

**Molasses Spices Dry Beans**



**Beans Baked in Molasses Sauce is Savory Eating**

Unsulphured molasses added to dry beans during their baking period creates a savory aroma. Let leads one to eating enjoyment. The term "unsulphured" on the label is your buying cue for molasses that has been known since colonial days as a distinctive and mellow sweetener.

**Honor St. Pat Green Party**

It's time for the wearing of the green and nothing can be gayer than a St. Patrick's party. Decorations are easy—and so is the food to fit in with the color scheme. Tuna combined with pineapple in lime gelatin, then molded in individual club or shamrock-shaped molds, makes a pretty-to-look-at and good-tasting party salad. Lemon juice and a bit of horseradish give the salad zip. And tuna and pineapple are a refreshingly cool taste combination. Your favorite 10 cent or variety store can provide all the table decorations—and the molds for the salad.

- 1 can bite-size tuna
- 1 No. 2 cup pineapple chunks
- 1 package lime-flavored gelatin
- 1 1/2 cups hot liquid (syrup from from pineapple plus water)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1/4 cup sliced stuffed olives
- 1 tablespoon chopped sweet pickle
- 1 tablespoon chopped green pepper.

Separate tuna into pieces; drain pineapple and reserve chunks. Dissolve gelatin in hot liquid; add horseradish and lemon juice. Chill until syrupy. Divide in half. Into one portion of gelatin stir tuna, sliced stuffed olives and chopped sweet pickle. Pour into individual shamrock molds that have been rinsed in cold water, filling about half full. Let chill until slightly firm. Meanwhile, whip remaining gelatin with mayonnaise and stir in pineapple and chopped green pepper. Pour pineapple layer over tuna layer. Let chill several hours or overnight or until firm. Unmold on crisp greens and serve with additional mayonnaise, if desired.

**BROOMCORN LORE**  
Broomcorn, a plant used in household brooms, was introduced in this country by Benjamin Franklin. Its long tough fibers with their multitude of projections do a good sweeping job and pick up and hold lint rather than brushing it aside. The test of a good broomcorn broom is the straight resilient quality of the fibers. These long and tough fibers should be put together with a minimum of four rows of stitching and a large number of stitches per row. A new broom truly sweeps clean because of the short fibers or projections then present on each strand of broomcorn.

**STEP SAVER**  
A well-stocked cleaning basket carried by the homemaker on her rounds of housework saves trips to the storage closet. In the cleaning basket should be cans of window cleaner, furniture wax and polish, upholstery spot remover, plus soft cloths and a whiskbroom.

A basic sauce of unsulphured molasses, vinegar and prepared mustard can be added to your favorite home-made baked bean recipe. You can also up the flavor of canned baked beans... New England or tomato sauce styles... or plain canned red kidney beans. You'll find that these canned beans plus the unsulphured molasses sauce distinctive and richer in flavor.

**QUICKIE BAKED BEANS**  
1/4 cup unsulphured molasses  
1 tablespoon prepared mustard  
1 No. 2 can kidney or lima beans, or  
1 1-pound can baked beans  
1 tablespoon vinegar

Combine unsulphured molasses, mustard and vinegar; stir into beans. Turn into casserole and bake in moderate oven (350 F.) 45 minutes, or simmer on top of range 10 minutes. Yield: 4 servings

**PARTY BAKED BEANS**  
4 cups (2 lbs.) dried beans  
Cold water  
2 medium onions, sliced  
4 teaspoons salt  
1/2 cup catchup  
2 tablespoons vinegar  
1/2 cup unsulphured molasses  
1 teaspoon pepper  
2 tablespoons prepared mustard  
1/2 lb. salt pork

Wash beans. Cover generously with cold water; soak overnight. Add onion, salt, and if necessary, additional water to cover beans; bring to boiling point in covered saucepan. Simmer until beans are tender. Drain and save 3 cups bean liquid (add additional water to make 3 cups, if necessary). Mix bean liquid with catchup, vinegar, molasses, pepper, and prepared mustard. Turn beans, onion, and salt pork into bean pot. Add liquid mixture. Cover. Bake in slow oven (325 F.) 1 1/2 hours. Uncover. Lift pork to top of beans; bake 20 to 25 minutes to brown pork. Yield: 18 servings.



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