

Preparing The Christmas Feast

To prepare a bird for roasting, singe it, remove any remaining pinfeathers, and scrub inside and out with warm water. Dry with cloth wrung out of salted water. Stuff and sew up the opening with string or fasten together with skewers and string. Salt lightly inside and out. Place a piece of the body fat on the breast, and cover with a clean cloth dipped in melted unsalted fat. Roast uncovered, basting occasionally. Remove the cloth when the bird is nearly done to allow it to brown.

Stuff a bird lightly, as the dressing swells as it cooks. Be careful not to make the dressing too moist or it will turn into a soggy lump, but make sure it isn't crumbly. Allow a generous cupful of dressing for each pound of bird.

Bread Dressing for Turkey

Saute the chopped giblets and two or more tablespoons of chopped onion for two minutes and combine with:

4 cups crustless diced bread; 2 or 3 eggs (optional); 4 tablespoons chopped parsley; 1/4 to 1 cup chopped celery; 1/2 teaspoon salt; 1/2 teaspoon paprika; 1/2 teaspoon nutmeg; 1 1/2 cups nut meats (optional) preferably black walnuts. Milk, stock, or melted butter to moisten dressing lightly. In place of the nut meats six pork sausages, or a cup of sliced mushroom sauteed with the onions may be added. Or for nutmeats and giblets substitute 1/2-1 pint oysters, drained and heated in the hot butter. Makes about four cups.

Wild Rice Dressing For Game

Chop the giblets and simmer them for 15 minutes in 4 cups of water with 1 teaspoon salt. Remove from the water and stir into it 1 cup of wild rice. Cook until nearly tender. Melt 1/4 cup of butter in a skillet and saute 2 tablespoons chopped onion, 1 tablespoon chopped green pepper and 1/4 cup chopped celery. Add hot drained rice and chopped giblets.

Raw Potato and Celery Dressing For Poultry

Peel, then grate or put through a food chopper 5 large raw potatoes, 2 stalks of celery and 1 medium sized onion. Saute 1 large diced onion in 2 tablespoons butter or poultry drippings until brown, add 1/4 cup chopped celery leaves or parsley and 1/2 cup shortening and cook for 2 minutes. Add to the potato mixture and season with 1 teaspoon salt and 1/2 teaspoon paprika. Enough for 3 1/2 lb. chicken.

Apple and Bread Dressing for Duck

Saute 1 tablespoon chopped onion in 2 tablespoons fat until light brown. Combine with 1 cup soft bread crumbs, 2 cups finely chopped tart apples, and 1/2 cup chop-

TURKEY THAT'S DIFFERENT

There are ways and ways of cooking the turkey. Most common of course is the time honoured method of roasting it whole. Another which you may prefer, particularly if there's no one in the household who's an expert at carving, is "galantine of turkey" very popular with large restaurants and dining places, but otherwise little-known.

It's a boneless carcass, rolled and baked with stuffing, economical, attractive in appearance and much easier to carve than whole roasted turkey.

Boning the bird is of course the first step, and it isn't very difficult if done with care. Cut off the wings, and then make a long cut down the back, cutting right to the bone. Cut the meat free, being very careful not to break the skin. Work as far as the joint where the drumstick is attached and cut the tendons there but leave the bone in place until the rest of the frame is removed. To get it out, cut the skin and tendons clear of the joint. Grasp the leg firmly in the left hand, holding the bone erect, and scrap the flesh back until the bone is free. The stuffing is entirely a matter of choice. Ordinary bread stuffing may be used, or something more special for Christmas, such as a stuffing made of equal parts of white bread crumbs and minced white chicken meat, moistened with heavy cream and seasoned according to taste. In "the good old days," when eating was not a thing to be taken lightly, the cook was considered to have reached one of the heights of the culinary art when she produced a turkey, roasted to perfection, and concealed within it a turkey, stuffed with a goose, and inside that a

Time and Temperature Chart for Roasting Poultry and Game

Birds and Game	Oven Temperature	Time per Pound
Capon	325 degrees F.	22-30 minutes
Chicken, roasting	300	30-45 minutes
Duck	325	20-30 minutes
Duckling	325	15-20 minutes
Goose	325	20-25 minutes
Goose, wild	325	15-20 minutes
Partridge (total weight)	350	30-35 minutes
Pheasant	350	15-20 minutes
Turkey (8-10 lb.)	325	20-25 minutes
(10-16 lb.)	325	18-20 minutes
(18-25 lb.)	300	13-15 minutes
Wild duck, rare	325	10-12 minutes
Wild duck, well done	325	15-20 minutes

To calculate the time for roasting fowl or game, weigh the fowl before it is drawn or after it is stuffed. Multiply the weight of the fowl by the minutes per pound given in the chart. Use the lower figure for large birds, the higher figure for small birds. The meat should be at room temperature. If it is chilled add 15 to 30 minutes to the total cooking time.

chicken, so on down to a numbing bird stuffed with an olive. That's almost too much of a good thing for the present day, but the same idea can be used, stuffing the turkey with one or two boned birds, one rolled inside the other, to provide a truly wonderful starter for the main course on the Christmas dinner menu.

When rolling up the bird it may be shaped like the real thing, but the main thing to remember is that you want it to slice well, with slices of more or less uniform size. Therefore mould it together quite firmly. Some cooks prefer to sew it together before roasting. The skin should be well rubbed with fat before putting it in the oven, and it should be basted every twenty minutes during roasting time, which is 30 minutes per pound up to ten pounds, 20 minutes per pound for 10-15 pounds, and 18 minutes per pound for 15-20 pounds.

Steamed Plum Pudding
1 cup bread flour; 1 lb. chopped suet; 1 lb. seeded raisins; 1 lb. currants, washed and dried; 1/4 lb. citron, chopped; 1 nutmeg, grated; 1 tablespoon cinnamon; 1/2 tablespoon mace; 1 teaspoon salt; 6 tablespoons sugar or 1/4 cup brown sugar; 7 eggs; 4 tablespoons cream; 1/2 cup orange juice and 2 tablespoons grated orange rind; 3 cups grated bread crumbs.



Caramel Cream Divinity
Stir over quick heat until the sugar is dissolved: 3 cups sugar; 1 pint cream; 1 cup light corn syrup. Cook and stir these ingredients slowly to the soft ball stage (238 degrees). Remove the syrup from the fire. Cook it slightly. Beat it until very stiff. Beat in: 1 cup pecan meats. Pour the candy into a buttered pan and cut it when cold.

Divinity Roll
Put through a grinder: 1 cup raisins; 2 cups pitted dates; 1 cup figs; 1 cup nut meats. Moisten these ingredients with orange juice to make a thick paste. Boil to the thread stage (238 degrees): 2 cups sugar; 2 tablespoons light corn syrup; 1/4 cup hot water. Whip until stiff: 2 egg whites; 1/2 teaspoon salt. Pour the syrup on the egg whites in a steady stream, whipping constantly. When thick pour the divinity onto a sheet of waxed paper. Cover it with the first mixture and roll while hot. Chill and cut into slices.

Chocolate Divinity
Follow the above rule. When the candy stands in peaks, beat in 3-oz. chocolate, melted and cooled.

Popcorn Balls
Popcorn balls are versatile—you can form them into snowmen for place decorations at a children's table, or roll a piece of string into them when forming the balls and use them for Christmas tree trimmings. Melt 1 1/2 teaspoons butter, and add 1/2 cup molasses and 1/4 cup sugar. Stir these ingredients until the sugar is dissolved, and boil without stirring to the hard ball stage. Pour the syrup slowly into the popcorn (about six cups, that is, 1/2 cup of unpopped corn.) Shape lightly into balls as soon as it is cool enough to handle.

Cream Cheese Fudge
1 3-oz. package cream cheese; 2 cups sifted confectioner's sugar; 10 drops maple flavouring; dash

Divinity Fudge
Stir over slow heat until the sugar is dissolved: 2 cups sugar; 2/3 cup water; 2/3 cup light corn syrup. Cook these ingredients quickly to the soft ball stage (238 degrees). Whip until stiff: 2 egg whites; 1/2 teaspoon salt. Pour the syrup over the eggs in a thin stream. Beat them constantly. When all the syrup has been added, place the bowl containing the candy over hot water. Beat the candy until it sticks to the bottom and the sides of the bowl and stands up in peaks. Remove it from the fire. Add: 1 1/2 teaspoons vanilla; 1 cup broken nut meats; 1/2 cup diced candied pineapple and cherries (optional). Spread the candy upon an oiled platter and cut it into squares.

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Old English Christmas Recipes

Mince pies, which date back to Elizabethan times, are still a popular Christmas treat, although the little filled tarts of today are a far cry from the enormous concoctions they were then. In early days mince pies were the object of much controversial theological discussion. They were baked in a rectangular shaped crust, which was called the "cool fin", and represented the Christ Child's manger, and the spices which flavoured the contents symbolized the offerings of the Wise Men. Puritans and Quakers denounced them as "an hodge-podge of superstition" and tried to prohibit the clergy from eating them. This aura of devilment surrounded them for many years, but the most strenuous efforts of the disapproving could not lessen their popularity, which has lasted until the present day.

Here is a recipe for mince meat which, unlike that generally eaten in America, has no meat in it. It is of course too rich to be used in anything but small mince pies, eaten as cakes rather than dessert.

Mince Meat
1 pound seeded raisins; 1 pound currants; 2 pieces orange peel; 2 pieces lemon peel; 1/2 piece citron peel; 1 dozen apples; 1 pound sugar; 1 pound suet; grated rind and juice of two lemons; 1 grated nutmeg; 1/2 teaspoon cloves; 1/2 teaspoon cinnamon.

Peel, core and quarter the apples. Put apples, raisins and peel through the food chopper, using a coarse blade. Stir in the other ingredients. You may prefer to use more spice, and several tablespoons of rum greatly improves the flavour. A 1/4-pound package of cut mixed peel may be used instead of the large pieces of peel. Store the mince meat in jars or a crock. To make up the mince pies, use 2 1/4-3 inch rounds of pastry. Moisten the edges of the bottom rounds with a little water; prick the top rounds with a knife to make an aperture for the steam to escape. Use a generous spoonful of mince meat and press the edges together with the fingers.

Two people working as a team, one to roll and cut the pastry and another to make the pies, can turn them out in no time, and they are wonderful served as part of the feast at a Christmas party, or served hot with a glass of wine or with coffee and cheese to carders—their traditional reward in many English counties. They keep well, and may be brought out and warmed for a few minutes in the oven when guests drop in unexpectedly.

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CHRISTMAS TIME

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SUNTER'S LADIES' WEAR

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For Christmas Parties

Canadian Coconut Squares

1/2 lb. butter; 1/2 cup sugar; 1 cup flour; 1 1/2 cups brown sugar; 1 cup chopped walnuts or almonds; 1 cup shredded coconut; pinch salt; 1/2 teaspoon baking powder; 2 tablespoons flour; 2 eggs; powdered sugar. Cream butter and sugar. Sift flour, measure and resift twice and add to butter mixture. Press into a greased 8" x 8" tin and bake until brown in a 400 degree oven. Combine brown sugar, shredded coconut, chopped walnuts or almonds (with skins left on), salt, baking powder, 2 tablespoons of flour and beaten eggs. Spread evenly on the baked crust and return to the oven. Bake until top is well browned, cut into squares while hot and sprinkle with powdered sugar.

Almond Macaroons

1/2 lb. almonds; 1/2 lb. powdered sugar; 4 egg whites; few drops lemon juice. Grind the almonds with skins on. Combine with powdered sugar. Beat egg whites until stiff. Add to sugar and almonds, folding in gently. Add a few drops of lemon juice and continue to blend the mixture by stirring gently for a few minutes. Place paper sheets on cookie tins and space the batter on the sheets in even mounds. Bake until light gold in a 250 degree oven. Cook a little before removing carefully from the paper sheets with a spatula.

Scotch Shortbread

1 cup sugar; 2 1/2 cups flour; 1/2 lb. butter; 1/2 teaspoon salt. Mix sugar with flour. Beat 1/2 lb. butter until soft. Cut into dry mixture with two knives or pastry blender, until it resembles fine meal. Handle lightly, roll out 1/4" thick and cut into rounds or triangles and score the top of each with the tines of a fork and bake to a light gold in 350 degree oven (approximately 15 minutes).

German Tortelettes

Grated rind of half a lemon; 1 cup sugar; 1/2 cup of butter; 2 egg yolks; 1 1/2 cups bread flour; 1 egg white; 1 tablespoon water; 1 cup

blanched shredded almonds or other nutmeats; 1/2 cup sugar; 1 tablespoon cinnamon; 1/4 teaspoon nutmeg; 1/2 teaspoon salt.

Grate lemon rind onto sugar and cream with butter. Add egg yolks one at a time. Add bread flour to make a stiff dough. Pinch off about a teaspoonful at a time. Roll into balls and flatten until very thin. Brush with egg white and water beaten slightly. Combine rest of ingredients and sprinkle cakes with mixture. Bake in a moderate oven (375 degrees) until light brown.

Christmas Stollen

12 cups sifted bread flour. Make a hollow in the centre and pour in the following: 6 cups milk; 1 lb. melted butter; 2 cups sugar; 1/2 teaspoon grated lemon rind; 3 tablespoons lemon juice; 1 lb. raisins; 1 lb. currants, washed and dried; 1/2 lb. blanched shredded almonds; 1/2 lb. diced citron; 1 1/2 teaspoons salt; 2 yeast cakes dissolved in 1/4 cup lukewarm water; 1/2 teaspoon mace (optional). Work these ingredients into the flour until they form a stiff dough. Cover and raise for 12 hours in a warm place. Shape the dough into two loaves, place in greased pans and raise until double in bulk. Bake in moderate oven (350 degrees) for about an hour. Spread while hot with melted butter and cover with a heavy coating of confectioner's sugar.

Date Cakes

3 eggs; 1 lb. dates; 1 cup walnuts; 1 cup flour; 1 teaspoon baking powder; 1 cup sugar; 1 teaspoon vanilla; pinch salt. Chop the walnuts and dates together and add to flour with baking powder sifted in. Beat yolks and whites of eggs separately, add to sugar, and mix all together. Bake in 8 by 10 inch pan in hot oven. When cool cut in small squares and ice with coffee-butter icing.

Poinsettias which have come to be "must" for Christmas decorations owe their name and popularity to an early American diplomat, botanist and scholar—Joel Roberts Poinsett.



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