

Appetizing

Food Specials

YOU WILL NEED

Helpful Hints to Housewives

Onions With Rice and Nuts
1 cupful cooked rice.
1 cupful chopped, unblanched al-

monds.
1 cupful chopped pecans.
1 egg, slightly beaten.
Pepper and salt to taste.
Wash onions but do not peel. Put in pot, cover with boiling water and boil 10 minutes. Drain and dry. Remove outer skin and scoop out center of onion. Line careful not to break shell. Fill with almonds, pecans, egg, salt, pepper and stuff onion cavities with this. Put in buttered baking dish, brush with melted butter, and bake in a moderate (350 degs. F.) oven 1 hour.

Barbecued Ham
1 tender slice ham (3/4 inch thick.)
2 tablespoons dry mustard.
2 tablespoons brown sugar.
1 cup vinegar.
1 teaspoon cayenne.
1 teaspoon paprika.
2 tablespoons water.
2 tablespoons jelly.
Brush ham on both sides in hot oil. Reduce heat, cook slowly until tender. Combine dry ingredients, and vinegar, water, and jelly; spread on top of ham. Cover. Simmer slowly 15 minutes.

Cinnamon Flap
1 cup granulated sugar.
1/2 cup shortening.
1 cup milk.
2 teaspoons baking powder.
1/2 cup flour.
1/2 teaspoon salt.
Cream together sugar and shortening. Sift together flour, baking powder, and salt. Add flour and milk alternately. Grease and dust two pie pans with flour. Put in batter, dust with flour on top, then sprinkle with brown sugar and cinnamon. Punch holes all over batter and fill with jam. Bake in a moderate oven 20 minutes.

Heavenly Hash
Mix in a large bowl a small can of shredded pineapple, six apples and two bananas cut up, a cup of white canned cherries, and two heaping tablespoons of whipped cream. Serve in sherbet cups. Top with whipped cream and a cherry. Serve with macaroons.

Crumb Cake
4 cups flour.
2 cups sugar.
1 cup butter.
1 cup buttermilk.
2 eggs.
1 teaspoon soda.
1 teaspoon ginger.
1 teaspoon cinnamon.
1/2 teaspoon nutmeg.
Crumble butter into flour until fine. Add sugar, and mix. Spread mixture in bottom of greased pan. Set aside 1 1/2 cups mixture for top of cake. Into remainder stir spices, beaten eggs, and soda dissolved in buttermilk. Beat well, pour into pan, and sprinkle over the crumbs which were set aside. Bake 45 minutes in medium oven (350 degs. F.) in pan about 8x14 inches.

Stuffed Pimientos
1 cupful whole shrimps.
1 tablespoonful chopped olives.
1 tablespoonful chopped parsley.
3/4 cupful chopped celery.
French dressing.
Sliced beets.
6 small canned Spanish pimientos.
3/4 cupful mayonnaise.
Mix shrimp, olives, and celery with mayonnaise. Fill pimientos with the shrimp mixture and top with a slice of beet that has been marinated in French dressing for 3/4 hour.

Southern Snow Pudding
1 package raspberry flavored gelatin.
1 pint of strained watermelon juice.
1 cup watermelon pulp.
4 tablespoons powdered sugar.
2 egg whites, unbeaten.
Dissolve gelatin in watermelon juice that has been warmed. When it cooks and begins to get syrupy, place bowl in pan of ice water, add egg whites, and whip with rotary egg beater until fluffy. Fold in watermelon pulp, to which sugar has been added. Chill until firm, serve with whipped cream.

English Eggs
6 hard boiled eggs.
1 tablespoon chopped onion.
1 tablespoon chopped watercress.
1 tablespoon peeled, chopped tomato.
1 tablespoonful mayonnaise.
Dash of cayenne.
Salt to taste.
Capers.
Mayonnaise.
Cut eggs in half lengthwise, remove yolks, mash very smooth and mix with onion, watercress, tomato, mayonnaise, cayenne, mustard, and salt. Fill cavities in egg whites with this mixture, coat with mayonnaise and put two capers on each. Set in refrigerator for half an hour before serving.

Danish Apple Cake
4 cups crumbs.
1 quart mushy apple sauce.
3 tablespoons butter.
Whipped cream.
Jelly.
Butter, baking dish. Line with crumbs 1/4 to 1/2 inch thick. Add layer apple sauce, dot with butter. Add second layer crumbs 3/4 inch thick, then a layer apple sauce 1 inch thick. Dot with butter. Continue with alternate layers until dish is full and all ingredients used. Top with crumbs. Pat mixture until firm. Bake 45 minutes in slow oven (325 deg. F.). Cool. Turn out of dish and top with whipped cream dotted with jelly.

Creole Tomatoes
2 tablespoons butter.
1 sweet green pepper or pimiento, minced fine.
1 teaspoon onion, chopped fine.
3/4 teaspoon salt.
6 tomatoes.
1 1/2 cups hot corn, freshly boiled.
1 tablespoon cream or butter.
Melt butter. Add pepper or pimiento and onion. Cook until savory, but not browned, over low flame (about 5 minutes). Cut tomatoes in quarters and add to savory mixture with salt. Add corn and butter or cream.

Ham Croquettes
2 tablespoons butter.
3 tablespoons flour.
1 teaspoon salt.
3/4 cup sweet milk.
1 cup ground ham.
1 whole egg, beaten.
Melt butter, add salt, flour, and milk, and cook till thick. Let cool and add ham. Shape into round balls, roll in bread crumbs, dip into beaten egg, roll in crumbs again, and fry in deep fat. Make 8 to 10.

EASY GRAHAM BREAD

2 Loaves.
1/2 cake yeast soaked in
1/4 cup lukewarm water
2 cups more lukewarm liquid (water, milk or a mixture of these)
2 teaspoons salt
4 tablespoons sugar or molasses
2 tablespoons shortening
3 cups whole wheat or graham flour
3 cups white flour
At night break and soak yeast in 1/4 cup lukewarm water. Mix the two flours well in bread bowl, keeping back a little in case dough should become too stiff. When yeast is soft add it to the remaining liquid in which have been dissolved the salt and sugar (or molasses). Blend liquid mixture with flour, then add melted shortening. Knead into a smooth, somewhat soft dough. Cover closely. Let rise overnight at about 75° F. In the morning when dough has doubled in bulk, shape at once into 2 loaves. Let rise in greased tins until doubled. Bake in a medium hot oven about 1 hour.

Stuffed Flank Steak

(Serve 4-6)
2 flank steaks.
2 cups bread crumbs, (not too dry.)
3 tablespoons lard.
1 minced onion.
1/2 teaspoon poultry seasoning.
Score the steaks in criss-cross fashion. Make a dressing by blending bread, onion, lard, and seasoning. Moisten it with a little boiling water and spread on one flank steak. Place the other one on top, and tie together securely. Sear well in hot lard, put in casserole or baking dish, add one cup boiling water, and cook slowly, covered, until tender—about two and one-half hours.

French Fried Cauliflower

Remove leaves from cauliflower, wash, separate flowers and soak them in cold salted water about half an hour. Cook until tender in boiling water to cover. Drain, cool, and dip first in beaten egg, then in bread crumbs. Drop into deep lard heated to 375 degs. F., or until a cube of bread browns in 40 seconds. Drain and serve hot with or without a cream sauce.

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