

Hints From a House-Wife's Kitchen Diary



Substantial Things For Cold Days

HAM—GOOD OLD ALABAMA STYLE

Although some of the southern dishes are of combinations that are new to us and may even seem "a bit queer," they are easily prepared and are always well received. And they are wholesome as well as toothsome. Alabama ham is one of the dishes which possesses the charm of creole cookery.

Select for this dish a very thick slice of ham cut from the center of a large ham, or two smaller (but also very thick) slices—at least one inch thick. Parboil the ham for 15 minutes. Wipe dry, trim and broil to a delicate brown. Lay on a hot platter or in a hot enameled ware baking dish and pour over it a tablespoonful of lemon juice mixed with two tablespoonfuls of boiling water and a teaspoonful of sugar. The ham should be turned once in this sauce. Serve with seedless oranges prepared as follows: Remove the skins from four seedless oranges, cut them in very thin slices and divide these slices into quarters. Place in an enameled ware bowl which will not affect or be affected by this citrus fruit and season with two teaspoonfuls of sugar, the remaining juice of the lemon, a quarter of a teaspoonful of salt, and an eighth of a teaspoonful of white pepper. Let them stand half an hour before serving. The oranges should, of course, be prepared before the ham is cooked.

SUNSHINE CHIPS AS GOOD AS THEY SOUND

This novel carrot sweet is a delicious and pretty conserve to serve with roast meat—especially during the winter months when preserves help so much toward the finishing touches of a meal. It is best made from rather mature carrots—those that have assumed a deep rich golden shade.

Pare the carrots and cut them into the thinnest waferlike slices and allow three-quarters of a pound of sugar to each pound of vegetable; also half a cupful of lemon juice. Place the carrot slices in layers in an enameled ware preserving kettle, sprinkling the layers with the sugar. Pour the lemon juice over all and leave stand for 24 hours. The porcelain-like surface of enameled ware being proof against vegetable and fruit acids, there will be no danger of the carrots becoming in the least discolored or affected in any way during the marinating process. Then add water just to cover and drop in a few pieces of green ginger root scraped, cleaned and cut in slices. Simmer till tender and allow to cool. Set aside in the enameled ware preserving kettle for three days. After that drain the syrup from the carrots and cook it slowly till very thick. Then arrange in sterilized jars, pour the hot syrup over them and seal when cool.

SPICE CAKE

½ cup butter
1½ cups sugar
¾ cup water
2 cups pastry flour
3 teaspoon baking powder
4 egg whites
1 cup chopped walnuts
1 teaspoon vanilla
Cream the butter and add the sugar gradually, beating contin-

PRUNE PUDDING DE LUXE

Mothers who realize the necessity of including prunes in their children's diet and have difficulty in making them eat them, will welcome this excellent pudding. And even the grown-ups will find it a tempting dessert.

Cook the prunes in an enameled ware saucepan as usual and allow them to cool. Pour one pint of hot milk over one-half cupful of dried bread crumbs and let stand an hour or so. Then add one cupful of prune juice, two slightly beaten eggs, one-quarter teaspoonful salt, one tablespoonful melted butter and one-eighth teaspoonful each of nutmeg and cinnamon. Stir in one cupful of the cooked prunes cut in pieces the size of raisins. Place in an enameled ware baking dish, which can be used also as a serving dish because of its china-like and dainty appearance. Bake until browned and set, and serve with hard sauce or cream for the adults.

HOME MADE CHILI SAUCE

This is a good time to buy tomatoes for preserving. The season for them is about over and there are plenty that can not be used for slicing which are to be had at a reasonable price. Very ripe tomatoes are especially desirable for chili sauce, which can be served with meat or used to flavor gravies or soups.

Wash and quarter 10 quarts of tomatoes, place them into a large enameled ware preserving kettle, the vitreous surface of which will not be affected by the tomatoes. Simmer until they draw their own juice, then boil for an hour. Press through an enameled ware colander so that the skins are removed. Then add the following, chopped fine; one stalk of white celery, two dozen onions, two green peppers and one dozen red, hot peppers. Also, three cupfuls granulated sugar, one cupful of salt and one cup of vinegar. Blend thoroughly. Tie one-half pound of mixed pickling spices in a cheese cloth and boil in the mixture gently for four hours. Bottle while hot and seal securely.

HERMITS

6 tablespoons shortening
½ cup sugar
1 egg
½ cup molasses
¼ cup milk
1½ cups flour
2 teaspoons Royal Baking powder
¼ teaspoon soda
½ teaspoon salt
¼ teaspoon cinnamon
1 cup seeded raisins.
Cream shortening; add sugar, eggs and molasses; mix well. Add milk slowly. Sift flour, Royal Baking powder, soda, salt and cinnamon together. Add to mixture. Mix in raisins. Drop by spoonfuls onto very slightly greased tins. Bake at 360° with oven door left slightly opened, about nine minutes.

ually. Sift the flour and baking powder and add to the butter mixture alternately with the water. Beat with an open spoon three minutes.

Stir in the chopped nuts and vanilla. Beat the egg whites very stiff and fold in carefully. Bake in a loaf tin in a moderate oven, 400 deg., for 45 minutes, or in shallow pan for about 30 minutes.

HOLIDAY FRUIT CAKE

By MRS. BELLE DE GRAF

Mince meat, plum pudding, fruit cake! The holiday feast would indeed be incomplete without one or all of these sweets.

A fruit cake, plum pudding or jar of mince meat make delightful gifts for busy friends who have no opportunity to prepare these holiday "goodies".

In grandmother's time (and not so many years ago, too) all of these desserts required days of patient labor. Washing and seeding raisins, cleaning currants, then careful drying, before the fruit could be used.

Now the magic of machinery cleans and seeds the raisins; seedless raisins take the place of currants.

A fruit cake can be made as quickly as an ordinary cake. A plum pudding is no more of a task than making a pie. The food chopper and seeded, clean raisins have minimized the labor of making mince meat, so none of these New England holiday treats require any special effort.

This recipe makes a small round cake, weighing about three pounds, a very nice size for home use or a gift.

½ cup butter
1 cup brown sugar
3 eggs
1 cup flour
2 squares unsweetened chocolate, melted
1 teaspoon each cinnamon and nutmeg
½ teaspoon each cloves and allspice
½ cup molasses
1 teaspoonful vanilla
2 cups seedless raisins
2 cups seeded raisins
1 cup shredded citron
¼ teaspoonful soda dissolved in one teaspoon cold water
Mix fruit well, sift flour and

spices; cream butter until waxy; add sugar gradually, beating well. Add beaten egg yolks molasses, vanilla, melted chocolate and flour, beating until smooth. Combine fruit and cake batter; when well mixed, fold in the stiffly beaten white of eggs, and the dissolved soda. Line a baking pan with greased paper, pour in the cake batter and bake in a very slow oven about two hours.

THOUSAND ISLAND DRESSING

2 tablespoons green pepper
2 tablespoons red pepper or pimento
1 tablespoon onions
1 hard-cooked egg
1 tablespoon catsup
2 tablespoons chili sauce
1 teaspoon Worcestershire sauce
½ teaspoon salt
¼ teaspoon paprika
½ cup of cream
¾ cup mayonnaise
Chop vegetables and egg fine and mix with catsup, sauce and seasonings. When ready to serve mix gently with cream, whipped stiff. Mayonnaise.

STUFFED CABBAGE

1 large cabbage
Chopped ham or other cold meat (about 2 cupfuls)
Soup stock to moisten
Salt and pepper
Buttered bread crumbs.
Boil the cabbage for 15 minutes in salted water. Remove from the water, drain and put on a towel to dry. Make enough of the mixture of the cold meat, seasonings, and soup stock to stiff the cabbage. Open the cabbage in the center by spreading the leaves and then fill with the mixture. Cover the top with buttered bread crumbs and bake in a moderate oven (350 to 280 deg. F.) for about 30 minutes.

NESSSELRODE PUDDING

1 cup French chestnuts
1 cup granulated sugar
Yolks 3 eggs
½ pint cream
¼ lb. mixed candied fruits
1 cup almonds
½ cup pineapple (drain)
1½ tablespoons maraschino or 2 tablespoons sherry
½ teaspoon vanilla

Remove shells from chestnuts, put them in boiling water 3 minutes then into cold water. Take off skins. Boil the blanched chestnuts until tender. Put ½ through sieve. Blanch almonds. Chop fine and pound.

Cut candied fruits and chestnuts into dice. Pour over maraschino and let stand. Put into pan cup sugar and ¼ cup boiling water, stir, let boil 5 minutes until syrup.

Beat egg yolks. Pour into thin syrup. Cook until thick. Remove and turn in, beat chestnuts, almonds, vanilla flavoring and freeze. Put in mold. Serve with whip cream.

NUT SPICE CAKE

¾ cup shortening
1½ cups sugar
3 eggs (beaten separately)
1 cup milk
3 cups flour
3 teaspoons baking powder
¼ teaspoon salt
¾ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon cloves
1 cup chopped walnut meats
1 teaspoon vanilla

Cream shortening, add sugar, egg yolks, alternate with milk. Add flour sifted with baking powder, salt and spices and mixed with nuts. Fold in egg whites, flavor and bake one hour in a moderate oven.

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