

# A Very Merry Christmas, All Day Long...

## Family Traditions Set the Stage For Holidays

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Whether your ancestors ate Fott Toltott Pulyka and Makos en Dios Kalacs, Stekt kytkling med gronsallad and Risengrot, Pavo Tacubaya and Torta de Carlota, or a simple meal of boar's head, roast peacock and plum pudding, you and your family will dine this holiday season on meals that to you are traditional, and Christmas wouldn't be Christmas without them.

How many years it takes to make a tradition is up to the family, and Christmas time is one season where traditions are followed without stint.

Behind the traditions in every family, there is probably some distant connection with an "old country," for even the American families of longest standing must have had an ancestor who came from across the sea as an adventurer, a Pilgrim or an immigrant.

Cooking traditions, as well as other customs, show their ancestry and even though they may be mixed, some foreign land predominates. Main dishes seem most important at holiday time, but it is the sweets that hark back, and are the common denominator for many families. Cakes, candies,

cookies and sweetbreads probably have changed less than most foods through the years.

Getting down to finer points, raisins and nuts are the most universally used of all enhancers of these sweets. Cookies, cakes, breads the world over are livened, sweetened and glamorized by these two familiar ingredients.

In the Dutch Hutzlebrod, Bohemian Vanocka, Scandinavian Julejaka in its various forms and Italian Panatone are breads that feature eggs, dried fruits and nuts. The difference usually lies in the seasoning and the shape of the loaf.

Stollen the German bread features nutmeg and lemon extract, Yule Krauz of Sweden smacks of cinnamon and is formed in a wreath. Brioche of France is rolled up with a filling of butter, raisins and citron. Icelandic Jola has the aroma of mace, cardemon and honey and a holiday bread of Switzerland is given a generous grating of lemon rind and is baked in square loaves with a thin icing.

And what's served on Christmas Day might be turkey or ham or roast goose. If it has been served in your family for several years, or 20 years or even a hundred years it is tradition, just as much as the way you trim the tree, the way that gifts are distributed, and the sort of candies you put on the table.

Unlucky is the family without Christmas traditions. Unlucky we say, but unheard of is the real word.



The Swedes, past masters in the art of baking, offer two delicious cookies for enjoyment during the holidays. There's nothing more appealing for Christmas night refreshments than scalding hot coffee and crisp, rich and delicious Spritz and Pepparkakor, colorfully decorated and daintily served.

## Swedes Say Greetings With Food

The Swedes say, "God Jul, Gott Nytt Ar!" as they serve you steaming coffee and holiday cookies. Two of their traditional Christmas cookies are Spritz and Pepparkakor. Spritz are short, sweet and light. The star-shaped Pepparkakor, on the other hand, are spicy, chewy and altogether festive. When Swedish cookies are served with coffee right here at home, it means exactly the same thing — Merry Christmas and Happy New Year!

- PEPPARKAKOR**
- 3 1/2 cups sifted flour
  - 1 teaspoon baking soda
  - 1 1/2 teaspoons ginger
  - 2 teaspoons cinnamon
  - 1/2 teaspoon cloves
  - 3/4 teaspoon ground cardamon (optional)
  - 1/2 cup butter or margarine
  - 1/2 cup sugar
  - 1 egg
  - 1/4 cup light molasses
- Mix and sift first 6 ingredients. Cream butter or margarine; add sugar gradually while continuing to cream. Add egg and molasses. Stir in dry ingredients; blend thoroughly. Cover. Chill overnight. Roll out 1/8-inch thick on floured board (about 1/4 of dough at a time). Cut into stars. Bake in moderate oven, 375 F., 8 to 10 minutes. Cool on racks. Decorate as desired. Makes about 6 dozen.
- SPRITZ**
- 1 1/4 cups butter or margarine
  - 1 cup sugar
  - 1 well-beaten egg
  - 2 teaspoons vanilla
  - 4 cups sifted flour
  - 1 teaspoon baking powder
- Cream butter or margarine. Add sugar gradually, while continuing to cream. Add egg and vanilla. Beat well. Add sifted dry ingredients and mix to smooth dough. Chill thoroughly. Force through cookie press, forming Christmas trees, or cut out in any desired shape. Bake in hot oven 400 F., until set but not brown. This takes about 8 to 10 minutes baking time. Makes about 4 dozen.

## Swiss Egg Recipe Features Cheese

Eggs become a main dish when bolstered up with something flavored like cheese. Here we have a supper or informal dinner dish that takes Swiss cheese.

**EGGS WITH SWISS CHEESE**

- 4 eggs
- 1/2 cup cream
- 1 tablespoon butter
- Salt, pepper and paprika to taste
- 1/2 lb. Swiss cheese

Melt the butter, and add the un-beaten eggs one by one; add cream, seasonings, and cheese. Heat and stir until cheese is melted, and serve on buttered toast.

## FOR COMPANY

Heat a can of pears in their syrup, then drain. Sprinkle cavities of pears with grated orange rind and surround with chocolate sauce. The three flavors favor one another.

**FRIDAY SPECIAL**

Hot corn sticks served with fish (broiled or cooked in butter or margarine in a skillet).

**KEEP FLAVOR**

Preserve the flavor of shelled nutmeats by keeping them in a tightly-covered jar in the refrigerator.

## Fruit Whip of Assorted Flavors

Light Fruit Whip is the perfect dessert for a heavy meal. The ever-popular combination of dried apricots and canned pineapple make a fluffy golden pudding that's cool and refreshing.

**FRUIT WHIP**

- 1 1/2 cups dried apricots
- 1 cup syrup from pineapple
- 1 envelope plain gelatine
- 3 tablespoons cold water
- 1 cup sugar
- 1 egg whites
- Few grains salt
- 2 slices pineapple

Rinse apricots, cover with water and boil until tender. Drain, and press apricots through sieve. Heat pineapple syrup. Soften gelatine in water and dissolve in hot pineapple syrup. Stir in pureed apricot and sugar. Mix thoroughly. Cool until slightly thickened. Beat egg whites with salt until stiff. Fold into gelatine mixture, with diced pineapple. Turn into mold and chill until firm. Unmold and serve plain or with cream. Makes 6 servings.



Christmas breakfast, with company in the house is pretty sure to be an important meal. While the lamb-rib chops and kidneys en brochette sizzle under the broiler, mugs of hot tomato soup with cereal crunch tidbits are being employed in the livingroom. Broiled pears with thickened juice (with a dash of lemon for oomph) will enhance the platter.

## Holiday Breakfast Begins Happy Day

Christmas breakfast can well become a tradition in your home, to be carried on in years to come in the homes of little boys and girls grown tall. A very special meal this is, ushering in as it does the happiest day of the whole year.

The Christmas menu may be tailored to your whims—mugs of steaming hot tomato soup with a basket of cereal-crunch tidbits and lamb chops and lamb kidneys threaded with bacon strips on skewers sizzled under the broiler of the kitchen range, served in the diningroom.

It may become a buffet service, with the main course kept piping hot over a warmer, with the meal to be carried on trays to gay little holiday-bedecked tables. Or the table may be set in its Christmas morning best for a one- or two-course meal, to be served promptly on the stroke of eight by the grandfather clock.

**Lamb Kidney Kabobs**

To serve 4 who like kidneys: Remove skin and membranes from 8 lamb kidneys. Split lengthwise through the center. Remove cores and tubes. Rinse well in cold water. Put kidneys in a bowl and pour in 1/2 cup French dressing. Turn each kidney half to coat well. Cover bowl and let stand in refrigerator for at least an hour.

Using either canned or fresh mushrooms, remove stems from inside of 12 large ones. (Stems may be used in gravies and sauces.) Cut 8 slices of bacon in half. Wrap each kidney half in bacon slice. Then insert skewer through a mushroom. Continue in the same fashion, alternately threading 4 bacon-wrapped kidney halves and 3 mushrooms. Do not crowd on skewer.

Brush mushrooms with melted butter. Arrange skewers on broiler rack. Place in preheated broiler oven with tops of kabobs about 3 inches from heat source.

Broil 10 to 15 minutes, or until bacon is crisp and kidneys fork-tender, turning once to brown evenly. Sprinkle broiled kabobs with salt, pepper, and monosodium glutamate—piping hot, of course.

These are good served with steamed rice or with bulghur (cracked wheat), topped with melted butter.

**BROILED LAMB RIB CHOPS**

The lamb rib chops may be cut from one to three ribs in thickness and may be "Frenched" or trimmed so that there is a good piece of bone exposed which may be decorated with a paper frill when served, or with a Christmas-gay soft paper coaster.

To broil: Preheat the broiler oven. Oil the rib broiling rack with fat and arrange chops. Place chops



Ham's the favored meat for Christmas in many households. This meat, like turkey, comes in various types and many sizes—so each family's wants can be easily satisfied. This semi-boneless ham (shank and hip bones removed, straight leg bone remaining) is easy to carve and there is less waste than in the standard ham. Completely boneless and canned hams are also available.

## Serve Holiday Salads to the gang—

# TOP 'EM OFF with TASTY TANG

(The Perfect Salad Dressing)

Dress up your holiday salad tray—bring out the hidden flavor in smorgasbord, garnishes, salads and seafoods with Nalley's tasty, fresh Tang Dressing. Always at its tangy best—"not too mild, not too tart"—Tang's just-right flavor pleases the whole family. Delicately seasoned, superior in consistency, Tang is perfect for salads and seafoods. Ideal to thin or mix with other ingredients for tastier meat sauces, hors d'oeuvre dips, etc. Try Tang! Enjoy it! Tang is bound to be better because it's made to be tastier!

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**SEAFOOD DIP**

Shrimp, shrimp or chunks of crab on cocktail sticks and serve with bowl of Tang.

**COLD CUT SAUCE**

Add chili sauce to Tang.

**FIRST COURSE**

**SHRIMP-AVOCADO SALAD—SERVES 8**

- 1 1/2 cups Tang—The Perfect Salad Dressing
- 1 8 oz. bottle Nalley's Chutney French Dressing
- 1 cup freshly chopped celery
- 1 cup fresh or canned shrimp
- 1 small bottle pearl onions, sliced
- 4 avocados
- Fresh tomato wedges
- Knives or lettuce

Combine Tang and Nalley's Chutney French Dressing. Add chopped celery, shrimp and pearl onions. Pour over halves of avocados served on a bed of onion or lettuce. Garnish with tomato wedges.

**"LAZY-SUSAN DRESSING"**

Just combine Tang, the perfect Salad Dressing, with Nalley's Chutney French Dressing. Use enough of the latter to thin to desired consistency. Add a dash of Worcestershire sauce. Add chopped stuffed olives, too, if you like. Here's a grand dressing for sliced cucumbers, tomatoes, carrots, cold stew with shredded red and white cabbage.

For Greater Variety so your guests can choose just what they like, feature Tang or Tang "Lazy Susan Dressing" and vegetable relishes to dress up your holiday table quickly and easily.

**TANG** goes best in Turkey Sandwiches!

YOU CAN MAKE BETTER SANDWICHES AND SALADS WITH TANG!