

Feeding the Family

By ZOLA VINCENT
Food Editor

Do Yourself a Flavor Favour

The holiday season is the "bakingest" season of the year for most homemakers. Kitchens redolent of good things to come out of the oven are a traditional part of the holidays. But before you start this season's baking binge, do yourself a flavor favour and check your stock of spices and herbs. You may find that much of the flavor has flown.

Talking with Spice Trade Association people, they said, "let your nose be your guide; if the spice or herb doesn't sniff strong and aromatic, throw it out!"

Spices and herbs cost so little, make such a big difference in the delights of the finished product that it seems foolish economy to fool around with tired flavors. Some Spicy Ideas

Cinnamon Meringue. Here, a half teaspoon of cinnamon gives the holiday touch to meringue. Add one-eighth teaspoon salt and one-quarter teaspoon cream of tartar to three egg whites and beat until foamy and frothy. Add one-half cup sugar, one tablespoon at a time, beating well after each addition, until whites form peaks. Mix one-half teaspoon ground cinnamon with the last tablespoon of sugar you add. When topping a pie, bake at 300 degrees for 20 minutes.

Gingered Lamb. A leg of lamb stuck with slivers of garlic then rubbed all over with ginger and salted lightly, when roasted, has a wonderful, enticingly flavored crust. The gravy, too, becomes one to remember.

Spiced Potato Cakes. Whether made from freshly cooked hot mashed potatoes or reheated mashed potatoes, try adding some parsley flakes, onion salt and paprika. Or a touch of nutmeg is sheer magic when added to potato cakes.

Glorified Scrambled Eggs. Here's a "company for breakfast" flavor trick. Add a pinch of savory and some parsley flakes along with salt and pepper to taste. When serving, sprinkle lightly with paprika.

New Ways with Traditional Aromatic, Spicy Mince Meat
Practically unchanged in two thousands years, the recipe for a flavored and fruited meat pie known as mince meat continues today a top favorite in nations throughout the world.

Enjoyed by ancient Greeks, revered by Romans, renowned in English history and folklore, mince meat came to America with the colonists, obviously is here to stay. We like the comment of a New York Times editorial to the effect that "neither pastry chefs nor generations of unschooled brides nor home economists have yet to change or check its formula."

Prepared, packed and sold commercially here since 1831, mince meat is available, locally in 18 ounce, 22 ounce and 28 ounce jars. For a really big old-fashioned mince meat pie you need the 28 ounce size. It also comes concentrated in a nine-ounce package with easy-to-follow directions for "reconstituting" volume.

Mince Meat Tarts
Make small individual tart (pie) shells with a rich pastry and bake as usual. Fill with prepared, ready-to-use mince meat. Top with a slice of cheddar cheese. Shove under broiler about four inches from source of heat for about five minutes or until the cheese melts.

Mince Meat Pudding
Mince meat and rice combine in a delectable pudding. Place alternate layers of

cooked rice and prepared, ready-to-use mince meat ending with mince meat layer, in a well-greased baking dish. Sprinkle with lemon juice. Bake in moderate, 350 degree, oven for about 30 minutes. Serve with cream or a pudding sauce.

Mince Meat Broil
A very fine idea! Drain canned peach or pear halves; place cut-side up on broiler rack. Fill each fruit cup with two spoonfuls of prepared, ready-to-use mince meat; dot with coconut flakes, if desired. Broil until lightly browned. Serve hot, of course. We're thankful for abundance Of Poultry, Fish, Fruit

From poultry runs, from the waters to the west and inland, from the orchards of hills and vales, from the vineyards of sunswep valleys, and from a million acres of "truck" gardens come harvests that cause rejoicing in our market places and in our homes at this season.

We pause a moment to be thankful also for the food growers, the harvesters and distributors right down to our local stores who display this bountiful harvest for our choosing... at very reasonable cost.

Perusal of this newspaper's "ads," store displays and big signs reveal plentiful galore. And where there are plentiful there are the best buys.

Plenty of turkeys in all sizes; with halves, quarters and cut-ups for small families. Several days of good eating! Broilers and fryers will be enjoyed by many this holiday season; piled hot and high on the holiday, cold and wonderful on another day. In the meat section you'll find some good buys in fresh and cured pork, beef and lamb, if your family preference is for them.

Fish and Shellfish. Many family traditions call for zesty shrimp or crab cocktail, for oysters in the stuffing or for sumptuous oyster stews. Weigh the values in fresh versus canned or frozen. All are good because modern packaging methods make them so.

Fruits of the Week. Nature worked overtime to produce the biggest apple crop in years; red Delicious, yellow Delicious, Winesaps and Newtown Pippins vie for your approval. You'll probably wind up with several varieties. Winter pears, the Bosc, Comice and Anjou invite good eating. Cranberries, of course. Tokays, Emperors and Ribiers lead the grape parade. There are pomegranates, persimmons, dates, prunes, and other dried fruits, a few melons. Oranges, grapefruit and lemons are reasonable.

Vegetable Look. You'll want celery and sweet potatoes, turnips and white onions, the family's favorite squash, an extra 10 pounds of white potatoes. Other good buys include snowy cauliflower, Brussels sprouts, tomatoes, carrots, lettuce and green peppers.

Student Priests Have Association

South Bend, Ind.—Most young Americans studying for the Roman Catholic priesthood have at least one relative who is a priest or otherwise associated directly with the religious life.

This was reported by the Rev. Joseph H. Fichter, S.J., visiting professor of sociology at the University of Notre Dame, who also said that most priests-to-be come from middle-class families and are graduated from hometown high schools before entering the seminary.

GOBBLE UP THESE

Thanksgiving BUYS!



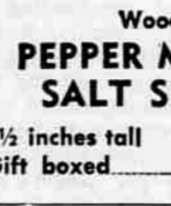
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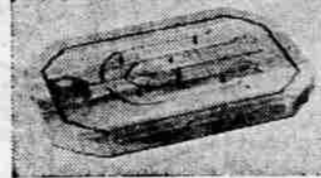
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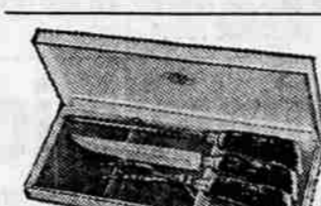
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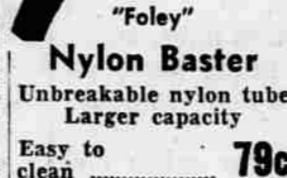
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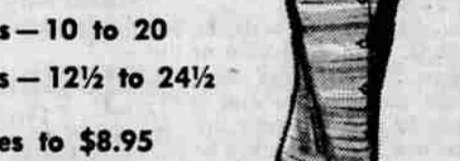
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