

## Feeding the Family

By ZOLA VINCENT  
Food Editor

Important throughout the year, the holiday season puts even greater emphasis on the making and serving of good things replete with seeds and leaves of aromatic plants from various parts of the world. In the art of cooking and baking, these are the magic pigments without which all culinary creations would be dull and lifeless. We may well be especially grateful for them at this season.

Spices are parts of aromatic plants grown in the tropics; herbs refer to leaves of aromatic plants grown in the temperate zone. Seeds refer to the fruit or seeds of herb plants. Pepper is the world's most popular spice. But today we're going to talk mostly about allspice, cloves, cinnamon, ginger, mace, nutmeg, pumpkin pie spice which are important in the making of desserts.

**Spice Storage**  
In New York recently your food editor visited with folks at American Spice Trade Association. As a matter of fact we launched at the Empire Club high up in the Empire State Building and they reminded me of these pertinent facts concerning spice.

To get best results from spices, they should be stored in a cool and dry place as possible. The containers should always be kept tightly closed. Spices are like perfumes, trapped in the cell walls of the plants. If exposed to the air or excessive heat for long their fragrance will evaporate.

Quality in spices is determined by grades and freshness. The same spice often is produced in different parts of the world so there may be different types and grades.

**Give Spice Nose Test**  
Freshness, the experts reminded me, is something anyone can tell at a sniff. But don't be satisfied with a faint odor from your spices. The nose test should show them to have a strong, forceful aroma which meets you head on when you open the lid. If your spices have been sitting around for months on end, give them the nose test and if they don't come "up to snuff", throw them out and put in fresh fragrant supplies. They cost so little that it seems foolish to take chances on tired, dull flavors and aromas combined with expensive ingredients.

Whole spices are more suitable for long-cooking dishes as the heat will extract their flavor slowly and allow the dish to become thoroughly permeated. The whole spices usually added in a cloth bag, may also be removed easily from the pot as soon as enough flavor has been added. Ground spices are always ready to quickly impart their flavor to any food.

Allspice comes from Jamaica. Ground from dried berries of the pimento tree, it tastes like a blend of cloves, cinnamon and nutmeg, is used with pot roasts, mincemeat and apple butter. Cinnamon and Cassia come from Ceylon and Indonesia. True cinnamon is milder. Cassia cinnamon is more definite and in more common use. Both are barks. Stick cinnamon is used in hot drinks and is sometimes served with coffee as a stirrer. Ground cinnamon is used in baking, stewed fruit. Fruit pie fillings such as our pumpkin and apple recipes today.

Cloves come from Molucca, Zanzibar, Madagascar and Persia. are the unopened buds of the delicate clove tree; are most popular whole or ground with cured meat, hot drinks, baked apples.

Ginger grows in tropical and sub-tropical countries, is one of the few root spices, is used in baking gingerbread and other baked goods, in sauce for pot roasts, in puddings, soups. Mace comes from Indonesia, British West Indies, is the flesh between the husk and seed of nutmeg. Used powdered in fish sauces, fish and meat stuffings.

also is what gives pound cake its color.

**Nutmeg.** Whole nutmeg for grating fresh is returning to popularity. Mostly however it comes ready-ground and is used in baked goods, puddings and sweet sauces as well as for egg-nog topping. Try dash of nutmeg on freshly cooked carrots.

**Pumpkin Pie Spice Blend** provides just the right flavor note for pumpkin pie, for spiced cookies, gingerbread, breakfast buns.

**Sweet Potato or Pumpkin Tarts**  
Cinnamon, nutmeg, ginger and cloves give fragrance and flavor distinction to these sweet potato, yam or pumpkin tarts which we suggest instead of the usual pumpkin pie because they're so perfect for having "later" with coffee for the grown-ups, milk for the children.

6 unbaked 4-inch tart shells made from 2-cup flour recipe for pie crust  
1/4 cup brown sugar  
1/2 cup white sugar  
1 tablespoon flour  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground ginger  
1/4 teaspoon ground cloves  
1 1/2 cups milk  
2 tablespoons butter  
1 1/2 cups sieved cooked sweet potato

Combine eggs, sugars, flour and seasonings. Place milk and butter or margarine in saucepan and scald. Add gradually to egg mixture. Fold in cooked or canned and sieved sweet potatoes or yams. Turn into tart shells. Bake in hot, 400 degree oven, 40 minutes or until a knife inserted comes out clean.

**Pumpkin Note.** Cooked sieved pumpkin may be used instead of sweet potatoes but be sure to increase brown sugar to one-third cup and white sugar to two-thirds cup.

**French Apple Tarts**  
For Thanksgiving Day or any time, these spiced apple tarts are sure to please. Start with the making of six four-inch unbaked tart shells made from a two-cup flour pie crust recipe.

Preheat oven to 350 degrees. Sift one-quarter cup flour, one cup sugar, one-half teaspoon ground cinnamon and one-quarter teaspoon each of ground nutmeg and ground allspice together. Mix in one-third cup butter or margarine with fingers to make a crumbly mixture.

Peel, core and slice four medium size pie apples into the tart shells. Sprinkle half the crumbs over the apples. Top with additional four peeled and sliced apples, then remaining crumbs. Invert tart pan over tarts or wrap in metal foil. Bake in moderate oven, 350 degrees, 30 minutes. Remove cover and bake 15 to 20 minutes longer or until apples are tender. Serve hot or cold. Tarts are likely to be juicy when served hot.

**No Monotony About Seasonings For Stuffing**

Stuffing or "dressing", home-cooked or starting with one of the very good pound-packaged dressings, means marvelous eating any time of year. Today's home-makers are experimenters. The bird may be traditional but the stuffings are likely to vary from turkey to turkey. Many like the ready-to-use dressings made from melba toasted bread or from cornbread, requiring only the addition of water, milk or broth but inviting variations. Some cooks even make two stuffings, one for interior of bird, the other for neck-stuffing or a casserole on the side.

**Amount to Make.** In any event, allow one-half to three-quarter cup stuffing for each serving. Allow about one cup of stuffing per pound or ready-to-cook weight of bird.

**Basic Stuffing**

If you decide to make your own basic stuffing, start with this and then plan additions. A 1 1/4 pound loaf of day old bakery bread makes about 1 1/4 quarts



**HOLIDAY DESSERTS**—Sugar and spice and many things nice go into the making of holiday season desserts like these pumpkin tarts and French apple tarts which have certain advantages for those who prefer their dessert "later, please."

dry crumbs, three quarts toasted or dried small cubes, 3 1/2 quarts crumbled. Lightly brown four cups toasted small white or whole wheat bread cubes (or four cups crumbled corn bread or two cups cooked rice) and one-quarter cup finely cut celery in one-quarter cup melted fat; combine with one-quarter cup finely cut onion, one teaspoon salt, one-eighth teaspoon pepper and

### Keating Elected by O&C Association

Portland—(U.P.)—A spokesman for O&C counties in Oregon said yesterday the counties would ask Congress to take one million dollars in O and C funds to be used for reforestation of the lands.

The spokesman said the counties suggested the money be added to \$35,000 already appropriated for reforestation but considered inadequate for the 65,000 acres of denuded lands.

The agreement to propose use of O & C funds for the work was reached at a meeting of county representatives in Portland.

Commissioner Ralph Peterson of Lane county was named new president of the O & C Association, succeeding Judge Carl Hill of Douglas county. Named new vice president was Judge Rodney Keating of Jackson county and new secretary-treasurer is Commissioner Roy Rice of Marion county.

### Dr. Clark Elected Kiwanis President

Dr. Abner Clark was elected president of Medford Kiwanis club yesterday. Clark, children's dentist at Oakdale clinic, will be installed in January, succeeding I. A. Mirick.

Other officers named at the noon luncheon meeting at Rogue Valley Country club were Jack Walker, vice president, and Bill Singler, Tom Anderson, Dr. Billy Blackstone, Bob Voegtly, Lester DeArmond and Paul Haviland, all directors.

Emerson Anderson and Frank Benesh are holdover directors and John Duffy is secretary-treasurer.

Entertainment at the luncheon was provided by the Harmonettes, a vocal quartet. Members are Susan Baker, Roberta Stetter, Jackie Creager and Lou Elsa Voegtly. Karen Paschke was accompanist.

### 15-Year-Old Youth

**Youngest Weatherman**  
Delaware, O. — (U.P.) — Hal Wyss, 15, is one of Ohio's youngest weathermen. He has taken over the local weather station as a substitute for Thomas Gram, official co-operative observer.

Hal has a complete miniature weather bureau installed in his home, with a maximum-minimum thermometer, a wind velocity gauge, rainfall gauge, barometer and humidity gauge.

His duties include taking temperatures, measuring rainfall and keeping a close eye for clouds on the Olentangy River. Hal has a typical weatherman's answer to people who ask what kind of weather is coming up.

"All I know is what has already happened," he says.

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