



B.C. ELECTRIC

Home Service Bulletin

HOME SERVICE DEPARTMENT, 1943

Christmas Festivities



CHRISTMAS is a lot of fun and a lot of work, too, especially for the one who is in charge of the culinary department. The only sensible thing to do is to make a schedule and to accomplish all the extra work by easy stages. Fortunately the standard recipes for mincemeat, plum pudding and dark Christmas cake improve with keeping, so that they may be made and stored away before the busy season really commences. If you make an inexpensive dark or a white Christmas Cake, do not count on it keeping for as long a period as the richer recipes. Here are some menus and suggestions. You may have to alter them to suit your individual family, but we hope they serve as a useful guide.

- December 1:** Your plum pudding, dark Christmas cake and mincemeat, if you are using the rich standard recipes, should be made by this time.
- Early in December:** Make out complete menus for dinner Christmas Eve; brunch and dinner on Christmas Day and on Boxing Day. Make out a detailed marketing list divided into "Perishables" and "Non-perishables."
- December 10:** By this time you should have had your regular meat man pick out a nice turkey for you and told him the date on which you want it delivered. Allow $\frac{3}{4}$ to 1 pound of turkey per person; more if you wish to have some over to serve on Boxing Day. Pick up the non-perishable things on your market list anytime now.
- December 14:** If you are making a white fruit cake or a pound cake it is high time to bake it today.
- December 18:** Buy bread for turkey stuffing.
- December 21:** Make the paste for your mince pies today, wrap it in wax paper and store it in your refrigerator. What with rationed sugar and the scarcity of almonds you will probably have to forego an icing on the Christmas cake. Why not make your cranberry sauce, shortcake, mayonnaise, white sauce and ice cream sauce too.
- December 22:** Start decorating the house.
- December 23:** Shop for perishable foods. Clean lettuce and celery. Make mince pies (be sure to reheat them before serving). Make crumbs for the turkey dressing. Put in a bowl and cover with a sheet of wax paper and a plate.

HOME SERVICE NEWS

{ CJOR — Monday, Wednesday, Friday
CKWX — Tuesday, Thursday, Saturday }

8:15 a.m.

December 24: Re-check your provisions and preparations. Draw the turkey. Finish decorating house. Set table for dinner (if you have a separate nook for serving breakfast and lunch). Prepare fruit for fruit cocktail.

December 25: The big day is here at last. Finish stuffing the turkey. Prepare the vegetables. Cook the dinner. Reheat pudding and mince pies.

Menus

Dinner Christmas Eve

Sausages in Yorkshire Pudding
Baked Halves of Apples
with Catsup and Brown Sugar
Beets in Sauce
Hot Muffins Coffee

Brunch on Christmas Day

Orange
Cereal with Top Milk
Waffles Bacon Syrup
Milk

Christmas Dinner

No. 1
Fruit Cocktail
Celery
Goose Potato Stuffing Gravy
Apple Sauce
Mashed Squash Green Beans
Creamy Mashed Potatoes
Plum Pudding with Ice Cream Sauce
or Mince Pies
Coffee Fruit

No. 2
Fruit Cocktail
Celery
Turkey Dressing Gravy
Jellied Cranberries
Sweet Potato Puff
Creamed Cauliflower Frozen Peas
Plum Pudding Ice Cream Sauce
or Mince Pies
Coffee Fruit

No. 3
Tomato Juice
Roast Fowl Dressing Gravy
Apple Jelly
Creamy Mashed Potatoes
Beets in Sauce Buttered Peas
Plum Pudding Ice Cream Sauce
Coffee

Boxing Day Brunch

Grapes
Cereal with Top Milk
Omelet with Giblets Gravy
Toast Marmalade
Coffee

Boxing Day Dinner

Cold Turkey with Dressing
Cranberry Jelly Celery
Corn Scallop
Potato Croquettes
(made from left-over potatoes)
Orange Cream Dessert
Coffee

Menu for New Year's Eve Party

Cold Sliced Turkey and Dressing
Celery Cranberry Sauce
Jellied Fruit Salad
Hot Rolls
Hot Individual Mincemeat Pies
Coffee

Menu for New Year's Eve Party

Sliced Ham
Corn or Potato Scallop or
Macaroni and Cheese
Jellied Perfection Salad
Hot Rolls
Pickles Celery
Ice Cream and Christmas Cake
Coffee

Afternoon Tea

Assorted Sandwiches, e.g.,
Turkey, Celery and Dressing
Cranberry and Orange Relish with
Philadelphia or Cottage Cheese
Celery Rolls
Swedish Pastry Christmas Cake
Tea

Dark Christmas Cake

1/2 lb. butter (1 cup)	1/2 teaspoon each allspice and salt and soda
1 1/2 cups brown sugar	1/4 teaspoon cloves
5 eggs	1 cup mixed peel or citron
3 cups pastry flour, measured after sifting	1 cup chopped dates
1/2 cup strawberry preserves or currant or apple jelly	1 lb. currants (2 3/4 cups)
1/2 teaspoon almond extract	3/4 lb. seeded raisins (2 cups)
1 teaspoon cinnamon	1 cup candied cherries

First line the baking pan with 4 thicknesses brown paper on the bottom and 3 around the sides. Prepare the fruit and dredge with part of the flour. Cream the shortening and sugar; add the eggs one at a time, beating between each addition. Add the extract and the preserves. Then the sifted dry ingredients and the floured fruit. Bake in a 325° F. oven for 20 minutes; then reduce temperature to 275° F. to finish baking—time when baked in one tin about 3 to 3 1/2 hours. Test the cake by sticking a skewer into the centre, if skewer comes out clean the cake is done.

Note:—When raisins and currants are not available, use one pound mixed fruit. Add 1 cup chopped almonds if obtainable. Increase salt to 1 teaspoon if unsalted shortening is used.

Christmas Pudding (1943 version)

1 cup each grated raw potato and grated raw carrot	1 cup sifted general purpose flour
1 cup mixed fruits or raisins	1/2 teaspoon each salt and cloves
1 cup candied cherries	1 teaspoon each soda, nutmeg and allspice
1 scant cup sugar	2 teaspoons cinnamon
1/8 cup shortening	

Cream the shortening and sugar; add the prepared fruits and vegetables and sifted dry ingredients. Turn mixture into a greased mould. Cover closely and steam for 3 hours. Serves 10. May be made a month in advance.

Mincemeat

1 cup finely chopped beef suet	1 teaspoon each cinnamon, nutmeg and allspice
1/2 cup mixed shredded peel	1/2 teaspoon salt
4 cups currants	Juice and rind of 1 lemon
1 cup sultanas	Juice and rind of 1 orange
1/4 cup blanched and chopped almonds or cashew nuts	1/2 cup brandy, sweet cider or syrup from canned fruit
1 1/4 cups brown sugar	1/4 cup fruit juice
2 lbs. apples, peeled and chopped	

Bottle in sterilized jars and seal. Store in a cool place.

Note: A little brandy or molasses poured over the top of the mincemeat in each jar helps to preserve the mincemeat.

SUBSTITUTIONS IF NECESSARY

1/2 cup melted butter for suet.
1/2 teaspoon almond extract instead of the almonds.
Mixed fruit instead of part of the raisins and currants.

Ice Cream Sauce

Cream together until light and fluffy $\frac{1}{4}$ cup butter and $\frac{1}{2}$ cup icing sugar. Mix 2 teaspoons granulated sugar with 2 tablespoons cornstarch and $\frac{1}{4}$ teaspoon salt. Add 1 cup milk and cook till mixture thickens, stirring constantly. Continue cooking until there is no taste of raw starch. Add $\frac{1}{2}$ teaspoon vanilla and cool. Use an electric or dover egg beater and add this cooked mixture to the creamed butter and sugar, one teaspoon at a time. Continue beating until all the cooked mixture is added.

Pound Cake

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| $\frac{1}{2}$ lb. butter (1 cup) | 2 cups pastry flour measured after sifting |
| $\frac{1}{2}$ lb. granulated sugar (1 cup) | $\frac{1}{2}$ teaspoon each salt, baking powder |
| 5 medium sized eggs | $1\frac{1}{2}$ cups quartered candied cherries (optional) or |
| 2 teaspoons each almond and true vanilla extract | 3 teaspoons caraway seeds (optional) |
| $\frac{1}{2}$ teaspoon lemon extract | |

Cream the shortening and sugar. Add the beaten egg yolks and flavorings and beat till very light and fluffy. Fold in the flour and salt. Then add the cherries (if used) which have been floured with an extra $\frac{1}{2}$ cup flour. Lastly fold in the stiffly beaten whites. Bake in a large loaf pan lined with greased brown paper—at 350° F. throughout if the cake is plain for 50-60 minutes. Start the baking at 375° F. for 10 minutes if cherries have been added; reduce temperature to 350° F. for the next hour and 325° F. for the remainder of the baking.

Scotch Shortcake

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| 1 cup butter | $2\frac{1}{2}$ cups general purpose flour |
| $\frac{1}{2}$ cup white sugar | Few grains salt |
| $\frac{1}{4}$ cup rice flour | |

Work the sugar into the butter till thoroughly mixed but not till soft and creamy as you do for a cake. Work in the flour and rice flour and knead until the mixture will hold together. Divide into two or three parts depending on the size of the cakes. Take each piece and form into a round cake about $\frac{1}{2}$ " thick. Smooth off the top with a rolling pin. Pinch around the edges with a rolling pin. Bake in a 325° F. oven 30 to 45 minutes or until a very light golden brown.

Jellied Cranberries

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| 4 cups cranberries | 2 cups sugar |
| 1 cup water | |

Put the cranberries, which have first been picked over and washed, into the water and boil for 10 minutes, or until the berries are soft. Stir in the sugar and continue boiling for 5 minutes longer. Mold and chill.

Cranberry Sauce

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| 3 cups cranberries | $1\frac{1}{4}$ cups sugar |
| $1\frac{1}{4}$ cups water | |

Put all ingredients on together and cook for 10 minutes or until cranberries are tender. Cool with a cover on the dish.

Cranberry and Orange Relish

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| 2 cups cranberries | $\frac{3}{4}$ to 1 cup sugar |
| 1 orange | |

Put cranberries through food chopper. Quarter orange, discard seeds and put through chopper. Add sugar and mix well. Chill in refrigerator for several hours before serving.

Christmas Punch

Mix 1 cup grape juice, 1 pint gingerale, 1 pint cider, juice of 1 lemon with sugar syrup to taste. Pour over ice cubes and serve.

Cranberry Juice Cocktail

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| 1 lb. cranberries | $\frac{2}{3}$ cup sugar |
| 4 cups water | |

Cook cranberries and water until all the skins pop open. Strain through a cheese-cloth. Heat and add sugar and boil for 2 minutes. Chill before serving. Lemon, orange, grapefruit or pineapple juice or gingerale combine well with this cocktail.

Cocktail Sauce

- (For Oysters, Lobsters, Shrimp or Crab—Individual Service)
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| 2 tablespoons tomato catsup or Chili sauce | 1 drop Tabasco sauce |
| $\frac{1}{2}$ tablespoon lemon juice | $\frac{1}{4}$ teaspoon celery salt (optional) |
| | $\frac{1}{8}$ teaspoon Worcestershire sauce |

Combine all ingredients and mix well. Multiply the ingredients by the number of cocktails to be served. Allow 6 oysters or $\frac{1}{4}$ cup fish per person. Serve cocktails thoroughly chilled.

Fruit Cocktail

Grapefruit; peeled and seeded grapes; a little lemon juice; cherries.

Turkey Souffle

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| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon grated onion |
| 5 tablespoons flour | 4 eggs |
| $1\frac{1}{4}$ cups milk | $1\frac{1}{2}$ cups cooked diced turkey |
| $\frac{2}{3}$ teaspoon salt | $\frac{1}{2}$ cup diced celery or corn |
| Few grains pepper | |

Make a white sauce of the milk, butter and flour. Add the onion and seasonings. Add a little of the hot sauce to the beaten egg yolks, mix and return to the heat for a minute or two. Add turkey and celery which have been minced. Cool the mixture. Fold in the stiffly beaten whites. Turn into a greased casserole. Bake in a pan of hot water in a 375° F. oven till set—about 40 minutes. Serves 5.

Creamed Turkey

Reheat diced turkey in a medium cream sauce or in mushroom soup and serve between hot buttered biscuits.

Other Suggestions for Left-over Turkey

Put scraps of turkey and dressing in a bowl or top part of double boiler and heat over hot water. Make turkey sandwiches (plain or toasted) and serve with hot gravy.

Mock Almond Paste

**1/3 cup sieved cooked sweet potatoes
(dry as possible)**

1 1/3 cups icing sugar
1/2 teaspoon almond extract

Add sugar gradually and beat all together.

Mincemeat Cookies

1/4 cup shortening
 1/2 cup sugar
 1 egg
 1 cup mincemeat

1¼ cups flour
1½ teaspoons baking powder
⅛ teaspoon salt

Cream the shortening and sugar together. Add well beaten egg, then mincemeat and mix thoroughly. Sift dry ingredients and add. Drop by spoonfuls on a greased sheet and bake in a 375° F. oven about 12 minutes. Makes 2½ to 3 dozen cookies.

Plum Pudding

- 2½ cups suet, cut very finely (about ⅔ lb.)
- 2 cups currants
- 4 cups seeded raisins, cut in halves
- ½ cup chopped figs
- ½ cup chopped candied cherries
- 1 cup shredded lemon, orange and citron peel
- ½ cup almonds, blanched and shredded
- 1 grated raw carrot (large)
- 1 lemon rind and juice

1¼ cups brown sugar
 ¼ cup wine, currant jelly or grape juice
 ½ cup milk
 2 cups fine white bread crumbs
 6 eggs
 1 cup flour
 1 teaspoon baking powder
 ½ teaspoon salt
 ½ teaspoon each cinnamon, cloves and allspice

Soak the bread crumbs in milk and add the sugar, salt and beaten eggs. Sift the flour with the baking powder and spices. Add the suet and the prepared fruits and nuts and combine with the first mixture. Add the wine and fruit juice. Pack in well greased pudding molds. Cover closely and steam six hours. On the day they are to be served steam two hours more. Serve garnished with holly. Pour 3 tablespoons of brandy over the pudding and light it just as it is brought to the table.

Yield: four one-pound coffee tins.

DIRECTIONS FOR ROASTING TURKEY AND GOOSE

After the bird has been dressed and trussed, rub the entire surface with salt and pepper and dredge lightly with flour. Place bird on rack in roasting pan. Place some slices of bacon and turkey fat over the breast and high part of the thighs and put some basting in the pan. Tuck a heavy sheet of greased brown paper around the bird. Bake in a 450° F. oven (use no top heat) for 20 to 30 minutes; then reduce the temperature to 325-350° F. Sausages are often cooked in the pan with the turkey during the last 45 minutes of the roasting. Allow approximately 20 minutes per pound for birds up to 11 pounds, 18 minutes per pound for birds between 11 and 15 pounds, and 15 to 16 minutes per pound for birds over 15 pounds.

FOR THE GOOSE

Place thin slices of fat salt pork over the breast and cover with a sheet of greased brown paper and follow the same times and temperatures as above. Since domestic goose is very rich in fat—no extra basting need be added. Pour off excess fat after bird has been in oven about 2 hours. Sausages are not served with the goose.

Potato Stuffing for Goose

3 cups hot mashed potatoes
 $\frac{3}{4}$ cup finely chopped onion
 2 tablespoons chopped parsley
 1½ teaspoons sage

3 cups soft stale bread crumbs
1½ teaspoons salt
⅔ teaspoon pepper (scant)
6 tablespoons melted butter or fat

Parboil the onion for a few minutes in boiling water. Drain. Mix all the ingredients together.

TURKEY STUFFING

Follow the stuffing recipe outlined above—substituting 3 cups bread crumbs for the potato; change the sage to 1½ tablespoons savory and reduce the amount of onion to ½ cup. Do not make the dressing wet and soggy. Make twice this recipe for a 12-15 lb. bird.

HOW TO CLEAN THE TURKEY

Very likely you will have to clean your own turkey this Christmas. In case you haven't done it before, here is the way to go about it.

First singe the bird to remove the tiny hairs. A lighted candle is excellent for this. Turn the bird slowly around to expose all surfaces to the flame. Remove any pin feathers with a pair of tweezers.

Next use a sharp knife to remove the head. Cut around the legs just below the knee joint but do not cut through the tendons. Break leg bone at joint by placing on edge of table and pressing downward. Then draw out tendons by pulling at the feet. Cut away a small circle of skin around the vent, then make a slit in the skin from the vent upward, so that the fingers may be inserted. Remove all the internal organs. Be sure not to overlook the kidneys and lungs. Pick out and reserve the giblets (heart, liver and gizzard). Very carefully, so as not to break it, cut away the small green sac attached to the liver—this is the bitter gall bladder. Open the gizzard and remove the inner lining. Cut away the tiny oil sac at the tip of the tail. Pull the skin back from the neck and cut off the neck at the body (this is cooked with the giblets). Remove the windpipe and crop. Now wash the bird well inside and out. Dry it inside and out with a paper napkin or a clean cloth.

IMPORTANT: Do not draw the turkey till the day before Christmas. The bird will spoil much more quickly after it has been drawn.

GENERAL DIRECTIONS FOR COOKING HAM

It is not necessary to soak hams.

Tenderized or ovenized hams have been partly cooked in preparation and hence require a shorter period than hams which have not been given this treatment. Simmer a tenderized ham in a generous amount of water for approximately 20 minutes per pound. If the bone has been removed from the ham allow 5 minutes longer per pound. If the ham has not been tenderized allow 10 minutes extra to the times given above. Allow picnic hams and cottage rolls 30 minutes per pound. If the ham is to be served cold allow it to cool for about 1 hour in the water in which it was cooked, but do not leave the ham in the water till it is quite cold. If desired, finish off with a topping as suggested in the recipe below.

METHOD FOR COOKING A TENDERIZED OR OVENIZED HAM IN THE OVEN

Method 1. Place ham on a rack in a covered roaster. Pour 2 cups water around the meat. Bake in a 325° F. oven for 21 to 25 minutes per pound for hams weighing 6 pounds or over. For smaller hams allow 30 minutes per pound. Remove rind. Cover ham with a mixture of equal parts of brown sugar and sifted bread crumbs and a very little dry mustard. Stick whole cloves in the ham to form a pattern and return to a 400° F. oven to brown the topping—this time in an uncovered pan without water. Allow about 20 to 30 minutes for this.

FOR A GLAZED TOPPING

Mix brown sugar and a very little mustard with fruit juice or cider or with water and a little vinegar. Baste the cooked and prepared ham with this, baking at 400° F. till the ham is nicely glazed.

SECOND METHOD OF BAKING HAM

Wrap ham in heavy wrapping paper, place fat side up in an open shallow pan on a rack. Do not add water. Use times and temperatures given in Method 1.

GLAZED APPLES TO ACCOMPANY HAM

Halve 3 or 4 medium sized apples. Remove stem, blossom end and cores. Place skin side down in shallow baking pan. Sprinkle apples with brown sugar and a little melted butter. Add a little water to pan. Bake till tender in a moderate oven. Cool and fill centres with jelly.

Other Booklets Available

The B. C. Electric cordially invites you to make use of its Home Service departments. The Vancouver department is located on the main floor, B. C. Electric store, Granville and Dunsmuir, Jean E. Mutch, director, telephone PAcific 1212; and the Victoria department at 1501 Douglas Street, Mrs. M. Foulds, director, telephone GArden 7121. Many free booklets and folders are available for the asking, such as the Meat Book, Meat-Stretchers, Unrationed Meats, Menu Planning, Your Lunch Pail, Children's Box Lunches, Soups, V for Vegetables, After-Work Cooking, Casserole Cookery, Cooking by Hotplate, Food Buying and Getting the Most Out of Your Gas or Electric Range, and many others.