

HOUSEHOLD MEMOS... by Lynn Chambers



Serve Baked Ham for Special Dinners
(See Recipes Below)

Eating—Deluxe!

WHEN YOU'RE PLANNING to serve a special occasion dinner for company or family, isn't it nice to have the menu planned and recipes for everything handy? There's real eating enjoyment in the menu in today's column, and the directions for making these special dishes.

Ham is a mighty economical cut of meat right now, and it makes a nice showing at the table with its rosy pink color and juicy, succulent slices. Then, too, there's good eating from it for several days which makes ham kind to your food budget.

To serve a large number, purchase a half or whole ham. For two or four people, a ham slice will serve as a meal. Ready-cooked ham needs to be heated thoroughly only if you want it hot; cured but tenderized ham requires about 25 to 30 minutes to the pound for roasting at slow (300°) temperature.

FOR BASTING and glazing the ham, use any of the following: honey, corn syrup, molasses, pickled fruit juices or canned fruit juices, red jellies, cranberry sauce or ginger ale.

Smoked picnic hams are similar in flavor and appearance to regular hams, and may be preferred by the smaller families. Here's a handsome way to prepare this cut:

*** Baked Orange Picnic Ham**
Smoked picnic ham, 4 to 6 pounds
¾ cup brown sugar
Grated rind and juice of 1 orange
Orange slices
Whole cloves
Place picnic ham on a rack in a preheated oven (325°). For an uncooked picnic, baked 30 minutes to the pound; heat a cooked picnic 10 minutes to the pound. Half an hour before end of baking time, remove ham from oven and score ham. Mix brown sugar and orange juice together and spread over ham. Using whole cloves, stick a few orange slices and maraschino cherries on ham and finish baking. During the last 10 minutes of baking time, increase the oven heat to 400° to finish browning.

IF YOU WANT a ham dinner for two or four people, a ham slice prepared in this way is delicious, delightful and different:

*** South Sea Island Ham**
(Serves 4)
1 slice, ready to eat ham, ¾ inch thick
1 banana
¼ cup brown sugar
¼ cup coconut
3 tablespoons vinegar
2 teaspoons butter
Place ham in a baking dish. Cut banana lengthwise and then in half. Arrange banana sections on top of ham and sprinkle with brown sugar, coconut and vinegar. Dot with butter. Bake in a moderate (350°) oven for 20 minutes.
*** Mallow Sweet Potato Balls**
(Serves 8)
3 cups warm, mashed sweet potatoes
Salt and pepper to taste
3 tablespoons melted butter

LYNN SAYS:
Quick Meat Dishes
Help on Busy Days
Make a barbecue sauce by mixing together 2 tablespoons brown sugar, 2 tablespoons vinegar, 1 tablespoon Worcestershire sauce and ½ cup catsup. Spread over ham slice or hamburgers and broil.
Season ground meat according to taste and form into balls. Brown in skillet, then add some canned tomato or mushroom sauce with a bit of grated onion and simmer meat balls for 20 minutes.

LYNN CHAMBERS' MENU

- Frosted Cranberry Juice
- *Baked Orange Picnic Ham with Orange Slices
- *Mallow Sweet Potato Balls
- Buttered Asparagus
- * Hot Cross Puffs
- *Molded Cabbage Salad Beverage
- Pineapple Nut Cake
- Mints Nuts
- *Recipe Given

8 marshmallows
1 egg
1 tablespoon cold water
1 cup almonds, blanched and chopped

Season potatoes and add butter. Mold potato mixture around marshmallows, forming 8 balls with a marshmallow in the center of each. Beat egg and add cold water. Dip potato balls in egg, then in almonds. Fry in deep hot fat (365°) until golden brown, turning while frying.

THESE PUFFS are made from a beaten yeast batter, and are both quick and easy to make:

***Hot Cross Puffs**
(Makes 24 2-inch puffs)
1 package yeast, compressed or dry granular
¼ cup lukewarm water
1 cup milk
½ cup sugar
2 teaspoons salt
¼ cup shortening
¾ cups sifted flour (about)
½ teaspoon cinnamon
½ teaspoon nutmeg
2 eggs
1 cup currants
Confectioners' sugar icing

Soften yeast in lukewarm water. Scald milk. Add sugar, salt and shortening; cool to lukewarm. Add two cups flour, cinnamon and nutmeg and beat well. Add softened yeast and eggs and mix thoroughly. Add enough flour to make a stiff batter. Beat thoroughly until smooth. Cover and let rise in a warm place until light and bubbly (about one hour). Add currants and stir down. Fill greased muffin pans, one-half full, and let rise until light (about 30 minutes). Bake in a moderate (375°) oven 15-20 minutes. Make a cross on each puff with confectioners' sugar icing.

***Molded Cabbage Salad**
(Serves 8)
1 package lemon-flavored gelatin
1 cup boiling water
2 tablespoons cider vinegar
2 tablespoons tarragon vinegar
½ teaspoon salt
¼ cup cold water
1½ cups finely shredded cabbage
¼ cup minced celery
¼ cup sliced, stuffed olives
Dissolve gelatin in boiling water. Add vinegars, salt and cold water. Chill. When slightly thickened, fold in cabbage, celery and olives. Pour into individual molds or large mold. Chill until firm. Unmold on greens and serve with desired dressing.

Canned luncheon meat looks more like a roast if you stud it with cloves and brush with equal parts of brown sugar and canned fruit syrup. Bake in a moderate oven for 15 minutes.
Cream dried beef and add some leftover peas to the mixture. Serve in potato nests or over fried noodles for a quick supper dish.
Two for dinner? Mix ½ pound of bulk sausage with 1 egg, ¼ cup of milk, one tablespoon catsup and ¼ cup canned cream style corn. Bake in buttered custard cups for 30 minutes.

MIRROR OF YOUR MIND

Learn How To Enjoy Life
By Lawrence Gould



Does pleasure-seeking lead to crime?

Answer: Not in itself. The most virtuous person seeks what gives him pleasure—at least some of the time. According to Dr. J. Groen, Dutch psychologist, criminality is caused by disharmony between the wish for pleasure and the demands of reality—by a person's wanting to enjoy life and not knowing how to do so without getting into trouble. This may be due to defective mentality, to unrealistic early training, or occasionally to having been brought up with such rigid moral standards that one gives up trying to reach them.

cause it saves time and trouble, but there's no fixed rule as to how rigidly he'll do so. The fact that a man has nerve enough to order raw steak if he likes it—or a plump woman will not wear a girdle—may show only exceptional independence.



Should a parent be afraid to say, "I don't know"?

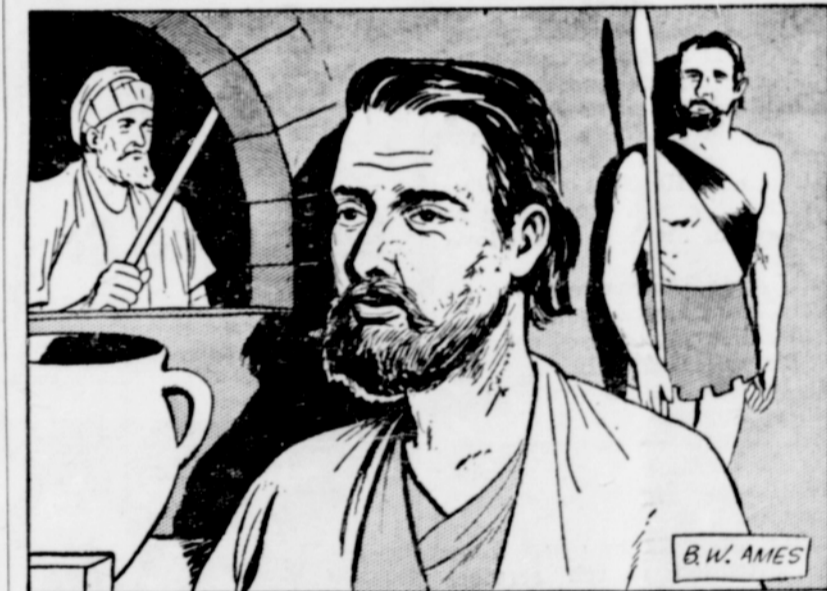


Are eccentric people "crazy"?

Answer: Certainly not always. Insane people may and do "act strangely," but so to a less degree do many men and women who are quite aware of what they're doing and have what they regard as good reasons for it. On the whole, a healthy-minded person will prefer to follow the conventions be-

cause it saves time and trouble, but there's no fixed rule as to how rigidly he'll do so. The fact that a man has nerve enough to order raw steak if he likes it—or a plump woman will not wear a girdle—may show only exceptional independence.

LOOKING AT RELIGION



STEPHEN, THE FIRST CHRISTIAN MARTYR WAS CONDEMNED CONTRARY TO JEWISH CUSTOM FOR SUCH CASES AND ALSO AGAINST THE PROVISION THAT ONLY ROMAN AUTHORITIES COULD INFLICT THE DEATH PENALTY.

KEEPING HEALTHY

Aiding Lonely Hospital Patients

By Dr. James W. Barton

WE ALL HAVE a great deal of sympathy for the lonely children in various children's institutions. It is hard enough for men and women away from loved ones to have the days and nights pass in loneliness, but a little child without loved ones to comfort him brings an even sadder vision.

I have written before about the children's hospital in which the nurses "cuddled up" little children and babies. This soothed the little ones mentally and physically and helped them to eat and sleep peacefully.

That patients in various military hospitals are suffering loneliness was disclosed by a survey conducted by the psychiatry and neurology division of Veterans' Administration. This was reported in "The Journal of the American Medical Association." Of 52,000 mental patients in V.A. hospitals, one-third have been visited by either family or friends for a year or more. In one hospital only 219 of 785 patients had had a visitor during the previous year. While this seems

terrible neglect on the part of families and friends, it is only too true that some veterans are better off without visitors because there is something, of which the rest of us know nothing, that causes severe disturbances when visitor and patient meet.

I have written before of a boxer, who had been "knocked out" by blows to the head several times, whom I visited regularly for some years. I was about to get him discharged from the hospital.

He took a job and did well for awhile but finally had to return to the hospital. When I made my next visit, although I was his only visitor, I disturbed him and the physician in charge of his case agreed that my visits would not help him.

Dr. Harvey J. Tompkins, chief of the psychiatry (behavior) and neurology (structure of brain and nerves) division states that while visitors might be disturbing in some instances, they would be highly beneficial to the patients in the majority of cases.

HEALTH NOTES

If a person, attempting to reduce, achieves no weight loss after cutting down on eating and exercising regularly, he should ask his physician about drugs to curb his appetite.

Rheumatism causes more disability and loss of time than any other ailment except nervous and mental diseases.

Sometimes after removal of tonsils and adenoids, growths of some tissues similar to tonsils and adenoids occur in the throat.

One of the commonest causes of defective hearing is impacted wax in the outer ear.

Emotional disturbances may cause asthma.

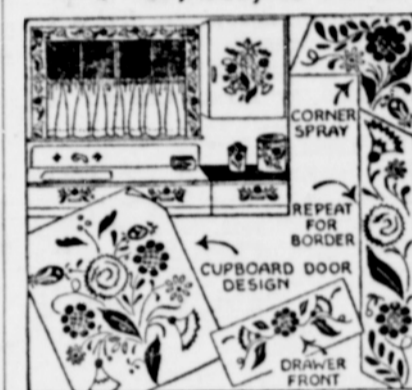
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- Into greased bowl, pour... 5 cups Kellogg's Rice Krispies. Add marshmallow mixture, get 24 pieces from 9" x 13" pan. Even kids can make 'em!

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