

## Old Southern Dishes Find Favor-Good Cooks

Christmas in the south is a Colonial-day celebration with lavish decorations, Yule logs, white lighting, fireworks, church services, caroling and sumptuous eating.

The wonderful holiday fare that was a standard part of Christmas two centuries ago is still re-created, streamlined and modernized for 20th century cooks.

Some of the traditional foods and trimmings include hot spiced cider, hennings dressing, encaloped oysters, brandied sweet potatoes, plum pudding and warm brandy sauce.

The Southerner starts off dinner with hot spiced cider prepared as follows:

- HOT SPICED CIDER**
- 4 cups sweet cider
  - 1 teaspoon whole allspice
  - 2 whole cloves
  - 1 stick cinnamon
  - juice and rind of 1 lemon
- Put spices, whole rind of lemon, lemon juice and cider in sauce pan. Heat slowly to boiling; strain thoroughly and serve hot. Serves 4.
- HONEY DRESSING**
- 1/2 cup vinegar
  - 1/4 cup sugar
  - 1/4 cup honey

- 1 teaspoon celery salt
  - 1 teaspoon dry mustard
  - 1 teaspoon paprika
  - 1 teaspoon celery seed
  - 1 teaspoon onion juice
  - 1 cup salad oil
- Mix sugar, honey, mustard and paprika. Add vinegar and mix well. Boil for five minutes, then chill. Mix celery seed, celery salt and onion juice and add to chilled mixture. Pour in oil slowly, beating constantly. Yields 2 cups.
- ENCALOPED OYSTERS**
- 1/2 cup butter
  - 1/2 cup flour
  - 3 teaspoons paprika
  - 1 teaspoon salt
  - 1 teaspoon black pepper
  - 2 tablespoons cracker crumbs
  - 4 tablespoons chopped onion
  - 4 tablespoons chopped green pepper
  - 1 teaspoon chopped garlic
  - 2 teaspoons lemon juice
  - 1 tablespoon worcestershire sauce
  - 1 quart oysters, picked over and heated in own liquor.
- Melt butter, add flour and cook for five minutes or until dark brown. Stir constantly. Add paprika, salt and black pepper and cook for three minutes. Add onion green pepper and garlic and cook slowly for five minutes more. Remove from heat and add lemon juice, worcestershire sauce and oysters. Pour into baking dish; sprinkle cracker crumbs over the top and bake in a hot (400 degree) oven for 30 minutes. Serves 6 to 8.



**BASKET OF SWEETS**—Sparkling, Christmas-red cranberry jelly is perfect for holiday giving. Make it in reusable plastic refrigerator jars, pack in an attractive low basket and tuck in assorted Christmas cookies nestled in the crinkle cups as they come from the package. To make, use two cups bottled cranberry juice, 3/2 cups sugar, 1/2 bottle liquid pectin. Measure juice into large saucepan. Add sugar and mix well. Place over high heat and bring to a boil, stirring constantly. Remove from heat, skim and pour quickly into plastic refrigerator jars or glasses. For gift giving tie with holiday decor.

## To Shampoo Upholstery Be Speedy

With holidays ahead, many home makers are faced with the task of giving their upholstered furniture a thorough cleaning. And, while there are some fabrics which must be cleaned commercially, most may be shampooed safely with a mild, dry, soap suds.

First remove loose surface dust by brushing or vacuuming. If there are any grease spots, remove them with a cleaning solvent.

When it comes to the actual shampooing, the important fact to remember is that speed is essential. For this reason, home economists suggest using two galvanized steel pails—one for suds and the other for clear rinse water, so that cleaning and rinsing may be done without delay.

Using a rotary beater, whip up a thick suds right in the galvanized pail. Covering a small section at a time and with a circular motion, sponge fabric until clean. Remove suds with a cloth that has been dipped in warm water and wrung almost dry. To prevent rings, simply overlap clean sections.

An electric fan may be used to speed drying. If the fabric has a thick nap, it should be brushed up when it is almost dry.

## Cookie Balls Dutch Treat

Delicious served with hot cider after a caroling party, these nut-filled cookie balls remind one of the Pennsylvania-Dutch Pfeffernusse. They're fun to make, and the beet or cane sugar-spice coating gives them an added Christmas-y look.

- 2/3 cup shortening
- 1/4 cups beet or cane sugar
- 2 eggs
- 1 teaspoon almond extract
- 2 cups finely ground, unblanched almonds
- 2 1/2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup cold water.

In a mixing bowl cream the shortening and sugar together until light and fluffy. Beat in the eggs; then, the almond extract and ground nuts.

Stir in, alternately, sifted dry ingredients and water (until the dough forms into one mass).

Form teaspoonfuls of dough into balls by rolling lightly between the palms of the hands.

Roll balls in Sugar or Spice mixture (1 cup beet or cane sugar mixed with 4 tps. cinnamon).

Place glistening balls, about two inches apart, on a well greased cookie sheet. Bake in a moderate oven (375 F.) 8-10 minutes, or until cookies have a light golden brown coloring.

Cool balls on cake racks. Makes about 9 dozen cookies. Store in a tightly covered canister.

- BRANDIED SWEET POTATOES**
- 1 quart sliced, boiled sweet potatoes
  - 1/2 cup light brown sugar
  - 1/2 cup granulated sugar
  - juice of 1/2 lemon
  - grated nutmeg to taste
  - 4 tablespoons melted butter
  - 1/4 cup brandy
- Lay the sliced, cooked sweet potatoes in buttered casserole in layers, with sugar, lemon juice, nutmeg, butter and brandy between each layer. Bake in oven until thoroughly heated. If you prefer, mash the potatoes with the rest of the ingredients and bake.

- ENGLISH PLUM PUDDING**
- 1/2 pound stale bread crumbs
  - 1 scalded milk
  - 1/2 pound sugar
  - 4 eggs, separated
  - 1/2 pound seeded raisins, cut in pieces and floured
  - 1 pound seedless raisins
  - 1/2 pound finely chopped figs
  - 2 ounces finely cut citron
  - 1/2 pound suet
  - 1/2 cup wine, currant jelly or grape juice
  - 1 teaspoon grated nutmeg
  - 3/4 teaspoon ground cinnamon
  - 1-3 teaspoon ground cloves
  - 1/4 teaspoon salt
- Soak bread crumbs in milk. Let stand until cool, then add sugar, beaten egg yolks, raisins, figs and citron. Chop suet and work with hands until creamy. Combine suet with the fruit mixture, add wine, spices and stiffly beaten egg whites. Put in a tightly covered mold and steam for six hours.
- This plum pudding is served with this warm brandy sauce:

- BRANDY SAUCE**
- 1 cup sugar
  - 1/2 pound butter
  - 1 cup boiling water
  - 1 tablespoon corn starch
  - 1/2 cup lemon juice
  - grating of nutmeg
  - 1 cup brandy
- In the top of a double boiler dissolve sugar and butter in the cup of boiling water. Add corn starch, lemon juice, nutmeg and cook, stirring constantly, until thick over hot, not boiling water. Add brandy last and serve warm.



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## Hot Hearty Meals For Cold Days

The days between Christmas and New Years are apt to be cold ones. They will be busy ones too, with all the traditional bustle around the Christmas season. To keep the family healthy and happy this busy season, Mother will want to feed the family nourishing foods—meals that are tasty as well as protective.

By following the basic seven food pattern, you know your family will be eating the right foods in the recommended amounts. The basic seven includes:

Milk, cheese and ice cream, meat, poultry and fish, eggs, fruits, vegetables, cereals and breads, and butter and other fats. Plenty of

dairy foods will help keep your family feeling well—and will make your meals taste better, too. Using milk in cooking will add flavor and food value to menus. Cheese is a grand substitute for meat and is easy on the budget, too, giving hearty appetite satisfaction for a modest price.

The men in your family will enjoy Veal Steak Casserole with its rich, creamy milk gravy. A hearty casserole, easy to prepare on a busy day, is Cheese Scalloped Potatoes with Ham. Any cold luncheon meat such as bologna, Vienna sausage, etc., or leftover ham may be used in this casserole.

Scrub potatoes; pare; slice thin. Place layer potatoes in greased baking dish; sprinkle with salt, pepper, flour, cheese and ham. Repeat until ingredients are used. Add milk; dot with butter. Bake in moderate oven, 350 F., 1 1/2 hours, or until potatoes are tender.

## HINTS

The teen-age crowd likes hot chocolate served with a blob of whipped cream. Pass a nutmeg grinder, if you have one, so the youngsters can top the cream with a dash of the fragrant spice.

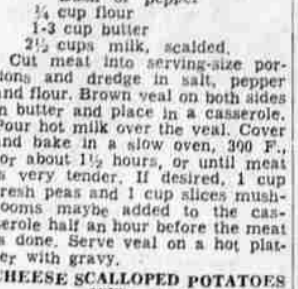
When you're making chicken soup, cool the bird in the broth for no longer than an hour. Then refrigerate chicken and broth separately. This method of storage is suggested because warm broth spoils quickly.

Delicious salad to serve with lemon gelatin in a cup of boiling water and stir in a cup of cold sweet cider. When the gelatin is partly set add unpeeled red diced apple and diced celery. You can use from one to two cups of the apple and celery.

A piece of cut apple placed on top of a small square of waxed paper in your container of brown sugar will keep the sugar moist. Have the container tightly covered and change the apple often, because it will grow moldy.

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by Warren Goodrich



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