Consumer guidelines, holiday menus

Sweeten the spirits of even the most confirmed Scrooge with these holiday goodies.

Serve dessert buffet for holidays

Visions of sugarplums, cookies, candies and cakes are part of the traditional pageantry of Christmas.

Set them all out, buffet style, those goodies you've baked in advance and frozen or stored, and invite folks to stop in during the holidays. To go with them, there's convenient eggnog, dressed up with pineapple juice and whipped cream.

Cashew Drops

½ cup (1 stick) butter
1 cup firmly packed light brown sugar
1 egg
1 teaspoon vanilla extract
2 cups sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ cup dairy sour cream
1 cup chopped salted cashews
Frosting:
¾ cup (1½ stick) butter
2 cups confectioners sugar
3-3½ tablespoons milk

Cream butter; gradually add sugar. Beat in egg and vanilla. Sift together flour, baking powder and baking soda; add to creamed mixture alternately with sour cream. Add cashews. Drop by teaspoonfuls onto buttered baking sheets.

Bake in a preheated 375 degree oven 8-10 minutes; remove to wire rack to cool. When cool, frost.

Yield: 6-7 dozen.

To prepare Frosting: Heat in a saucepan butter over low heat until light amber color. Remove from heat and stir in sugar and milk.

Mocha Orange Crisps

1 cup (2 sticks) butter
1 cup sugar
1 tablespoon grated orange peel
½ teaspoon vanilla extract
2 cups sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
½ cup orange juice
2 teaspoons instant coffee
2 tablespoons hot water
1 cup confectioners sugar
Chopped walnuts

Cream butter; gradually add sugar. Blend in orange peel and vanilla. Sift together flour, baking powder, baking soda and salt. Add to creamed mixture alternately with orange juice. Chill for ease in handling. Roll dough on lightly floured surface to about ¼-inch thickness; cut with floured cookie cutters.

Place on buttered baking sheets and bake in a preheated 350 degree oven 6-8 minutes; remove to wire rack to cool.

Yield: 8-9 dozen. When cool, brush with glaze. Sprinkle with nuts.

To prepare Glaze: In a small bowl stir together coffee and water until dissolved. Stir in sugar until smooth.

Light Fruitcake

1 package (15 oz.) dark seedless raisins
1 pound candied pineapple, cut up
1 jar (6½ oz.) whole candied red cherries
1 jar (6½ oz.) whole candied green cherries
1 jar (8 oz.) candied orange peel
2 cups chopped pecans
2 cups chopped walnuts
3 cups all-purpose flour
1 cup (2 sticks) butter
1 cup sugar
1 tablespoon vanilla extract
4 eggs
2 teaspoons baking powder
½ teaspoon salt
¼ cup orange juice

Line two 9x5x2¾-inch loaf pans with aluminum foil; set aside. Combine raisins, pineapple, red and green cherries, orange and lemon peel, pecans and walnuts in a large bowl.

Add 1 cup flour and toss to coat fruit. Cream butter in a large mixing bowl; gradually add sugar and beat until light and fluffy. Blend in vanilla. Add eggs one at a time, beating well after each addition.

Mix together 2 cups flour, baking powder and salt; add to creamed mixture alternately with orange juice. Stir batter into fruit. Divide evenly into pans.

Bake in preheated 250 degree oven 2½ hours. Allow to cool in pans on wire rack.

Makes 2 loaves.

Minted Pecans

2 cups sugar
Dash of salt
⅔ cup evaporated milk
1 tablespoon butter
1 teaspoon peppermint extract
Green food color (optional)
4 cups (1 lb.) pecan halves

Place two large sheets of aluminum foil on counter top in readiness for spreading out coated nuts. Combine sugar, salt, evaporated milk and butter in a heavy 2-quart saucepan; heat over low heat, stirring constantly, until sugar is dissolved (about 5 minutes). Cook over medium heat, stirring constantly, to soft ball stage (234-240 degrees F.), about 7 minutes.

Remove from heat; stir in peppermint extract and food color. Add pecans; stir to coat well. Pour out onto one sheet of foil. With two forks, quickly separate nuts, dropping onto second sheet of foil.

Cool thoroughly. Store in airtight container.

'TIS THE SEASON

Cooking with sherry, champagne, Rhine

Isabella Fruit Salad

2 beaten egg yolks
2 tbs. sugar
2 tbs. pineapple syrup
1 tbs. butter
½ cup rose wine
3 cups fruits for salad, drained
2 cups miniature marshmallows
1 cup heavy cream, whipped

Combine egg yolks, sugar, pineapple syrup, butter and wine in top of double boiler. Cook over hot water, stirring constantly until thick. Cool. Stir in fruit and marshmallows. Fold in whipped cream. Spoon into serving bowl. Cover and chill 24 hours. Garnish with mint.

Serves 6 to 8.

Apple Cake

½ cup butter
1 cup sugar
1 egg
1 cup sifted flour
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
2 cups raw, peeled, chopped apples
½ cup chopped walnuts
½ pt. heavy cream
¼ cup sugar
3 tbs. cream sherry

Cream the butter, sugar and egg with electric mixer, then finish mixing cake by hand. Thoroughly blend in next four ingredients. Add apples and nuts last. Bake in a 9 x 5 pan for 35 to 40 minutes in a 350 degree preheated oven. Whip cream with ¼ cup sugar and add Cream Sherry. Serve over cooled cake.

Serves 12.

Crab Snack

1 8 oz. package cream cheese
½ cup catsup
2 tsp. horseradish
1 tsp. worchestershire sauce
2 tsp. prepared mustard
½ cup mayonnaise
½ cup solera sherry
½ cup finely chopped celery
2 tsp. chives
2 tbs. chopped parsley
1 7½-oz. can crabmeat, drained and chopped

With beater, combine first seven ingredients. Stir in remaining ingredients. Chill thoroughly and serve with crackers or vegetable dippers.

Makes about 2 cups.

Wine Eggnog

1-3 (6oz-can) cup frozen pineapple juice concentrate
1 cup water
1 cup Great Western New York State Solera Sherry
½ cup bourbon
1 qt. eggnog

Combine first four ingredients, then mix slowly into eggnog. Chill thoroughly.

Makes 14 4-oz. servings.

Chuckle Punch

16 oz. can frozne orange juice
1 5th Extra Dry Champagne
1 cup brandy

Mix orange juice as directed. Pour over ice in punchbowl and add brandy and champagne, stirring lightly.

Makes 15 4-oz. servings.

Busy Bubbles Punch

1 cup Cran Mix
1 cup club soda
1 cup Burgundy
1 5th Pink Champagne

Mix first four ingredients. pour over ice in punch bowl. Add Pink Champagne. Stir lightly and garnish with orange slices. Make 14 4-oz. servings.

CONSUMERS GUIDE

Perishable holiday foods must keep their cool

If you're planning on serving cold cuts for your New Year's Eve buffet — make sure that they are fresh and chilled! Don't allow them to stand at room temperature too long, warns nutritionist Dr. Evelyn Spinder of the Extension Service, U.S. Department of Agriculture.

Use several trays of food so that one may be left in the refrigerator until the first one is used—then bring out the fresh tray. This way, meats will stay cold and bacteria will not have a chance to grow.

If you're serving salads — shrimp, chicken or the like — remember, they are highly perishable. Pack the serving dish in cracked ice — or, use smaller serving dishes and refill often from the refrigerator. Deviled eggs, cheese, and sour cream dip all must be kept cold. Set them on molds of ice and be safe.

Serving eggnog? A punch bowl of eggnog that stands for hours at room temperature is a fine breeding place for bacteria. Eggnog should be chilled, and, be sure to replace the supply often.

Oh holidays — when large groups get together — it is not unusual to run out of refrigerator space and become careless with your food. Remember, bacteria can cause food poisoning and it grows in the right combinations of time, temperature, and moisture. The real cause of many food problems today may be the food that is not properly handled, prepared, or served. This can be prevented.

All perishable foods such as cream pies, seafoods, and dishes made with eggs, fish, meat and poultry should be kept COLD (below 40 degrees F). Do NOT let these foods stand at room temperature more than two hours. Keep hot foods at a temperature above 140 degrees F.

Holiday food fare is fun — but careful planning is important!

Food clips

Grade B eggs are probably just as good to eat (as Grade A) — But, their whites are thinner and their yolks may be flatter, according to marketing specialists at the U.S. Department of Agriculture.

Watch for bargains in the smaller-sized eggs. If the price difference is more than 7 cents — remember you get more for your money by buying the smaller sizes.

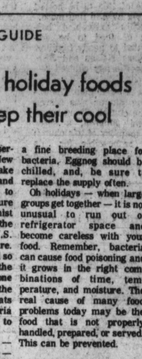
Two principal types of plums are purple plums and green-yellow plums (sometimes called Green Gage or Yellow Egg). Purple plums usually are not peeled and usually neither type is pitted. Both types are canned.

Savers tips: whole fruits or halves or slices of similar size cost more than mixed pieces of various sizes and shapes.

Freezing your own vegetables? Either dry or brine pack may be used to freeze vegetables according to Home Economists at the U.S. Department of Agriculture.

Holiday recipes wanted

THE AFRO wants to print your favorite holiday recipes. We'll pay $1 for each one that is used. Hurry, the deadline is Dec. 15. Write: Holiday Recipes, P.O. Box 1857, Baltimore, Md., 21203.



Filbert Lemon Logs have an unforgettable butter-lemon flavor while Date-Nut Squares are yummy concoctions of butter, dates, brown sugar and oatmeal.

Make merry with holiday cookies

What would Christmas be like without cookies? That would be like Yule with Scrooge, before his change of heart!

Let the fragrant aroma of holiday baking be the prelude to an old-fashioned Christmas. Even if you bake only two varieties, let their shapes and flavors provide contrast. They can be served as quick dessert with fruit and-or eggnog, as a snack, or make a festive platter for open house.

Both of these cookies are nutty and nice. They have special flavor and keeping qualities because of the butter used in them. Bake in advance and wrap carefully to hide in a secret place because once discovered, they'll soon be gone the way of all good butter cookies.

Filbert Lemon Logs are easily shaped into little yule logs if the dough is chilled. Date Nut Squares are spread as layers in a pan, so there's nothing to making them. Easy does it!

Filbert Lemon Logs

1 cup (2 sticks) butter
¾ cup confectioners sugar
1 egg
1½ tablespoons grated lemon peel
1 tablespoon lemon juice
2½ cups all-purpose flour
¼ teaspoon salt
¾ cup finely chopped filberts

In a mixing bowl cream butter; gradually add sugar and beat until blended. Beat in egg, lemon peel and juice. Add flour and salt. Chill for ease in handling. Shape into rolls ½ inches long and ¾-inches in diameter. Roll in nuts. Place on baking sheet. Bake in a preheated 350 degree oven for 12-15 minutes. Remove to wire rack to cool.

Yield: approximately 4 dozen.

Date-Nut Squares

3 cups (1 lb.) cup up dates
1 cup water
½ cup sugar
½ cup chopped walnuts
¾ cup (1½ sticks) butter
1 cup firmly packed light brown sugar
1½ cups all-purpose flour
1 teaspoon salt
1½ cups quick oats, uncooked

In a saucepan combine dates, water and sugar; boil 5 minutes or until thickened. Cool slightly; add nuts and set aside. In a mixing bowl cream butter; gradually add sugar and beat until blended. Add flour, salt and oats. (Mixture will be crumbly). Pack two-thirds of mixture into a greased 13 x 9 x 2-inch buttered baking pan; spread with date mixture. Sprinkle remaining crumb mixture over top; press down lightly. Bake in a preheated 350 degree oven 30 minutes. Cool on wire rack. Cut into squares.

Yield: 24 squares.

Week's food economies

Plan now for the making of holiday goodies. Plan your shopping list, compare prices and spread the purchases over several weeks to keep your food spending in check, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Baking cookies, cakes and other confections may require more ingredients than you normally keep on hand or usually purchase. Check your shelf items such as baking powder, spices and flavorings for freshness. Stick to the favorites your family likes.

It is usually only at the year end holiday season that you find candied fruits of all kinds in good supply.

You will know how much you need if you do a good list from recipe ingredients.

Vacuum pack jars may be good purchase if you plan to keep the candied fruits for use later on into spring. The selection of mixed fruits, candied orange or lemon peel, citron, cherries and pineapple will be in addition to the dried fruits such as raisins, figs, dates and currants.

Nuts are readily available in the shell and as shelled nutmeats. This is usually the only time when any quantity of black walnut meats can be found. The oil in nuts is what imparts the flavor and the rancid flavor of stale oil can be retarded by refrigeration or freezing.

Nuts in good supply are almonds, English walnuts, pecans and filberts. Peanuts are plentiful and can be substituted for tree nuts.

Honey prices have advanced just as other sweeteners. In the past, the cost per pound of honey has usually been three times the price of a pound of sugar. This is not true now, the cost is probably double that of sugar.

If you wish to substitute some honey for sugar, remember honey is one quarter water, so for every cup of honey replacing sugar, cut one fourth cup of liquid from the recipe. Try to find and use honey recipes that are tested because it is too expensive to chance experimenting with recipes where sugar is used for the correct texture.

Share your holiday baking with friends and others less able to provide or make homemade treats for themselves.

Saucepan Gumdrop Bars (A Chewy Bar)

1 stick margarine
1-3 cup granulated sugar
1-3 cup packed brown sugar
2 tablespoons water
1 cup sifted flour
1½ teaspoons baking powder
1 egg
1 teaspoon vanilla
2-3 cup small spicy gumdrops finely cut Melt margarine in a saucepan. Remove from heat. Add sugars and water. Blend. Stir in flour and baking powder. Add egg and vanilla. Beat well. Add gumdrops and stir lightly to combine. Pour into pan, rubbed with margarine. Bake in a moderate oven (350 degrees F.) about 30 minutes. Do not overbake. Cool in pan. Cut into bars at serving time.

How your dollars can make sense

(Third in a series of four articles written by Jay Packett, communications coordinator, as a public service by the Dairy Council of the Upper Chesapeake Bay).

You have heard the story about the woman who bought a dress two sizes too small just because it was on sale! Of course, she never was able to wear it, but it was a great bargain, and she felt very proud of her economical investment.

This tactic often prevails at the supermarket. Food shoppers on the hunt for "bargains" fail to consider that they are bargaining with their health and the health of their families.

Soaring food costs have made this "economy-minded" approach a natural recourse for many housewives.

But, by knowing the nutrient values of foods, and what our bodies need to promote and maintain good health, a wise planner can insure adequately nutritious meals at reasonable cost.

Ever since the days of the open range, cattle have been herded to stockyards, ultimately to appear as the piece de resistence on the American dining table. Do we really think that meat is a must on our menu? Or are we just spoiled? Are we as uninformed that we think only meat provides the animal protein needed to build and repair body cells?

The main dish is always the center of attraction, but aqimal protein is found in many other foods, and these foods can easily and less expensively be the basic dish on your table.

Macaroni and cheese, casserolen, Welsh rabbit, or creamed eggs on toast are all "main" dishes that offer an ample supply of animal protein. Dried beans, peas and other vegetables contain body building materials, and it is economical to use these foods in each meal. Sufficient amounts of them, combined for the total day's food intake, can supply adequate protein to the diet.

If you must have meat, buy cuts that give the most lean meat for the money. Avoid buying more fat than is needed for flavor and quality.

In buying less expensive cuts, avoid those with large amounts of gristle, fat and bone. Dishes prepared from ground meat (and watch amounts of fat) help keep costs low.

Some suggestions are stuffed peppers or cabbage, meatballs, meat loaf, chili and hash. Even the most ordinary dish can boast a gourmet touch simply by adding canned tomatoes, onion, garlic, minced parsley, celery, peppers, or other popular seasonings. Economy recipes can be found in the AFRO and other newspapers, magazines, cookbooks and even in the public library.

Dairy foods

Dairy foods make many inexpensive main dishes ... cheese souffles, cheese sauce on toast with bacon strips, grilled cheese sandwiches, or cottage cheese salad. If you're serious about economizing, use cheese often in many ways.

Cottage cheese stands out as inexpensive animal protein. A serving costs only about one-fourth to one-half as much as most meat, and there is no waste.

It is false economy to skimp on milk and its products. These foods, along with green and yellow vegetables and citrus fruits, are most often neglected when families are not well-nourished. Milk and milk products provide us with high quality protein and with calcium, which our bodies must have for proper formation and growth of bones and teeth.

Fruits, vegetables

Fruits and vegetables are a second big expense for the food shopper, but if you cut down on quantities to save money, you will also be cutting down on your family's intake of important nutrients. Saving a few pennies on these foods does not justify jeopardizing your health.

Dark green leafy vegetables (spinach, kale), yellow vegetables (sweet potatoes, carrots), dark yellow fruits (apricots, cantaloupe) and citrus fruits provide your family with the vitamins, minerals, natural carbohydrates and roughage needed to promote good health.

Whenever possible, buy whatever is in season; it will cost less, taste better and have higher nutritive value. Strawberries, asparagus, peaches ... local fruits ... apples, peaches, pears ... are examples of such "seasonal" foods.

For economy, when buying canned fruits and vegetables, buy large containers. They will supply enough for more than one meal, can be used in varying recipes and will be less expensive than the same food in small cans.

To make the most of your vegetables ... economically and nutritionally ... don't overcook them, and use the cooking water (or liquids from canned foods) to add to soups, mix with tomato juice for drinking, or use as liquid in gravies and molded salads.

Read the label

There are a large variety of foods available that are high in nutritional value and quality. Aiding in the selection of these foods in the supermarket are the listing of contents (ingredients) and nutritional knowledge. Some products have nutrient content listed now; more will have nutrition labeling by January, 1975. The listing of this information is important because it helps the knowledgeable consumer make wise food choices.

Be sure to read the label!

* On a chilly, busy day, there's nothing better than a hearty, quick-fix soup for satisfying appetites. Melt ¼ cup (½ stick) butter in a saucepan, then add ½ cup chopped onion and 1½ cups shredded carrots.

Cover and simmer 10-15 minutes. Stir in 1 can (10½ oz.) condensed cream of potato soup, 2 cups milk, ½ teaspoon salt, ¼ teaspoon celery salt and pepper to taste. Heat to serving temperature and fill the bowls. Pass bread or crackers with butter.

Catonsville notes

(Continued from page 31)

dey Burnetts, Eugene Owenses, Uthman Rays, Joshua Mitchells, Jesse Himeses, Albert Burwells, Claude Hills, James Priests.

And the Robert Phillipses, Curtis Adamses, Vernon Fenningtons, Benjamin Kimberses, Shirley Clintons, Garland Chissells, John Chissells, Edward McDanielses.

Also, Turgot Jeudy, Lois Young, Ralph Howard, Greta Henry, Bernard Harris, Oakley Saunders.

And the William A. Harrises, McNeal Brockingtons, Robert Haynes, Kenneth O. Wilsons, Raymond Hayeberts, Donald Pattersons, and Roland Williamses.

Also, Barbara K. Taylor and Mrs. James Morton, (Mr. Morton was in Freeport).

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High School conference on crime

The seventh annual high school conference on crime will be held at the Baltimore Polytechnic Institute on Dec. 9.

For the past five years the Attorney General's Office has sponsored a High School Conference on Crime for students in the Baltimore metropolitan area. The format of each conference is determined as a result of meetings of a Student Steering Committee.

Each year the students themselves decide upon the topics they want discussed and the guests they wish to invite to the conference. The Attorney General's Office has assisted them in an advisory capacity and has helped with the technical details, but overall it has always been an undertaking of, by, and for the students themselves.

The Poly-Western Auditorium was filled to capacity on Sunday evening for the second annual Model-of-the-Year Contest. Winners of this year's competition pictured with Travis Winkey, at right, producer of the show are from left, David Young and Ms. Donetta Young, both Fashion Beat Models of the Travis Winkey Modeling Studio.

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Models of the year, a Winkey production

The Second Annual Black Model of the Year Contest was held at Poly-Western High School last Sunday night. In spite of the inclement weather over 500 people came out to see who the 1974-75 winners would be.

Introduction was made by Ellen Gaither, instructor at the Travis Winkey Studio, after which she introduced the commentator for the evening, Carolyn Wainwright. Mrs. Wainwright explained the objectives set in giving the contest, which are to promote trained models out of Baltimore and the state of Maryland; create more jobs for models; identify statewide talent and to provide talented models with the inspiration and desire to keep working towards a successful career in the fashion industry.

Models vying for the Model of the Year title were Mark Burrell, Kitty Chow, Tayna Clark, Iris Cole, Shelly Douglas, Denise Ellis, Deborah Gladding, Joyce Gladding, Lynette Gordon;

Allen Hunt, Charlotte Jackson, Marsha Johnson, Regina Jordon, Billy McCray, Demetrius McLean, James Morgon, Janice Norton, Alvin Parson, Barbara Pette, Catherine Puge;

Deborah Carolyn Taylor, Aaron Thomas, Gary Wiley, Denise Williams, Sherry Woingus, Deatha Woodburn, David Young, Donnetta Young.

Each contestant was chosen on confidence, poise (projection)s swimsuit and personality.

Winners for the contest were 2nd runners-up: Gary Wilder (sponsor, Elegante Room) and Iris Cole (sponsor, Pierre's Bootery); 1st runners-up: Catherine Puge (sponsor, Walburton Pulley) and Aaron Thomas (sponsor, T. W. Home Improvement Co.).

The models of the year for 1974-75 are David Young (sponsor, Flair Men's Wear) and Donnetta Young (sponsor, A and D Booking Agency).

The Models of the Year received a one-year contract with the popular Fashion Beat and one year of publicity and a photo album.

Judges for the affair were Saveria Baker, Hair Styles and beauty consultant of Henry Bendalls in New York City and Jackie Brock Baltimore representative from NAFAD, Washington, D.C.

Accountants were Tony Dease and Bunny Redd.

Gracefully relinquishing their titles as Models of the Year for 1973-74 were Delia Alston and Eric Adams.

A recention was held at the Carousel Night Club, Baltimore, following the contest.

Travis Winkey has pledged $500 to the YWCA for underprivileged students. He was sponsor/director of the contest.

(Editor's Note: The Black Model of the Year contest is in no way concented with the AFRO Model of The Week features).

DEC. 14

The Music Department of The Community College of Baltimore will present the well-known Christmas opera, "Amahl and The Night Visitors," on Saturday, Dec. 14, 2:30 and 8 p.m. and on Sunday, Dec. 15, at 2:30 p.m. in The Gumnus Theatre of The Fine Arts Center at CCB, 2201 Liberty Heights Ave.

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