



WONDERFUL COMBINATION - Glazed ham with fruit and potato salad with a sour cream dressing are a wonderful, taste-right combination for family or party fare the year around. Increasingly popular, waste-free, fully cooked hams are especially easy to prepare and serve like this. Recipes are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Waste-Free Canned Hams Are Easy to Use; Kind to Budget

There continues to be a steady increase in the popularity of canned hams as more and more people realize that this easy-to-use product is waste-free and therefore kind to the budget when price comparisons are made pound for pound of edible meat. It has no bone, just enough fat for flavor and even when baked there is very little "juice loss" or shrinkage. Because canned ham is fully cooked it is ready to eat "as is" (although we'd recommend slicing it first), or for baking, frying, adding to salads, creamed dishes or whatever. Many meat men will slice your canned ham and tie it back into shape. Or you can, of course, do it yourself. In either case it does make the ultimate service much easier and more attractive, particularly when serving a large crowd.

Nowadays one can pick just the size ham they want up to 12 pounds. Figure three to four servings per pound as a basis for judging the size to buy.

Glazed Ham with Fruit

This is a party-giver's delight. Since the ham is sliced in one-fourth inch slices before baking it can be used for buffet or table service and still look attractive right down to the last slice.

6 to 12-pound canned ham
Whole cloves
*1 No. 2 1/2 can cling peach halves
1 tablespoon cornstarch
2 tablespoons prepared mustard

1/3 cup unshredded molasses

Slice ham in one-fourth inch slices and tie back into shape. Insert cloves in the top edge of every other slice. Place in shallow baking pan. Drain peaches; measure liquid and, if necessary, add enough water to make 1 1/2 cups. Mix cornstarch and vinegar in a saucepan until smooth. Blend in mustard, peach syrup and molasses. Bring to a boil,

stirring constantly. Baste ham with a small amount of this sauce. Bake in a moderate, 350 degree, oven planning 10 minutes per pound. Baste twice more during baking period.

peach halves with cloves. Fifteen minutes before end of baking time, place peach halves around ham and pour remaining syrup over them. Serve peaches as a garnish with perhaps a bit of mint for added color. *Pears or apricots may be substituted for peach halves.

Potato Salad with Sour Cream Dressing
Dairy - made sour cream, made smooth and fluffy by homogenization, gives this potato salad a tantalizing piquancy.

1/2 cup sour cream
1/2 cup mayonnaise
2 tablespoons prepared mustard
2 cups diced celery
4 tablespoons finely chopped onion
1/2 cup diced dill pickle
2 teaspoons salt
1 teaspoon celery seed
4 cups diced cooked potatoes

Mix together sour cream, mayonnaise and prepared mustard. Add all ingredients except potatoes. Mix thoroughly. Pour over potatoes and mix gently to avoid breaking potatoes. Chill. Suggested garnishes: tomato wedges, sliced hard-cooked egg, parsley, watercress, lettuce leaves tucked in around the edges, a colorful sprinkling of paprika.

These Recipes Are Full of Prunes

California royal purple plums have come a long way since the brothers Pellier contrived to cross cuttings of the French prune la Petite d'Agave with American wild plum trees back to 1856. Today our vast orchards produce an estimated 165,000 tons of prunes with royal purple skins and hearts of gold; three-quarters of the world's crop is west coast grown, with some prize acreage in the Pacific Northwest.

about 66 per cent of our annual crop is processed and pickaged as dried prunes. The rest goes mostly into bottled and canned prune juice; the remaining eight per cent or so goes into ready-to-use prunes packed in cans and jars, into baby food prune puree and chopped prunes, prune butter and prune confections.

Plump and Cook. Today's prunes are partially pre-plumped; need no sugar added. You get wonderful results whether you (a) cover with boiling water and let stand refrigerated for 24 hours; (b) cover with cold water and let soak for 24 hours; (c) soak overnight, bring to a quick boil, simmer three to five minutes; (d) steam in colander over pan of boiling water for 30 minutes or (e) just cook, simmering gently for 25 to 30 minutes.

Flavor - Pluses. With any plumping method you can vary the flavor by adding lemon or orange slices, whole cloves or stick cinnamon.

Fruited Pot Roast

For a fruited and spiced pot roast of distinctive flavor, brown a three to five pound beef pot roast in two tablespoons hot fat in a heavy kettle; add two cups water, three tablespoons mixed pickling spices. Cover kettle tightly and simmer three to 3 1/2 hours or until fork-tender. During last hour of cooking add one cup pitted dried prunes. The gravy is delightful when served over rice. Six to eight servings.

Prune Whip

Miniature marshmallows, prunes and pineapple combine in this dessert to remember. Combine two cups miniature marshmallows, one cup steved cooked prunes, three-quarter cup drained crushed pineapple, one teaspoon lemon juice, one-quarter teaspoon salt. Beat two egg whites until stiff but not dry. Gradually add three tablespoons sugar while continuing to beat. Fold marshmallow mixture into the meringue. Chill and serve.

Make a Breakfast Date

Do your breakfasts need a little pepping up? A bit of something tastily different to make husband and children decide that "all's right with the world" before they tear off in all directions? We suggest you try this quick-to-prepare dried beef a la king on biscuits or toast. It stars a handy jar of dried beef and a can of white sauce all dressed up with pimiento, green pepper, hard-cooked eggs and onion. Four servings.

2 teaspoons instant minced onion, or 2 tablespoons finely chopped onion
1 tablespoon lemon juice
2 tablespoons butter or margarine
1 1/2 cups medium white sauce or 1 can white sauce
2 tablespoons chopped green pepper
1 (2 1/2-ounce) jar chipped beef
2 tablespoons diced pimiento
2 hard-cooked eggs
Baking powder biscuits or toast points

Add instant minced onion to lemon juice and let stand for several minutes. If raw onion is used, add lemon juice to the pimiento. Melt butter, add onion and cook slowly until lightly browned. Add white sauce, green pepper and shredded dried beef. Blend in pimiento. Dice eggs and fold in carefully. Heat thoroughly and serve over split baking powder biscuits or toast points. For luncheon or supper it is good served on fluffy rice or mashed potatoes.

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