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Helps from Our Extension Office

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The Christmas Bird

By GRACE HEIDREDER

Long ago the proverbial goose of (pet) Christmas was excluded from the chestnuts because the stuffing has always been popular for the Christmas goose, but other suggestions are apple, potato, rice bread, or cracker stuffing. The flavor may vary according to personal tastes. Pears should be exercised to have the stuffing well flavored but not too rich. After Christmas goose is extremely old 20 minutes for each pound is sufficient time for cooking.

Altho the meat is the big item in the Christmas goose the dressing of the meal is only partially prepared. The other dishes must balance with the goose and should be appropriate for the Christmas season. If a first course is desired it may be either a fruit or fish cocktail a clear well-seasoned consomme. A variation of the ordinary mashed potato is the potato apple or pear which is prepared by mashed potatoes molded into the shape of pears or apples dipped in egg, a clove on the top to form the stem, colored with vegetable coloring and then placed in the oven to heat. These potatoes are very satisfactorily prepared in advance except for the reheating which may be done just before serving.

In the choice of a vegetable and trimmings, color and season as well as flavor are important factors. It is well to choose a creamed vegetable because of its adaptability to goose meat. Possibilities are cauliflower, brussels sprouts, white cooking onions, turnips or a good potato apple or pear which is prepared with vegetable coloring and then served as sauce or jelly.

The plum pudding and its first cousin the mince pie, are both direct descendents of the old Teutonic "blood pudding" or sausage, which differs from the common sausage because it was sweetened and had plums in it. Of late years it has been baked in crusts and thus our mince-meat pie has evolved. Substitutes for these when desired are date pudding, fig pudding, or Krummalt Torta which is made with 2 eggs, beaten until light, 1 cup of sugar, 12 cup bread crumbs, 1 cup chopped dates, 1 cup chopped nuts, and 1 teaspoon baking powder, mixed well together and baked in a slow oven three-fourths of an hour. Cut in squares and serve alone or with whipped cream.

The "Christmas Bird" is the primary consideration in the planning of the meal for Christmas dinner, but it is also necessary to consider when planning, the number of guests to be served, the proper dish to give the goose best flavor and the appropriateness of the dish as to season and then the amount of time the hostess has to prepare the meal and the amount of assistance she will receive. It is entirely possible to choose dishes that can be prepared one day in advance and reheated another day before and it is advantageous to choose food which is in season because seasonable food is more delicious and economical but it also is more economical which is an important point to remember.

Helps from Our Extension Office

By VIOLA JAMMER

Playlets are becoming very effective as a means of popularizing an unpopular subject. They may be adapted very successfully to the interest of older people, as to children.

Grace Heidreder, home management specialist, of the extension service, Iowa State College, directed a very fascinating play during the Iowa State Fair this fall to supplement the helping in five county Home Accounts, "Dollars and Sense" was written especially for the Iowa State Fair. Many of the incidents of the play are well known by farm women, who have taken the five-month course in Home Accounts and who have become leaders during the past year. The play itself was then written by Miss Monna Quaw, the recreation extension specialist from Montana.

As a result of this play, 50 counties have requested copies. The play, in four episodes, presents two typical families. The one family realizing the need and value of home accounting, having a very happy and prosperous home and business life. Contrasted with this is the other family, who lives from day to day, working and worrying, never able to make ends meet. The play proceeds, little incidents disclosing the very unhappy story. Finally the unhappy family comes in contact with a home demonstration agent who helps the family, through the planning of their past records. They see how disproportionate their spending

bort to serve with the dinner course. Cranberry sherbert may be substituted for apple or orange, or cranberries may be served as sauce or jelly.

The salad may be served either with the dinner course or as a separate course. For a simple salad, head lettuce with thousand island dressing is easily prepared or an apple and celery combination. It is possible to have a very delicious frozen salad from a good grade of canned fruit salad. Remove the paper from the tin—this is a very important point—and pack the can in salt and ice for three hours. The salad is removed from the can, sliced and served on lettuce leaves with desired dressing.

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