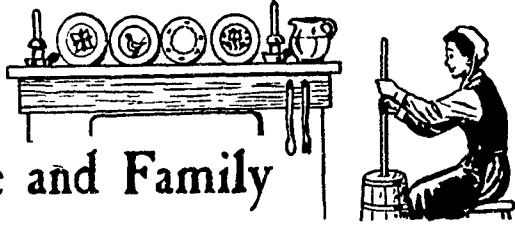


For the Farm Wife and Family



Christmastime is a time for entertaining. And, of course, that means food. Desserts are not so much a problem because we have cakes and cookies on hand. Teamed with some steaming hot coffee, they make a delicious snack. There are times, though, that sandwiches or a salad would be a nice accompaniment. Then we ask the question, "What shall it be?" The following salad sounds very delicious and would be very pretty on a buffet table. It is very appropriately named

CHRISTMAS SALAD

Mrs. Wm. J. Sprout, R1 Drumore
Cook together until skins break

Two cups cranberries
One cup water
Then add one cup sugar
Add one envelope unflavored gelatin which has been softened in two tablespoons cold water
Set cranberry gelatin mixture in refrigerator or cold room until it begins to thicken. Then add:
One-half cup diced apples
One-half cup chopped celery
One-fourth cup broken English walnuts

Pour into small greased tube cake pan and let stand over night in refrigerator. About one hour before dinner outline a large dinner plate with lettuce leaves and turn the pan with the salad in it upside down on the plate. Wring a turkish towel out of hot water and put it over the cake pan until the salad comes free. Take a small baking cup and

fill it with salad dressing to which two or three drops of green food color has been added and set in the hole in center. Lay sprigs of parsley about three inches apart on salad.

Here is a salad dressing you might want to use on the above salad:

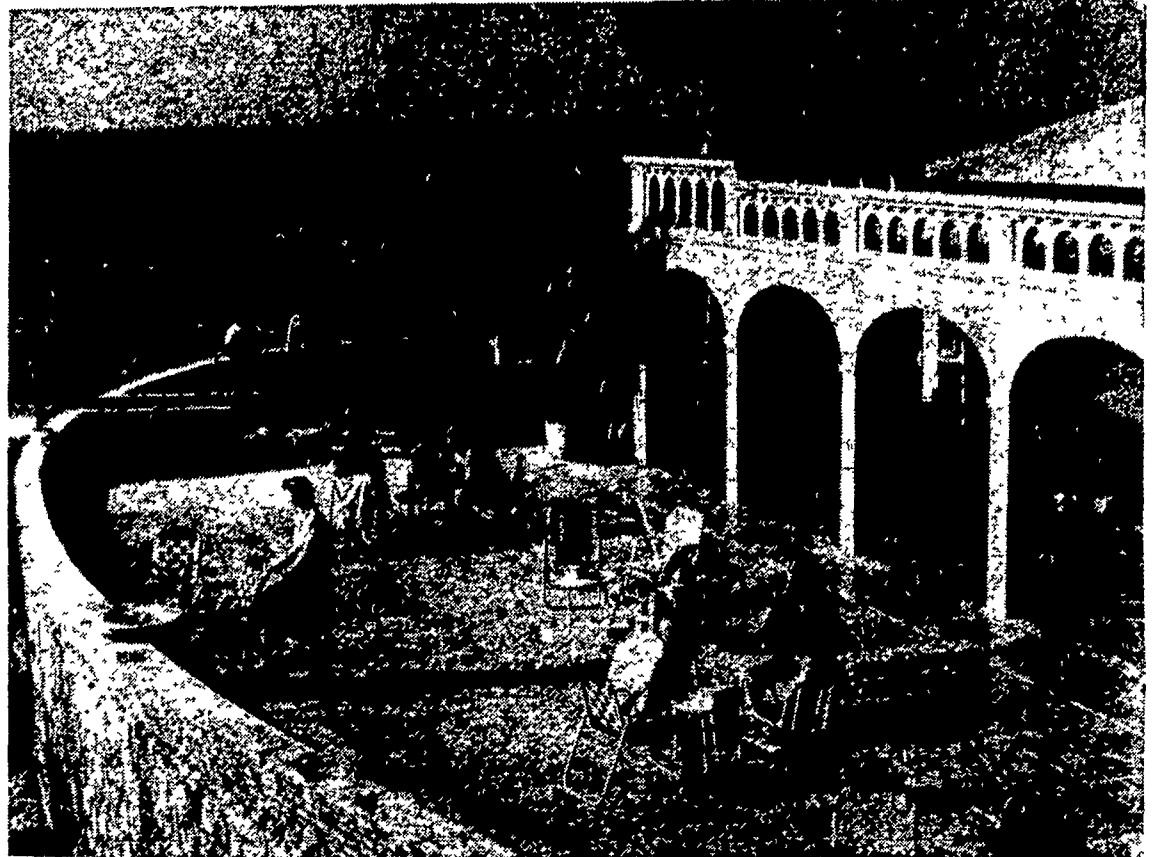
SALAD DRESSING

Emma Fox, R3 Ephrata
Two tablespoons flour
One teaspoon dry mustard
One and one-half teaspoons salt
One-eighth teaspoon paprika
One cup buttermilk
One-half teaspoon celery seed
Two tablespoons sugar
One-third cup vinegar
Combine dry ingredients in top of double boiler. Add vinegar and buttermilk. Cook over boiling water, stirring constantly until thickened. Cover and cook ten minutes longer.

If you are making sandwiches, here are a few suggestions for fillings:

- 1) Combine two parts each of chopped cooked chicken and broken California walnuts with one part drained crushed pineapple; add mayonnaise or salad dressing.
- 2) Equal parts flaked tuna and finely cut celery, moistened with a little mayonnaise or salad dressing.
- 3) Combine one 3-ounce package cream cheese, three finely cut

(Continued on page 9)



SUN DRENCHED, even in wintertime, with the inviting ocean of Shoy Point and Smuggler's Cove is this view in the Buccaneer Hotel, St. Croix Island Near Christ-

tiansted, this hotel offers meals in an outdoor dining room while winter brings chills to northerners. (Photo by Dr. W. E. Cowell Taylor).

There's Variety in Eating Along West Indies: Chicken, Fish, Curry

By ERNEST J. NEILL

There's variety in eating along the islands of the West Indies and Puerto Rico, showing two distinct influences, that of old India, that of the Spanish.

Influences of other nationalities have crept in too. But curry and chutney, two mainstays of the fabled goal of many an explorer and adventurer who found these islands instead of the fabled India, dominate in the chain of tropical islands that arch from the southern tip of Florida to the northern coast of South America.

Columbus landed here Nov. 23, 1493 on his second trip and was attacked by the fierce Carib Indians. Sir Francis Drake sailed through here and in the mid 1600s the Danes took over. Slaves came through by the thousands, warehouses were crammed with produce of fields.

Pirates riddled the seas and as late as 1825 a pair was hanged from gallows in Frenchtown, which now joins Charlotte Amalie on St. Thomas. Slaves increased in numbers and at one time the ratio was five slaves to each white. In one revolt, a handful of slaves held full control of St. John's Island, until ousted from their wooded mountains by 200 Frenchmen. Later came the Spanish, then the Dutch, French and Danes, briefly the British, and in 1902 the islands of St. Thomas, St. Johns and St. Croix were almost purchased by the United States for five million dollars, a figure that finally increased to \$25 million when approved in 1917.

Foods and flavors bear the influence of all, based on sugar, seafoods, rice, curry, made of bruised spices and tumeric; chutney, a glazed fruit preserve from India itself of sweet fruits with lemon acid flavoring, sour herbs, hot seasonings of chili and spice, play a major role in eating here.

At Club Comanche, on the waterfront of St. Croix at Christiansted, sea turtle curry proved tasty, served on hot rice. There were beef stews, turtle or beef steak, chicken prepared a dozen and one ways, salad from heart of artichoke.

In Rotisserie Castillo of the Caribe Hilton in San Juan, Puerto Rico, perhaps the ultimate in food is served. Here one can find the Cuban substantial, arroz con pollo, chicken and rice, or the flamboyant pollo en pina — chick-

en in pineapple. The top of the pineapple is severed, part of the center meat hollowed out, the space filled with creamed chicken, the cap replaced and the entire unit baked. It is served lavishly, the pineapple loosely wrapped in blue cellophane. Needless to say, most flavorful.

Mango, melon, papaya, and all ways fresh pineapple may be found on the breakfast table or in fruit salad bowls. Slices of native fresh pineapple may precede the Yankee bacon and eggs.

Perhaps the comparable to Hawaii's luau feast is found in the Pool Terrace patio of the Caribe Hilton in San Juan. At luncheon a whole roast pig on a six-foot wooden spit turned over live coals and proved a sufficient, satisfying luncheon, served, of course, with rice.

(Continued on page 14)

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