

For the Farm Wife and Family

3/4 cup mayonnaise
2 teaspoons prepared mustard

CITRUS FRUITS MAKE LOW CALORIE SNACKS

Cover bread with ham slices. Beat egg whites until stiff, fold in mayonnaise and mustard carefully. Cover ham with mixture and bake sandwiches in very hot oven (450 degrees) about 5 minutes or until browned. Serve hot. Makes 8 sandwiches.

Using citrus fruits in place of cookies and cake for desserts and snacks helps cut calories. An orange contains about half as many calories as a cookie and has more food value.

Oranges and grapefruit
(Turn to page 12)

CITRUS DRESSING
Juice and grated rind of 1 orange
Juice and grated rind of 1 lemon
1 egg, beaten
1/2 cup sugar

Combine ingredients in a saucepan. Bring to the boiling point, stirring constantly. Simmer 3 minutes, stirring. Chill and serve. Store leftover dressing in a covered jar in the refrigerator. Or for a creamy dressing, combine 2 tablespoons Citrus Dressing with 1/2 cup dairy cream or 1/2 cup of whipping cream, whipped.

SPRINGTIME CASSEROLE
1 1/2 cups spaghetti broken into 1 1/2 inch pieces.
1/4 cup (1/2 stick) butter
6 green onions finely chopped, including tops

1 4-ounce can sliced mushrooms, drained
1 1/2 cups diced cooked ham
1 cup diced cooked chicken
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon celery salt
1 cup dairy sour cream
1 cup cottage cheese
1 cup shredded sharp Cheddar cheese

Cook spaghetti in boiling salted water until tender, according to package directions. Rinse and drain. Melt butter; saute green onions and mushrooms. Add ham, chicken and seasonings and heat through. Combine sour cream and cottage cheese with spaghetti. Add ham and chicken mixture and toss together lightly. Pour into well-buttered casserole, 1 1/2 quart. Top with cheese and broil, about 3 inches from the heat for 20 minutes until casserole is heated through and cheese is brown and bubbly. Makes 6 servings.

utes. Warm sour cream. To serve, spoon mushrooms over hot sandwiches. Top with sour cream and chopped parsley.

FIRESIDE SANDWICHES
2 cups finely chopped cooked ham
1 cup shredded sharp cheese
2 teaspoons grated onion
2 teaspoons prepared mustard
1/2 teaspoon horseradish
2 tablespoons mayonnaise
8 sandwich buns

Combine ham, cheese, onion, mustard, horse-radish, and mayonnaise. Fill split buns with mixture. Wrap sandwiches individually in foil. Heat in a moderate oven (350 degrees) 20 minutes or over hot coals, 10 minutes. Serve hot with potato chips, pickles, and sliced tomatoes.

HAM FRITTERS WITH CORN

1 1/2 cups cooked corn
3/4 cup ground cooked ham
1/2 teaspoon pepper
1/2 cup flour
2 teaspoons baking powder
3 eggs, slightly beaten
6 tablespoons fat

Mix corn, ham, pepper, flour, baking powder and eggs together. Heat fat in a skillet; drop in corn mixture by tablespoons. Saute until golden brown. Serves six.

HAM SPREADS

1 One cup minced boiled ham, 1/4 teaspoon ground cloves, 1/4 teaspoon mace, 1/4 teaspoon salt, 4 tablespoons cream

2. 3/4 cup ground cooked ham, 1/4 cup minced walnut meats, 1 teaspoon prepared mustard, 3 tablespoons heavy cream, 1/4 teaspoon salt, 1/8 teaspoon pepper.

3. 1 cup ground boiled ham, 1/2 cup pepper relish.

4. 1 cup ground ham vinegar or pickle juice to moisten, 4 teaspoons peanut butter, salt, pepper, celery salt.

OPEN-FACED HAM SURPRISE

8 slices bread
8 slices cooked ham
2 egg whites

FRENCH TOASTED HAM & CHEESE SANDWICHES
4 slices cooked ham
8 slices bread
1/4 cup (1/2 stick) butter or margarine
4 slices Swiss cheese
1 egg, beaten
1/2 cup milk

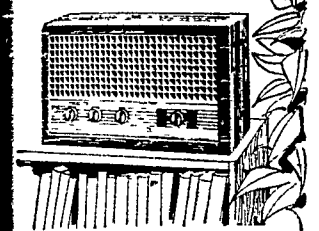
TOPPING:
1/4 pound fresh mushrooms
2 tablespoons butter or margarine
1/2 cup dairy soured cream
Chopped parsley

Cut crusts from bread and spread slices with 2 tablespoons butter. Make 4 sandwiches with 2 slices of bread and a slice each of ham and cheese. Mix egg and milk in a shallow flat pan. Melt two tablespoons butter in a large skillet dip both sides of each sandwich into egg milk mixture, using a slotted spatula to hold sandwich. Place in warm skillet and fry slowly until golden brown on both sides.

TOPPING: Wash, dry, and slice mushrooms. While the sandwiches are frying, cook mushrooms in butter 5 min-

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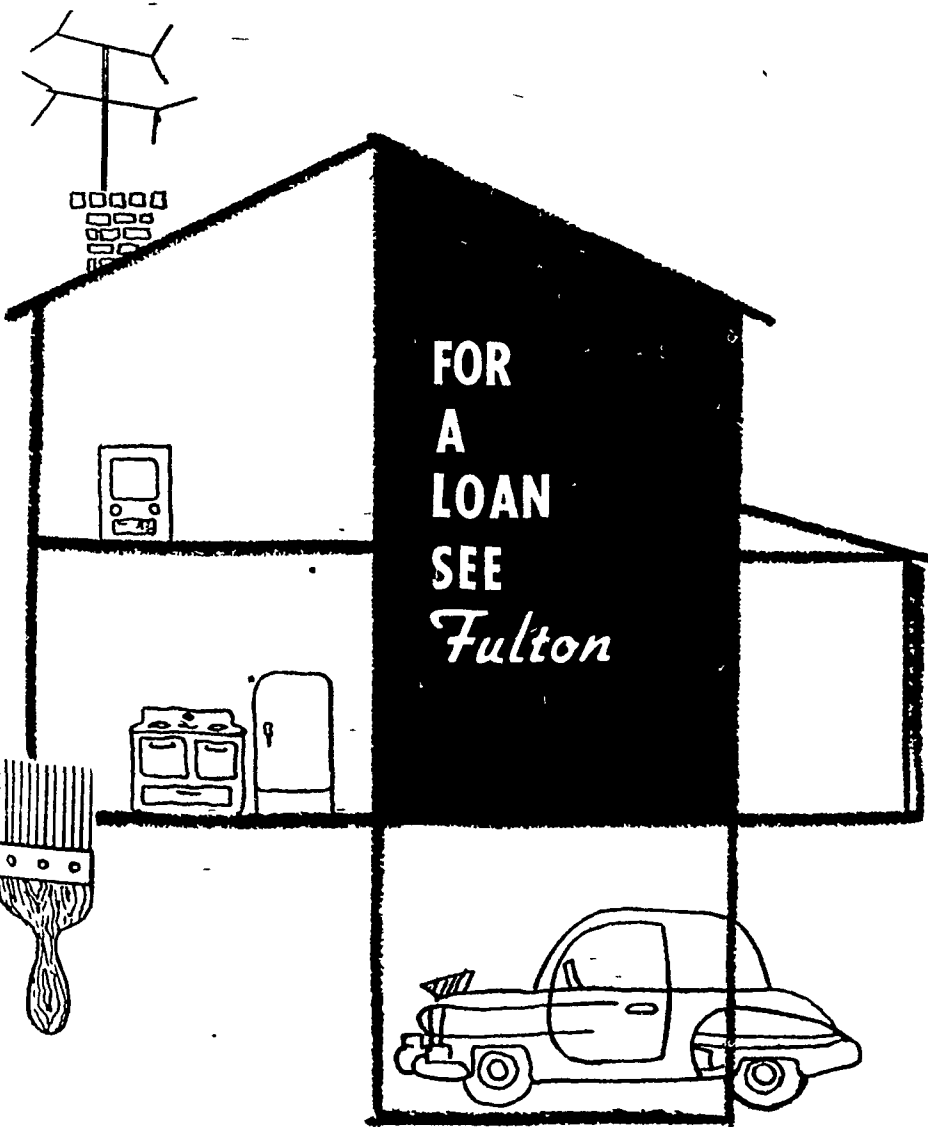
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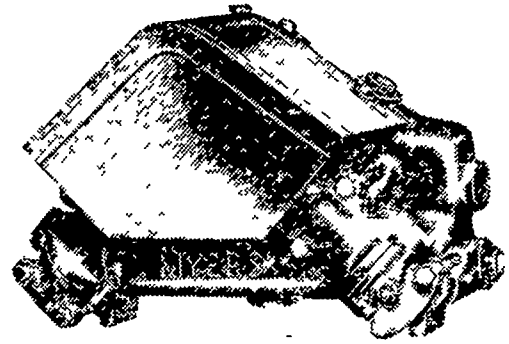
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