For the Farm Wife and Family

Molasses Make Meal

By Mrs. Richard C. Spence

Molasses, a product of sugar cane, is a part of the American tradition and has graced-American tables since the days of the first colonists. It played a very important role in the building of the early commerce of Colonial New England where it was and still is considered an everyday food In this part of the country, the molasses jug is as commonplace as the salt and pepper shaker.

The wise buyer who wants the best of all molasses for every purpose will study the many grades now on the mar- ving pieces Place in shallow ket. These grades range all the way from top-quality pro- pan. Combine molasses and ducts with a smooth, rich, mellow flavor, down to blackstrap, a low quality with a bitter "black" flavor.

fumes are not necessary for

the manufacture of molasses

but they are used in the mak-

sulphur is present in the mo-

the waste product of sugar

cohol and animal feeds.

3. Blackstrap Molasses is

Part of the joy of food

preparation is making a beau

tempts the eye also whets the

A ham slice, broiled or

pan-heated, with a final top-

ping of equal parts of sweet

unsulphured molasses and

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the nip of mustard, is

There are three major types of molasses on the mar-

1 Unsulphered Molasses is made from the juice of sunripened cane which has ing of sugar and as a result, grown from 12 to 15 months in the hot tropical sun of the West Indies.

The juice is clarified and concentrated and the unsul- making and is sold as such phured molosses is then trans to producers of industrial alferred to warehouses in this country where it is blended.

2 Sulphured Molasses is a product of sugar making. The very efficiency in modern sugar plants has lowered the quality of mo'asses by extrac ting much of the sugar from the original cane juice. Most of the sulphured molasses comes from areas other than the West Indies

Since the ripening season in these areas is not long enough to mature the cane, the green sugar cane is treated with sulphur fumes during the sugar extracting pro-

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taste treat.

It borrows, via quick cook minutes ing, the same popular glaze Canadian bacon, so often given to baked hams. The served at breakfast, can be glaze is applied the last minute of cooking time.

Barbecued Spareribs Barbecued spareribs entice with the sweet splendor of a sauce made with molasses,

mustard, vinegar and Tabasco. The juicy pork tidbits take to this sauce-contrast.

- 3 pounds spareribs
- tablespoons molasses tablespoons prepared mustard
- 4 tablespoons vinegar or lemon juice
- 2 tablespoons Worchestershire sauce
- 1 teaspoon Tabasco

1 lemon, sliced

Have spareribs cut in sermustard. Stir in vinegar or lemon juice, Worchestershire sauce, and Tabasco. Brush spareribs with part of mix-- Strictly speaking, sulphur

Bake in moderate oven (350 degrees) 11/2 hours, brushing frequently with remaining mixture. Turn into serving dish Garnish with lemon slices. Mąkes six servings.

Bacon to be served with scrambled eggs or waeses or as a topping for a baked bean casserole, can also take a pointer from baked ham

The same glaze used for baked ham is excellent with bacon, just dribble a mixture tiful creation The dish that of molasses and prepared mustard over the bacon sli-

Then place the meat under

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broiler heat, or bake a few

Canadian bacon, so often a dinner main course with a shining molasses glaze. Bake in one piece and stud with

It's excellent served with bean or rice dishes.

cloves and glaze as you do

Broiled Bacon

2 tablespoons molasses 2 tablespoons prepared mustrad

½ pound bacon

Combine mo'asses and mus tard. Place bacon slices on broiler rack three-inches below heat. Brush each slice with small amount molasses mixture.

Broil, turning and brushing frequently, until bacon is cooked. Enough for three servings

Glazed Canadian

2-pound piece Canadian bacon

2 tablespoons molasses

2 tablespoons pren mustard

Leave Canadian transparent wrapper on rack in shallow pan. Bake in slow ove degrees) 30 minutes from oven; remove ansparent wrapper

Blend together and prepared mustaread oved bacon Re oven and bake 30 longer, brushing occas with glaze Makes sig ght servings.

Carrots also benefit aze of molasses and This flavorsome trim ned in a matter of after the carrots has cooked.

Glazed Carrol

8 carrots

2 tablespoons mola 2 tablespoons margarine

Scrape or pare thinly Leave whole

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