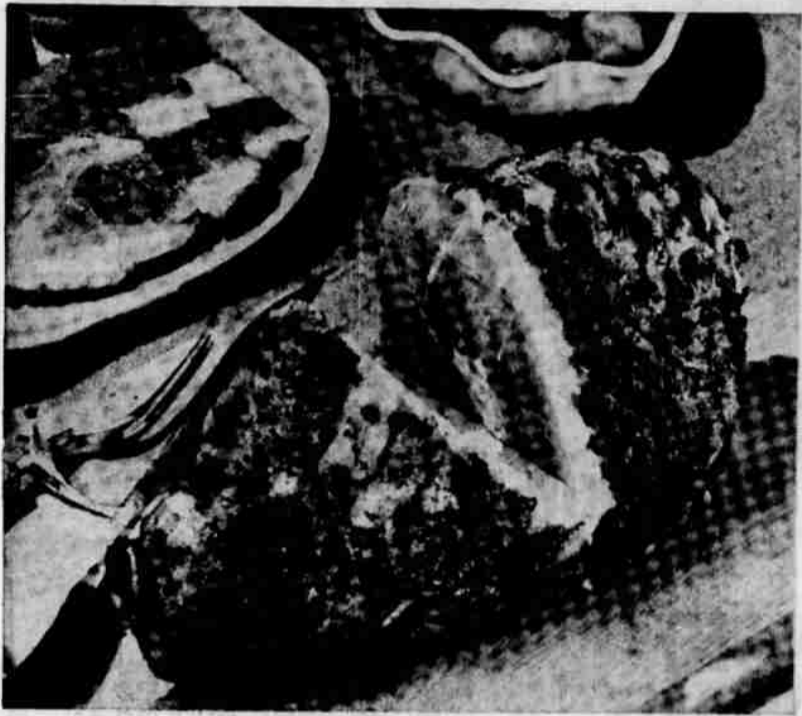


Edited by Marian Lowry Fischer

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Many Choice Items Featured in Local Markets for Holiday Trade



Ham Stars at Holiday Time

Holidays are eating times, and the smart homemaker who hopes to enjoy all of the festivities during the gala Thanksgiving-through-Christmas time plans ahead to insure every minute of freedom from food preparation that she can. Fruit cakes and cookies can be prepared months ahead of the holidays, then stored in freezers and in some instances, airtight containers, to await festive service.

But the entrees, the main-stay of the luncheons, family dinners, buffet suppers, and midnight snacks, are not as easily provided weeks in advance, unless, of course, the freezer is well stocked with meats. But without a freezer, what will you choose? Ham, of course!

A canned ham, tucked into the recesses of a modern refrigerator will be ready for eating at almost a minute's notice. (The unopened can will keep in the home refrigerator several months, and about a week after it has been opened.) A fully-

Modern Version of Old Standby

A speeded-up version of an old-fashioned standby. Capture a bit of the past by adding this Brown Bread to your holiday cooking repertoire. We modernized it by pairing soda with vinegar for an assured leavening power, instead of taking a chance on the less stable acid content of sour milk.

Quick Brown Bread
 1/2 cup sifted all-purpose flour
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 cup fine dry bread crumbs
 1/2 cup shortening
 1 egg, beaten
 1/2 cup molasses
 1/2 cup milk
 1/4 cup vinegar
 1/2 cup seedless raisins

Sift together flour, baking soda and salt. Blend in bread crumbs. Cut in shortening until mixture is fine. Blend together egg, molasses and milk; stir into dry ingredients until just blended. Add vinegar and raisins, mix well. Pour batter into a greased and floured 8 x 8 x 2 inch baking pan. Bake in a moderate (375 degree) oven, 25 to 30 minutes. Serve hot, perhaps with baked beans, its traditional accompaniment.

RACK TRICK
 If you haven't enough cake cooling racks when you are making a big batch of cookies, press an oven rack into service.

cooked ham won't hold in the refrigerator as long as the canned variety, but it too is ready at a moment's notice for slicing thin and trizzling for breakfast, or grilling for hot luncheon sandwiches, or slicing thick and broiling for hearty dinner service.

Fully cooked and canned hams may go directly to the table once they've shed their wrappings but many people like to give the meat a short heating in the oven before serving. Ten minutes per pound at 325 degrees F. will warm the full-flavored meat to eating goodness. Cook-before-eating hams need 18 minutes per pound at 325 degrees F., if whole; 22 minutes per pound, if half. For best results, follow the directions on the ham wrapper.

Glaze the holiday ham colorfully and garnish it simply for festive meals. About half an hour before the end of cooking time, remove the meat from the oven. Score the fat into diamonds and stick a clove into the center of each diamond, if you wish. Rub with brown sugar or cover with one of the following glazes and finish baking at 325 degrees F. until well glazed, basting frequently:

1. Cranberry sauce, the jellied or whole berry kind.
2. Juice from pickled peaches or crabapples.
3. Apricot or citrus marmalade.
4. Pineapple-orange juice or apple cider.
5. Currant, crabapple, or red wine jelly blended with a little hot water.

Save enough of the cooked ham to grind and use in preparing ham patties with sweet sour sauce. If you like, shape the patties and assemble the sauce ingredients early in the morning, then cook croquettes and reheat sauce just before serving.

Ham Patties With Sweet Sour Sauce
Sauce
 4 cups ground cooked ham
 1 cup fresh bread crumbs
 2 tablespoons milk
 2 eggs, beaten
 1/2 teaspoon pepper
 1 teaspoon dry mustard

Patties
 1/2 cup brown sugar
 2 tablespoons flour
 1 teaspoon dry mustard
 1/2 cup water
 2 tablespoons vinegar
 1/2 cup dark corn sirup
 6 whole cloves

Combine all ingredients for patties. Shape into rounds 1/2 inch thick; chill. Fry patties in 1-inch deep hot fat until browned and crispy. Drain and serve with hot sauce. To prepare sauce, combine all ingredients and cook until mixture is smooth and thickened.

Sugared Sticks

For a quick sweet roll treat try these Cinnamon-Sugar Sticks:
 Cut leftover corn bread into 1 x 1 x 3-inch sticks. Melt a little butter or margarine in frying pan. Saute corn bread sticks about one minute, turning them to heat all sides. (Add butter as needed). Roll hot sticks in cinnamon-sugar mixture. Serve immediately. Allow 3 per person.

Authentic Pudding But Frozen

The old authentic frozen plum pudding was a thing of beauty requiring hours of time and a score of ingredients. Today's adaptation is probably just as good, is so quickly achieved with excellent results. Twelve to 15 servings; so rich we really recommend 15 or even more.

Frozen Plum Pudding
 Soften 1 quart vanilla ice cream. Fold in 2 cups heavy cream that has been whipped. Add 1/2 teaspoon ground cardamom seed, 1/2 cup glacé cherries, 1/2 cup chopped citron, 1/4 cup heavy cream, 1/4 cup chopped blanched almonds and 1/4 cup macaroon crumbs. Pack into 2-quart mold. Cover. Place in freezing compartment of refrigerator or in home freezer. Let stand overnight or about 12 hours. Remove from mold. Frost with additional whipped cream, using maybe 1/2 cup heavy cream, whipped and sweetened with 1 tablespoon sugar and colored, if you like, with vegetable coloring. Return to freezer until serving time.

Fresh Frozen Orange Juice Add to Muffins

Frozen orange juice goes into these muffins to give them flavor and color. They make a dandy breakfast bread.

Orange Muffins
 2 cups sifted flour
 2 tablespoons sugar
 1/2 teaspoon salt
 1/2 teaspoon baking soda
 2 teaspoons baking powder
 1 egg, well beaten
 4 tablespoons fresh-frozen orange juice (thawed and undiluted)
 3/4 cup milk
 4 tablespoons butter or margarine, melted and cooled

Preheat oven to 400 F. (hot). Lightly grease 1 dozen muffin pans. Sift dry ingredients in mixing bowl. Combine beaten egg, thawed and undilute orange juice concentrate and milk and beat well. Pour into dry ingredients and stir just until flour is moistened. Do not beat until smooth, batter should be lumpy. Lightly stir in melted and cooled butter or margarine. Do not use more than 15 strokes to blend. Fill greased muffin pans two-thirds full and bake in hot oven (400 F.) 25 minutes. Serve hot. Yield: 1 dozen muffins.

Salad Combination

Pitted halved Tokay grapes, sliced celery and diced avocado make a good salad combination to mold in an apricot whole fruit nectar and lemon gelatine.



This Turkey Salad Makes Fine Eating

This may not sound unusual, but it is difficult to improve on it for very good eating.
Turkey Salad
 Combine 2 cups bite-size turkey pieces, 1 1/2 cups chopped celery, 4 chopped hard-cooked eggs, 1/4 cup chopped pimiento, 1/2 teaspoon salt, 1/2 teaspoon Worcestershire sauce and 1 cup mayonnaise in order given. Mix thoroughly. Garnish with greens.

PEAR TREAT
 Fill the cavities of fresh pear halves with a mixture of diced ham, diced celery and mayonnaise. Sprinkle with paprika and serve on greens.



Serve the famous noodle that won't slide off the fork!



Easy to prepare... economical... nourishing!
 AT YOUR GROCER

Northwest Purple Plum Rates High

By ZOLA VINCENT (Food Writer)

We're especially thankful right now for the bountiful harvest of tart-sweet purple plums that have been grown and quick-canned right here in our own Pacific Northwest. First plum orchards were set out in this area in 1858 when our rich, fertile land was virtually an unexplored wilderness. Today, 30 or so firms in Oregon, Washington and Idaho, grow and pack practically all of the deep garnet Italian prune-type plums enjoyed anywhere. Tree-ripened, handled with great care, purple plums are canned in extra heavy or in medium syrup. A "natural" for breakfast and for dessert; high in nutritional values.

over yesterday's cake slices, or as a side dish for lamb or pork dishes.

Plum-Good Jelly
 Serve the plums and save the juice for making this plu-perfect jelly quickly, economically.

Combine 2 cups canned purple plum juice from the can with 1 cup canned orange juice and 1 package powdered fruit pectin. Bring to boil; add 2 1/2 cups sugar, stirring constantly until smooth. Bring to a rolling boil for one-half minute. Remove from heat and skim. Pour into sterilized glasses; cover immediately with hot paraffin. Store in cool, dry place. Will make 7 six-ounce glasses.

Don't ration

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—they haven't spoiled an appetite yet!

When your children clamor for a between-meal snack, let them help themselves to tempting NABISCO Sugar Honey GRAHAMS. These are the golden brown crackers NABISCO bakes with wholesome graham flour and country good honey. Because they're so easily digested, NABISCO Sugar Honey GRAHAMS don't interfere with regular meals. Remember them today!

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Your dog can be a good eater, yet suffer from "hidden hunger"—an inner starvation for certain vital nutrients. If even one is missing from your dog's diet, it can lead to "hidden hunger."

Experience proves that the 33 nutritious ingredients in "fives" help prevent "hidden hunger." Feed your dog according to Walter Kendall's "5-time feeding plan" on the top of every "fives" package.

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