexico. It arrived first in Spanish Netherlands and then in England's Holland.

The guinea-fowl, well known to the ancient Romans and Greeks, was rediscovered in Africa by the Portuguese at the beginning of the 16th Century. It was called Turkie-Henne in England and became a fourth Christmas dish.

Mince meat pies

The first mince meat pies were made oblong, in the shape of a manger. The latticed tops of these pies were symbolic of the hayrack in the stable. During the middle ages it was called "mutton pie." Recipes called for minced partridge, pheasant, and hare. Gradually meat, suet, apples, molasses, wisdom, currents, cloves, nutmeg were added. The apples symbolize growth and fertility; the spices are the gifts of the wise men.

Mince pies were sometimes called "wayfarer's pies" because they were given to visitors. There was a common belief that if a person ate twelve pies at twelve different places, between Christmas Day and Twelfth Night, he would have good luck. Refusal to eat a pie meant loss of a friend.

Plum pudding

There is a legend that once an English king had to remain in the forest Christmas Eve. His cook put into a pot all the food he had with him—chooped meat, flour, apples, dried plums, eggs, ale, sugar, and brandy. He stirred it together, put in

in a bag and boiled the first English plum pudding.

Wassail

Wassail, usually a mixture of hot ale, sweetened and spiced with nutmeg or ginger, was drunk on Christmas or Twelfth Night. Well-to-do hosts added cream, eggs, almonds, cloves and cinnamon. Roasted apples bobbing on top were called "lamb's wool" because of the appearance. Originally, pieces of toast floated on the wassail—hence the term "toast."

The wassail bowl was passed from person to person as an affirmation of good health and friendship.

The tradition began, it is said, when a lovely Saxon maiden presented Prince Vortigen a bowl of wine and greeted him with "Waes haeil,"—"Here's to you."



The Wassail Bowl with its special wine and roasted apples was a central feature of Medieval mid-winter festivals.

Holiday dessert

Getting ready for the Holidays means planning goodies. There's time to start a Friendship Cake, an old tradition that involves passing along a cup of the batter to friends. It's a good way to share the spirit of the season. Start it where you are. The Pecan Petites are a tradition, too, sugar-coated party cookies that appear often at Christmas buffets, and the Whole-Grain Crunch Cookies are not only good to eat, but good for you and for the kiddies, too. Get ready for the Holiday season—and enjoy!

FRIENDSHIP CAKE

This cake takes ten days. Store in refrigerator, in covered container, stir every day and add ingredients as per instructions.

Day #1: Combine 2 cups milk, 2 cups flour and 1 cup sugar in 2½ quart container. Stir. Cover container and place in refrigerator.

Days #2, #3 & #4: Stir batter daily and return to refrigerator.

Day #5: Add 1 cup milk, 1 cup flour and ½ cup sugar. Stir.

Days #6, #7, #8, & #9: Stir daily

and return to refrigerator.

Day #10: Take out 3 cups of batter and give 1 cup to each of 3 friends with copy of instructions.

In remaining batter, add:

- ½ cup oil
- 2 eggs
- 1 cup sugar
- 2 teaspoons baking powder
- 2 teaspoons vanilla
- 1½ teaspoon salt
- 1½ teaspoon baking soda
- 2 cups flour
- 1 cup crushed pineapple (with juice)
- 1 cup raisins
- 1 cup chopped nuts

Stir until well blended. Pour batter into well greased, floured tube pan. Then mix, and spread the following on top:

- ½ cup melted butter
- 1 tablespoon flour
- ½ cup brown sugar
- 1 teaspoon cinnamon
- ½ cup chopped nuts

Bake in preheated 350° oven for one hour. Cool in pan on wire rack before removing from pan.

Switch To Albertsons For Holiday Specials

 <p>PORK LOIN Armour Veri Best. Cut & Wrapped Free in one Pkg. 17-20 lb. Avg.</p> <p>119 lb.</p>	 <p>MAYONNAISE Kraft 32 oz. first 1. Add'l at Reg. Price SAVE 76¢</p> <p>99¢ ea.</p> <p>Bonus Buy</p>
--	---

 <p>HAM Whole, Bone In</p> <p>149 lb.</p>	 <p>ICE CREAM Albertsons Half Gal. first 1</p> <p>129 ea.</p>	 <p>FLOUR Gold Medal 10-lb. first 1. Add'l at Reg. Price</p> <p>139 ea.</p>
--	--	--

 <p>TURKEYS Budgetwise Frozen 10-20 lbs.</p> <p>59¢ lb.</p>	 <p>MARGARINE Blue Bonnet 1-lb. Cubed first 2. Add'l at Reg. Price</p> <p>47¢ ea.</p>	 <p>ORANGE JUICE Flav R Pac 12 oz.</p> <p>79¢ ea.</p>
--	--	--

 <p>TOP SIRLOIN STEAK Family Pak Beef Loin</p> <p>279 lb.</p>	 <p>COCA COLA Eight 16 oz. Bottles</p> <p>199 Plus Dep</p>	 <p>POTATOES U.S. No. 1 Oregon Russets</p> <p>10 lb. bag 47¢</p>
--	---	---

PRICES EFFECTIVE WED., DEC. 15 THRU TUES., DEC. 21



Albertsons®

© Copyright 1982 by Albertson's, Inc. All Rights Reserved

AVAILABILITY
Each of these advertised items is required to be readily available for sale at or below the advertised price in each Albertson's store, except as specifically noted in this ad.

RAIN CHECK
We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock, a RAIN CHECK will be issued enabling you to buy the item at the advertised price as soon as it becomes available.

PORTLAND'S UNIQUE

BJ's a gallery of
handcrafted toys and joys
(Home of the
"FAIRY TALE" Doll)

INVITES YOU TO COME AND SEE
Charming XMAS GIFTS

Lara Zano
dolls

Un'Bear'ably Delightful
COLLECTION OF BEARS

Incredible SCULPTURED
(Never to be duplicated)
STORY BOOK TAPESTRIES

622 N.W. 23rd
Between Hoyt & Irving
224-0428