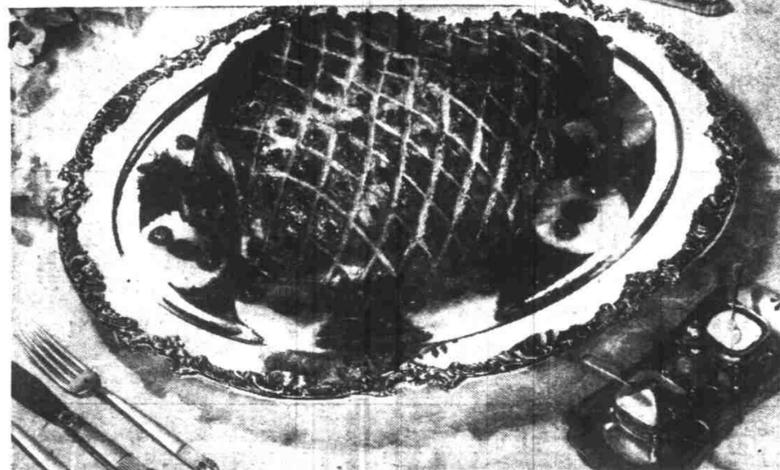


The Statesman's FOOD SECTION

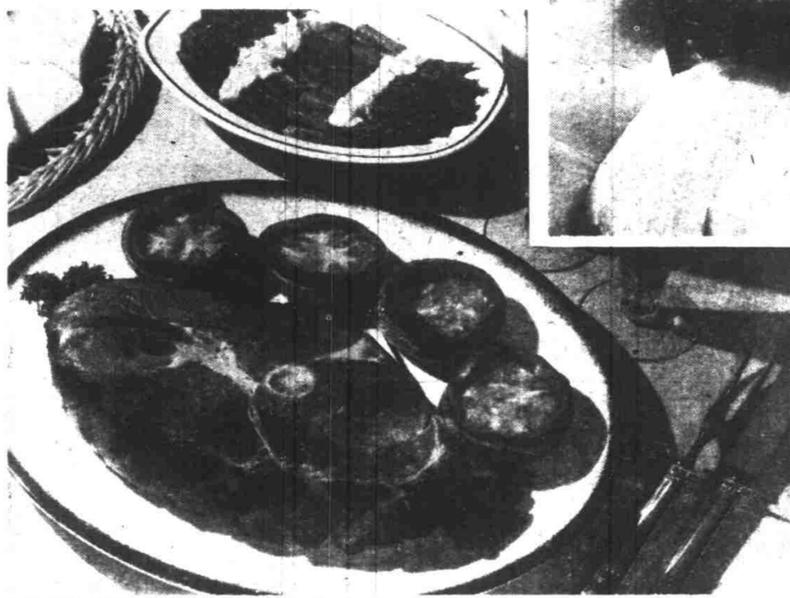
Edited by Maxine Buren

That Easter Ham's a Versatile Family Meat

You pay your money and you take your choice when ham is selected as the diner meat. A whole ham is a handsome dish for a larger group, or where leftovers are desired when there are fewer diners. The smaller group enjoys a thick slice baked, or for the very small number the thinner slice is excellent and here it is accompanied by glazed sweet potatoes.



THE WHOLE HAM — with a bitter-sweet glaze



A THICK SLICE — a handsome dish when baked



A THIN SLICE — for a small family.

A TOPPER FOR THE FESTIVE MEAT

By MAXINE BUREN
Statesman Woman's Editor

Of all the meats available to the modern housewife, the ham lends itself most easily to any number of diners and varying size of meat budget.

A whole ham is suitable for the larger family or where there's to be company, a thick chunk is baked for the medium sized group or for just two or three, serve a thinner slice.

Hams come in a number of forms now. There's the Fully Cooked ham, which is completely cooked and ready for eating cold or heated. The Ready to Eat ham is probably safe to eat without further cooking, but is improved by baking. Then that labeled Cook Before Eating of course is self explanatory, while those labeled Tenderized or with similar markings are usually trademarks and without meaning as far as cooking is concerned. The canned hams are ready to use as taken from the can, or may be reheated according to directions.



Maxine Buren

BETTER HAMS

Modern hams are quite different from the old fashioned ones — they are now given a mild, salt and sugar cure then smoked to a definite internal temperature. Some specialty hams like Smithfield, have old-style cures.

Whichever type ham you purchase, follow the packer's directions on the wrapper.

Score the ham and add cloves as a garnish and put on your favorite glaze. There are a number of glazes. The bitter sweet

one pictured above is a paste made of brown sugar and honey, to which a shake of bitter has been added.

A GLAZED TOP

The ham steak pictured above includes a glaze made of 1/2 cup brown sugar, 1/2 teaspoon ground cloves and 1/4 cup fruit juice poured over the ham. Score ham fat with a sharp knife, place in a shallow dish and put on the glaze. Bake in a moderate oven (375°) for 20 to 30 minutes per pound, basting with the liquid in the pan, until tender and glazed. Serve with fresh asparagus hollandaise, baked tomato halves, tossed salad and new potatoes.

Ham and sweets are still a good combination though the season is rather far advanced. You can bake thinner slices of ham in fruit juice in a slow oven, the time dependent upon the type ham you've purchased. A one-inch slice of fully cooked ham will be done in 15 to 20 minutes, it'll take an uncooked slice 30 to 35 minutes per pound.

This glaze is made with margarine or butter and it goes this way. Incidentally, we'll put in a recipe for some ham patties to use up any leftovers.

HOT MUSTARD SAUCE FOR HAM

1/2 cup cider vinegar 1 tablespoon sugar
1 tablespoon margarine 2 tablespoons prepared mustard
1 egg, beaten 1 tablespoon paprika
Combine ingredients in saucepan. Stir and cook over low heat until thickened. Serve hot over ham slices. Yields 1/2 cup.

HAM AND SWEET POTATO PATTIES

4 tablespoons margarine 2 teaspoons prepared mustard
1 cup ground leftover ham 1/2 cup crushed cornflakes
1 cup mashed sweet potatoes 1/4 cup brown sugar, packed
Combine ham, sweet potatoes, brown sugar and mustard. Mix well. Shape into patties. Roll in cornflakes. Pan fry in hot margarine slowly until a golden brown. Makes 4 large patties.

PEACHY IDEA

Bake your favorite sponge cake in two layers. Cool and spread with currant jelly. Then put layers together with whipped cream and canned peach slices. Frost the top with more of the same. Serve at once. It'll serve 8 to 10, so plan it for a party menu.

LUSCIOUS MUFFIN

For something different in the way of muffins, put a teaspoon of honey and one of chopped walnuts in the bottom of each muffin cup before spooning in the batter. Bake as usual and serve upside down.

Rice, Spinach Make Eggs a Supper Entree

Eggs can make the main dish for several meals a week, and the family will like them. We've two recipes here, in both, the eggs are dropped into a bed of vegetables and cooked a few minutes.

The first includes rice:

RANCH EGGS AND RICE

1/2 cup raw rice
1 medium-size green pepper
2 8-oz. cans tomato sauce
1/2 teaspoon thyme or oregano
1/4 teaspoon pepper
2 tablespoons butter or margarine
4 EGGS
1 teaspoon Worcestershire sauce

Cook rice in covered saucepan in 2 cups boiling water with 1 teaspoon salt until all the water has been absorbed and rice is tender and fluffy (about 25 minutes). Meanwhile, cut out stem end of green pepper, remove seeds and cut pepper into 4 rings. Simmer in small amount of boiling salted water, covered, for 3 minutes. Combine cooked rice with tomato sauce, seasonings and butter in skillet. Drain pepper rings, arrange on top of rice. Break 1 egg in each ring. Sprinkle Worcestershire sauce over eggs. Cover; simmer 20 minutes or until eggs are done as desired. 4 servings.

You always know there's spinach somewhere around, when a recipe is named "lorentine." Here's one with egg and spinach.

EGGS FLORENTINE

2 14-ounce packages frozen chopped spinach or one pound fresh
6 eggs
Salt
1 1/2 cups evaporated milk
1/2 pound processed Cheddar cheese, cut in small pieces
1/2 teaspoon Worcestershire sauce
3 or 4 drops Tabasco
1 can tomato paste
2 cups soft bread crumbs mixed with
2 tablespoons butter, melted

Cook spinach, then drain well. Save liquid for use in soup or gravy. Turn hot spinach into buttered baking pan 6 x 10 x 2 inches and spread evenly. Mark off spinach bed in six equal sections. Make a depression in center of each section deep enough to hold a raw egg. Break raw eggs, one at a time into a cup, and slip an egg into each depression. Sprinkle eggs lightly with salt. Heat milk and cheese over boiling water until cheese is just melted, stirring fre-

quently. Stir in Worcestershire sauce, Tabasco and tomato paste, blending thoroughly. Ladle hot with buttered crumbs. Bake in sauce over eggs and spinach. Top moderate oven (375°) until crumbs are lightly browned, about 30 minutes. Makes 6 servings.



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Dried Fruits on Saver's Program

Those two popular, penny-saving and plentiful, dried fruits, prunes and raisins, deserve attention for budget meals in the next few weeks, the U. S. Department of Agriculture suggests to shopping housewives. Production of both last year was so large that supplies are still abundant and

prices are expected to continue low enough to fit them into many thrifty dishes.

Consider, for example, a team of prunes and raisins in cakes, cookies, stuffings for pork or poultry, steamed puddings, spiced fruit cake or brown bread. In an upside-down cake, the little raisins can fill the chinks between the prunes and make an appetizing topping when the cake is turned out for serving.

Juicy Meat Loaf Uses Tomatoes

Whether you like your meat loaves made with crumbs, rice or other starch filler, you may welcome a recipe that's different from the regular one. Here we've one recommended by the producers of rolled oats.

JUICY MEAT LOAF

1 pound ground beef
1/2 cup uncooked oats (quick or old fashioned)
1 beaten egg
1/4 cup chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup tomato juice
Combine all ingredients thoroughly; pack firmly into pan. Bake in moderate oven, 350 degrees, 1 hour. Let stand 5 minutes before slicing. Serves 6.

FLAVOR FLAIR

Freshly grated orange rind in creamed cottage cheese may sound a bit unusual, but it's extra good. Use it to fill the center of peach or pear halves for tomorrow's salad. Arrange on a bed of crisp salad greens and top with slivered Brazil nuts or walnuts.

CROQUETTES

To perk up meals and be price happy serve sardine and egg croquettes, piping hot with tartar sauce. You'll need two small cans of sardines to make about eight croquettes. Drain and mash the sardines and add the three chopped hard cooked eggs and a cup of thick white sauce. Season with Worcestershire sauce and prepared mustard. Chill for several hours to make it easier to form into croquettes. Roll in crumbs and beaten egg until well coated. Brown in shallow fat.

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