

FAMILY-OF-TWO FOOD OUTLINED

Individual Lamb Roasts and Ham Shoes Suggested.

When there are only two in the family, it is sometimes a problem to plan the meat dishes. The following recipes for individual lamb roasts and stuffed ham shoe are especially good for the small family.

Lamb chops, 2 to 2½ inches thick
6 slices bacon
Flour
Salt and pepper

Have chops trimmed and boned at the market. Have them rolled and wound with a slice of bacon fastened with small skewers. Rub with salt and pepper and dredge with flour.

Place on a rack in a small roasting pan, and roast for thirty or forty minutes with the oven temperature at 500 degrees, for the first ten minutes, and 350 degrees for the rest of the time.

1 slice ham, cut ½ inch thick
1 cup fine dry bread crumbs
2 fat apples, diced
1 cup sugar
1 cup chopped celery
1 tablespoon parsley
Salt and pepper

Mix the bread crumbs, celery, parsley, and diced apple which has been sweetened. Season with salt and pepper. Spread this stuffing over the ham and roll it up with the dressing inside. Tie with string or fasten with skewers.

Place in a baking pan, and bake in a moderate oven, 350 degrees, until done, about forty-five minutes.

Mint Stuffing Suggested for Crown of Lamb Roast



Cooking in Hot Oven and Quick Temperature Drop Favored.

Have the crown prepared at the market. Sprinkle with salt and pepper, using one-half teaspoon salt and one-eighth teaspoon pepper for each pound. Wrap the rib ends with slices of salt pork to prevent charring.

Fill the crown with a well seasoned bread stuffing. A mint or watercress stuffing, as given below, is particularly good. Put the crown on a rack in an open roasting pan

without adding any water. Place it in a hot oven, 480 degrees Fahrenheit, and sear until nicely browned. Then rapidly reduce the temperature to 300 degrees and roast for one and a half hours. Remove to a hot platter.

Replace the pork on the rib ends with a paper chop grill or stick on each a large grape, as pictured. Fill the center of the crown with vegetables. On top of dressing place a head of cauliflower which has been boiled whole. Serve the crown in the center of a large platter, and garnish with crisp lettuce and bunches of grapes.

SAUSAGES AND WAFFLES LIKED

Maple Syrup Completes Menu for Frosty Weather.

No matter how thrilling the football game, there is a let-down after it is over, and this is just the time for the clever hostess to suggest a bite to eat.

Savory sausages and waffles with maple syrup are a good suggestion for refreshments after the game is over. Here are the recipes given by Miss Inez S. Willson, home economist.

1½ cups flour
2 teaspoons baking powder
1 teaspoon salt
1 cup milk
2 eggs
2 tablespoons butter

Sift the flour, baking powder, salt and sugar together. Add milk gradually, egg yolks well beaten, and egg whites stiffly beaten.

If using an electric waffle iron, do not grease, if using a non-electric, grease the iron each time before filling.

Heat the iron thoroughly. Fill and cook until well puffed and delicately browned. If using a non-electric iron, turn as soon as browned on one side. Serve with maple syrup and savory sausages.

Prick little link sausages several

times with a fork, so that when heated the steam will have a chance to escape without bursting the links.

Place the sausages in a frying pan, and pour over them a very small amount of water. Cover and let simmer for ten minutes. Then remove the cover and let cook until the liquid has cooked away and the sausage links are nicely browned.

BANANAS IN NEW ROLE

Have you ever tried banana sandwiches, using brown bread or whole wheat slices cut very thin and buttered?

Fill between the slices with thin slices of banana, sprinkle with confectioner's sugar and a few drops of lemon juice. This is delicious, wholesome and very satisfying for luncheon.

LIKING LINGERS FOR MINCE PIE

Recipe Given for Ingredient for Popular Hot Dessert.

Hot mince pies, while an old-fashioned dessert, are still in favor, especially for the holiday dinner.

Mince meat for pies may be purchased already prepared, or if you wish to prepare it yourself, here's a good old-fashioned recipe, suggested by Inez S. Willson, home economist.

The proportions in this recipe are a good average, but they may be varied to suit the taste of the individual.

2 pounds beef chuck or neck
2 cups apple, cut fine
2 cups meat stock
2 cups chopped seeded raisins
2 cups currants
2 cups brown sugar
1 cup minced candied orange peel
2 teaspoons salt
1 cup fruit juice
1 teaspoon cinnamon
1 teaspoon clove
4 teaspoons grated lemon rind
1½ pounds citron, minced
6 tablespoons lemon juice
2 cups orange juice
quart cider

Cover meat with hot water and let simmer until tender. Chop meat and mix with other ingredients. Let simmer until the apples are tender.

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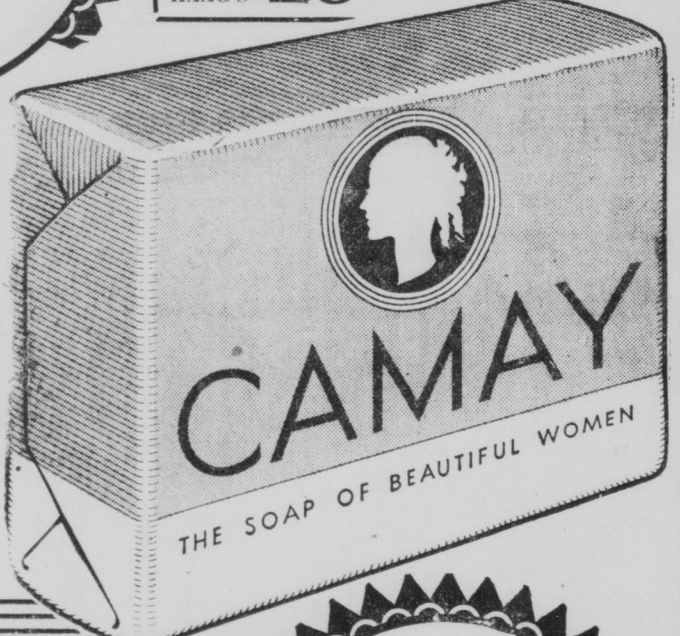
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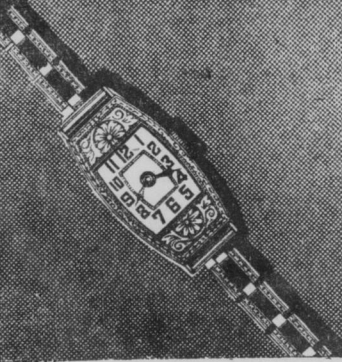
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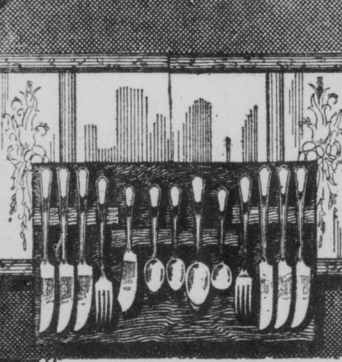
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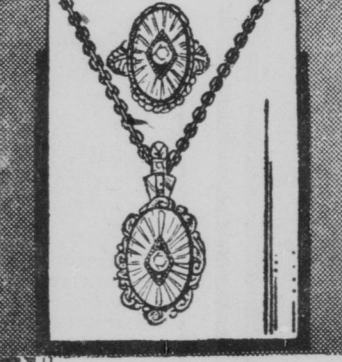
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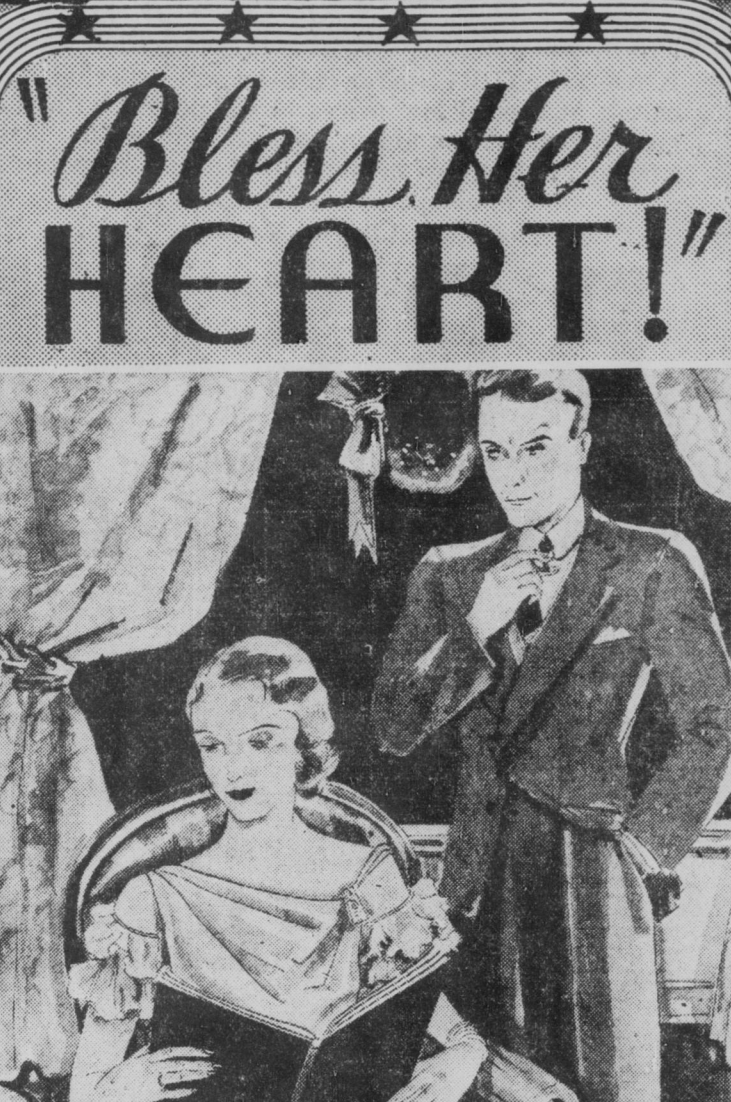
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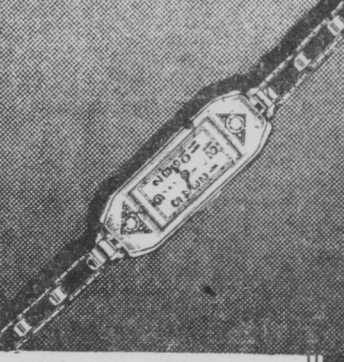
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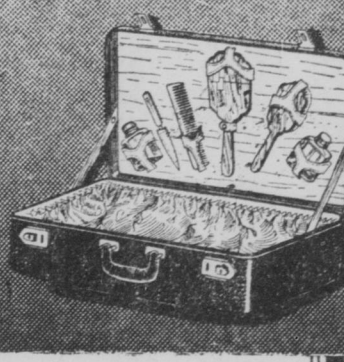
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