

Feeding the Family

By ZOLA VINCENT
Food Editor

Fruit, Nuts, Spice, Everything Nice (to Holiday Puddings, Breads, Candies)

To paraphrase a well-known line from an old poem, "Fruits and spice and everything nice, that's what Christmas puddings are made of." True also of breads, candies and other festive cooking.

Pre-holiday food planning seems to center on spicy rich desserts such as Plum puddings with their wonderful variety of sauces. Today we give you the plumb-wonderful plum puddings—with nary a plum in them, but so many other good things that blend to perfection with unsulphured molasses.

Make these any time now. The sooner the better, because we think you'll want to make a second batch as soon as the family taste-tests these. Remove from mold after steaming, cool thoroughly and wrap in waxed paper, then in metal foil, if you like. Store in refrigerator. Put back in mold and re-steam about one hour before serving. Serve warm with your favorite sauce.

Molds? A fancy one is fine but unnecessary. Coffee cans, oven-proof casseroles or individual custard cups are good. If covers are not available, the waxed paper or aluminum foil over mold. If regular steamer is not available, a deep covered kettle with a wire rack in bottom is fine. Trick is to keep the steam in. This bakes the pudding. To remove from mold, loosen sides with a small spatula and invert on heated serving dish.

Twelve Super Saucings

Plump and moist with nuts of your choice or mixed nuts, fruit and spice. Make recipe in one or two molds for six or twelve servings. Serve warm with your favorite sauce.

- 3/4 cup orange juice
- 1 1/3 cups seedless raisins
- 1/3 cup diced citron
- 1 apple, peeled and chopped
- 1 tablespoon grated orange rind
- 2 eggs, slightly beaten
- 1/4 cup unsulphured molasses
- 1 cup chopped nuts
- 1/4 cup (2 ounces) ground suet
- 1/4 cup dry bread crumbs
- 1/4 cup sifted all purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground cloves

Pour orange juice over raisins.

citron, apple and orange rind; let stand for one hour. Combine eggs and molasses. Stir in nuts, suet and bread crumbs. Sift in remaining ingredients. Blend well. Add fruit mixture and mix thoroughly. Turn into a greased two quart mold with tight fitting cover. Place on rack in deep kettle and pour boiling water to half the depth of the mold. Cover. Steam five hours, adding more boiling water as needed. Makes twelve servings.

Molasses Plum Pudding
This rich fragrant dessert will give you 10 generous servings. As with all plum puddings, serve warm with sauce.
1 1/2 cups sifted all purpose flour
3 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon soda
1 teaspoon cinnamon
3/4 teaspoon cloves
3/4 teaspoon nutmeg
3/4 cup finely cut dates
3/4 cup chopped nuts
1 cup raisins
1/2 cup sliced citron
1 egg, beaten
1/2 cup unsulphured molasses
3 tablespoons milk
3 tablespoons melted shortening
Mix and sift flour, sugar, salt, soda and spices. Stir in nuts and fruit. Combine egg, molasses, milk and shortening. Pour into dry ingredients and mix well. Turn into a greased and floured two-quart pudding mold or casserole with a tight fitting cover. Or cover tightly with aluminum foil or two thicknesses of waxed paper. Place on rack in deep kettle, adding boiling water as needed. Ten servings.

Source for the Pudding
No plum pudding is complete without a sauce. So here are some suggestions for sauces we think you'll like.
Hard Sauce. This basic hard sauce recipe is hard to beat for simplicity. Cream together one-third cup butter or margarine with one cup sifted confectioners' sugar. Now let your taste buds be your guide and add your choice of one teaspoon vanilla or two tablespoons of brandy or sherry. Beat in flavoring. Sprinkle with nutmeg. Makes about one cup.

Molasses Hard Sauce. A nice variation. Cream one-third cup butter or margarine. Add 2/4 cups sifted confectioners' sugar alternately with one tablespoon milk and two tablespoons unsulphured molasses. When well mixed, stir in one teaspoon grated orange rind. Makes 12/3 cups sauce.
Ice Cream Sauce. Good and so very easy. Break up one pint pre-packaged vanilla ice cream with a fork; add brandy or rum flavoring to taste. Beat with rotary or electric beater until smooth and half frozen. Makes two cups.
Raisin Bread Stuffing
Here's a fine way to get unusual fruit flavor in the stuffing for your Christmas bird. Good in pork chops, too. Uses raisin bread for a change. Recipe makes about seven cups stuffing. Saute one-half cup chopped onion in one-fourth cup shortening until golden brown. Combine four cups raisin bread cubes, three cups chopped apple, three tablespoons grated orange rind, one teaspoon salt and one-half teaspoon pepper. Fill poultry cavities lightly or bake separately in casserole, in foil, or fill hollowed-out and fluted orange cups. Thirty to 35 minutes in oven at 350 degrees will be about right if you bake this "outside" the poultry.
Company Note. Dice avocado in small pieces and add to curried cream of chicken soup.
Mrs. Eisenhower's Million Dollar Fudge
Recently in Washington, D. C., members of the Women's National Press Club launched a new cookbook "Who Says We Can't Cook" which turns out to be a collection of recipes garnered from a glittering array of feminine VIPs of our capital city. Headliner is this contribution of Mrs. Eisenhower (Dwight D., that is) which will have special interest for candy makers right now. You'll note that the recipe form is a little different from the usual.
4 1/2 cups sugar
Pinch of salt
2 tablespoons butter
1 tall can evaporated milk
Boil six minutes
Have ready in a large bowl:



PLUM PUDDING—Plum lovely—that's the way this plum pudding looks. Filled with spices, fruit and nuts blended together with unsulphured molasses, it smells wonderful and tastes even better. It is one of many good things for holiday enjoyment included in today's food columns.

- 12 ounces semi-sweet chocolate (chocolate bits)
- 12 ounces German sweet chocolate
- 1 pint marshmallow cream (2 jars)
- 2 cups nutmeats

Pour boiling syrup over ingredients in bowl; beat until chocolate is all melted and pour in pan. Let stand a few hours before cutting. Store in tin box. Where to get the book? Send \$2.15 per copy to Women's National Press Club, National Press Building, Washington 4, D. C. Proceeds go to WNPC building fund.

Sassy Cranberry Relish
Use up some of those good-tasting, colorful fresh cranberries in a relish like this for eating with simply everything in the meat, poultry and fish categories.
2 cups (1 pound) fresh cranberries
2 small beets (or 1 large) and seeds removed
1/2 cup (5 ounce jar) horseradish
2 tablespoons sugar
1/4 teaspoon nutmeg
Cut beet into finger-size slices. Put cranberries, beets and orange segments through food chopper using the fine blade. Add horseradish, sugar and nutmeg and mix thoroughly. Chill.

Spice Cake Topping. Next spice cake you bake try pouring a combination of one-third cup orange juice and one-third cup honey directly over the hot

cake. Let cake cool in the pan and remove as servings are needed. A wonderful cold weather dessert.

Grange

Central Point Grange

Central Point Grange will meet Friday, Dec. 16, starting with turkey dinner at 6:30 p.m. Most of the dinner will be furnished by the Grange. Please bring salad or home made candy and your own service.

Dinner will be followed by short business meeting, then a Christmas program. Santa will visit. Bring presents, limited to 50 cents in value, for gift exchange.

Installation of officers at Central Point hall will be held Sunday, Dec. 18, at 1:30 p.m.

Barbara Payton Guilty Of Bogus Check Charges

Los Angeles — (U.P.) — Former actress Barbara Payton pleaded guilty yesterday to cashing a worthless \$18.54 check at a Hollywood market.

The former wife of actor Franchot Tone was ordered to appear for sentencing or probation Dec. 27. Two additional counts of issuing bad checks on insufficient funds were to be dismissed.

Miss Payton now is married to a Nogales, Ariz., furniture store manager.

A Nichol's Worth of... Comment On This and That

By HARMAN W. NICHOLS
United Press Feature Writer



Washington — (U.P.) — It may be the Christmas spirits, or perhaps just the normal flow of the milk of human kindness. But the word I get is that the gum shoes of the Army are softening a bit, at least in Germany.

My informant sends a word from Heidelberg of strange happenings among the military police, particularly a winking at violations by slightly AWOL GIs. The major says that the MPs often are rounding up wayward soldiers and driving them back to their outfits instead of to the guardhouse.

This report is almost enough to make a veteran of World War II quit his job in the hardware store back in Dubuque and enlist just to witness such a miracle.

Take Them Home

My source, who is stationed at the Army's headquarters, says that last month alone the Army military police in Munich gathered in more than 200 AWOL GIs and got them back to their outfits in time to say "Yes, sir," before their first sergeants knew they were missing.

Lt. Col. H. J. Michau of Union City, N. J., the Army's "high sheriff" in Munich, put it like this:

"If we can grab an AWOL who is only a few hours overdue on a pass, we can get him back to his unit in time for duty, and possibly save him no end of trouble."

The Army is saved trouble, too. It doesn't have to court martial a boy; something the Army doesn't always relish.

Even a good soldier can come down with carelessness and overstay a leave. Say, the kid has been through maneuvers. He's worn to a frazz. He wants to see some lights and if the shooting kind of war isn't around, by golly he's going to see some lights. Maybe more lights than he ought to.

Suddenly, the soldier looks at his time piece and figures that since he is overdue anyway, and probably will get clobbered, he may as well live it up. Then he's a candidate for the serious kind of AWOL.

According to my Army friend,

that's where the MPs come in. They prowl in unmarked cars, with little but kindness in their hearts.

Careful Watch

But any smart soldier can spot an MP a quarter of a mile away. So he goes "into action." If he's in a German "gasthaus" he puts a glass to lips and appears to be deep in thought. Or he may head for the place called "herrzimmer" — the German word for the boys' room.

The MPs know all of the signs, and they are trying to ignore them and give the soldier a break—unless he's overdone his overstay.

Cpl. Robert Thornton of Cabool, Mo., according to my informant, had to confess that he read the signs wrong recently.

It was three in the morning. The corporal spotted a GI parading down the street solo, "hup-two-three-fouring" in accepted cadence.

The corporal bounded out of his car and asked the young man for his pass. The boy produced it. The pass was good for another 24 hours. The MP demanded to know why the kid was "hup-two-three-fouring" at that hour in the night. The soldier, thinking he was in a mess, said:

"Well, sir, my fraulein just said she'd be my frau, and I came straight here to pick out a ring."

Cpl. Thornton gave the boy a lift back to his unit.

Washington — (U.P.) — Postmaster General Arthur E. Summerfield has predicted that this year's Christmas mail load will break all records.

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Innocent May Confess Through Truth Serum

Chicago — (U.P.) — "Truth serums" may make innocent persons confess to crimes they never committed, in an article in Northwestern University's Journal of Criminal Law, Criminology and Police Science.

Dr. John M. Macdonald, assistant medical director of the Colorado psychopathic hospital and veteran consulting psychiatrist to the district courts of that state, sharply criticized use of sodium amylal and other drugs by police investigators.

"Persons under the influence of drugs are very suggestible," Dr. Macdonald wrote. "False or misleading answers may be given, especially when questions are improperly phrased."

Such confessions often result in a miscarriage of justice, Dr. Macdonald charged, or "they may interrupt the criminal investigation at a crucial time and enable the real criminal to escape detection."

Dr. Macdonald said many guilty suspects are able to lie while under influence of the drugs.

Experience shows, he said, that criminals who confess under narcosis probably also would have confessed as a result of skillful questioning without the use of drugs.

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