

60

Ways to serve

HAM

ARMOUR AND COMPANY
CHICAGO

Armour's Star Ham Recipes

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60 WAYS TO SERVE

ARMOUR'S

STAR HAM



Prepared by DEPARTMENT OF FOOD ECONOMICS
ARMOUR AND COMPANY
CHICAGO

A Finer Flavored Star Ham!

BEFORE YOU TRY A RECIPE IN THIS BOOK
READ THE INTERESTING STORY ABOUT
FIXED ★ FLAVOR . . . THE NEW "DOUBLE-F"
PROCESS THAT MAKES ARMOUR'S "STAR"
HAM EVEN BETTER THAN BEFORE.

GOOD as ARMOUR'S "STAR" Ham always has been, the new method of curing and smoking—"double-F" process—makes it better. Your first trial of this new ARMOUR'S "STAR" Ham with Fixed ★ Flavor will reveal an exceptional flavor delight, the enjoyment of which will increase with each succeeding use of this finer tasting ham.

Fixed ★ Flavor starts with the fresh ham itself—a strict method of selection and rejection that permits only the finest hams to bear the "STAR" label. And then comes the improved Armour curing and smoking processes with their automatic control of time and temperature beyond all possibility of human error.

Tests Have Proved Fixed ★ Flavor Superior

We have tried the new "STAR" Ham with Fixed ★ Flavor on our own family of 60,000 people. They were amazed at the new goodness of flavor. Then we consulted food specialists who write for the great magazines and newspapers you read. Again, hearty applause for Fixed ★ Flavor. Finally, we went to the greatest arbiter of them all—the American homemaker. Not just a few, but representative groups all over

the country. The evidence was overwhelming. It was unanimously agreed that the new "STAR" Ham with Fixed * Flavor was the best ever.

When you cook this new "STAR" Ham, according to directions, observe how juicy, sweet and tender the meat is . . . how mild and delicious. What's more, when you use cooked "STAR" Ham in any of the leftover dishes you will be delighted to see how the flavor and tenderness are still outstanding. Leftover dishes, by the way, are where ordinary ham loses its identity. But not "STAR" Ham with Fixed * Flavor. You will find that the exceptional "STAR" flavor persists to the last tender morsel.

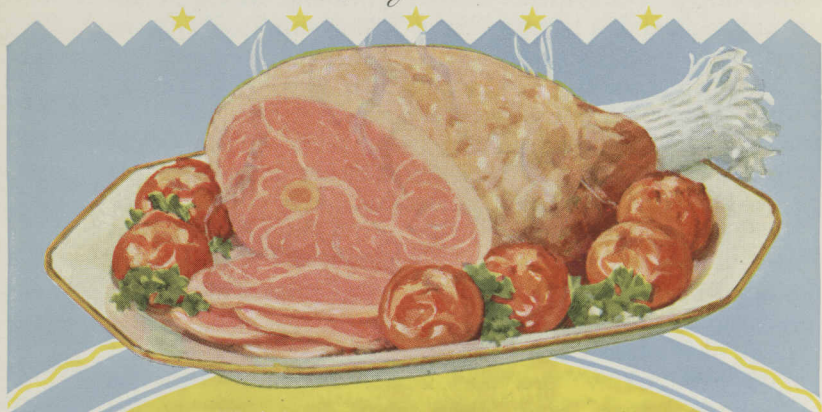
The more often you use "STAR" Ham with Fixed * Flavor in these recipes the more you will depend upon this delicious meat. For "STAR" Ham is an energy food—inviting and appropriate the year 'round, it may be served at any meal—outdoors or inside. It combines with any vegetable or relish. Above all, "STAR" Ham is easy to prepare and economical to use. Every part is usable. The butt may be baked, the slices broiled, the shank cooked, even the bone can be used for the most delicious soup you ever tasted.

Armour and Company knows you are going to value this book. For, in addition to helping you in the preparation of delicious dinners, it actually will help you save money because the purchase of a whole or half "STAR" Ham is a decided economy.

You can buy the new ARMOUR'S "STAR" Ham with Fixed * Flavor at all good dealers. Look for the name on the wrapper—the brand on the rind.



60 Ways to Serve



Star Ham Cooked in Water

- 1 Scrub a ten to twelve-pound "Star" Ham with a stiff brush and place in deep kettle. Cover with warm water. Bring water to simmering point (180° F.), just below boiling, and cook allowing 25 minutes to the pound. Cool in water in which cooked. Serve hot or cold.

TOTAL TIME: 4 HOURS. SERVES 18 TO 20.

Pressure Cooked Star Ham

- 2 Prepare ham as for simmering, place in pressure cooker, butt end up. Add 3 quarts water (if large cooker is used). Bring heat up to 240° F. and 10 pounds pressure. Allow 12 minutes for each pound counting from time desired pressure is reached and maintained. When cooking period is finished, let ham cool in cooker. The dial should be at zero before petcock is opened to let out the remaining steam.

TOTAL TIME FOR 10-LB. "STAR" HAM: 2 HOURS. SERVES 18 TO 20.

Stuffed Baked Star Ham

- 3 Prepare "Star" Ham as for "Star" Ham Cooked in Water. Make incision on fleshy side of ham and carefully remove the bone. Fill cavity with any favorite dressing. Sew up slit and tie ham firmly in a piece of cheese cloth. Then follow directions for Spiced Baked "Star" Ham omitting apples if desired.

TOTAL TIME: 5 HOURS FOR 10 TO 12-LB. "STAR" HAM. SERVES 16 TO 18.

Armour's Star Ham

Baked Star Ham in Cider

Wash and dry a 10-lb. "Star" Ham. Over the fleshy side sprinkle $\frac{1}{2}$ teaspoon ground cloves, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger, 1 teaspoon mustard, and $\frac{1}{2}$ teaspoon paprika. Cover the ham with a thick flour water paste. Place skin side down in baking pan and fill $\frac{3}{4}$ full with cider. Bake 3 hours in a slow oven (300° F.). Remove the paste and rind. Bake fat side up for another hour, baste frequently. Brush fat surface with beaten egg and sprinkle with the following mixture: $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup fine bread crumbs and 3 tablespoons minced parsley. Continue baking for $\frac{3}{4}$ hour. Make gravy from cider in pan.

TOTAL TIME: 5 HOURS. SERVES 16 TO 18.

Virginia Star Ham

Cover a 10-pound "Star" Ham with water, add 3 carrots, 2 onions, a stalk of celery, 6 cloves, a blade of mace, and 1 tablespoon dark molasses. Let come to a boil, then simmer for 3 hours; cool in the liquid. When cold remove the rind, cut ham into slices and serve cold.

TOTAL TIME: 4 HOURS. SERVES 16 TO 18.

Spiced Baked Star Ham

12-lb. "Star" Ham
1 teaspoon mustard
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon paprika

$\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup water (in which ham was cooked)
6 red apples
Whole cloves

Plunge "Star" Ham into water, boil ten minutes, reduce heat, and simmer two hours. Remove rind. Sprinkle the fat surface with the mustard and paprika. Pour over the vinegar and water mixed and bake in a slow oven (300° F.) for 1 hour. Baste frequently. Sprinkle fat surface with the brown sugar, dot with whole cloves. Place the washed and cored red apples around the ham; continue baking without basting for 1 hour.

TOTAL TIME: 5 HOURS. SERVES 16 TO 18.

Star Ham Butt Baked with Prunes

4 lbs. "Star" Ham Butt
 $\frac{2}{3}$ cup brown sugar

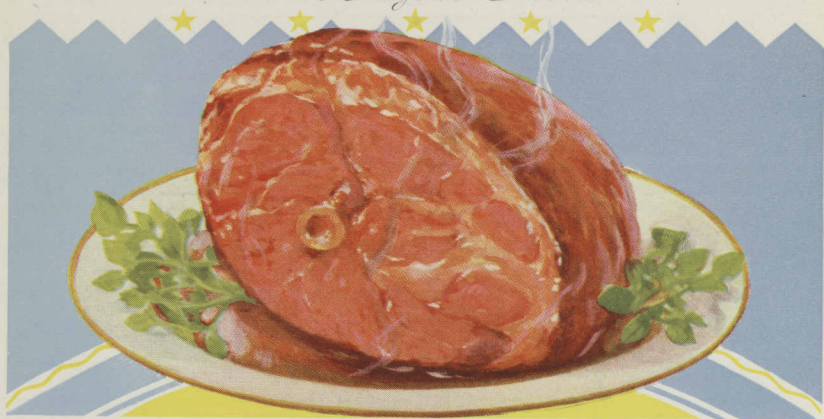
Whole cloves

1 lb. prunes, soaked then
cooked 10 minutes

Simmer butt $1\frac{1}{2}$ hours. Remove rind. Cover ham with brown sugar. Stick with whole cloves. Pour over prunes and juice; bake 1 hour in a moderate oven (350° F.) basting frequently. Serve with prunes.

TOTAL TIME: $2\frac{1}{2}$ HOURS. SERVES 6.

60 Ways to Serve



Braised Star Ham Butt

- 8 Cook "Star" Ham Butt in boiling water to cover, allowing about 20 minutes for each pound. Take up ham, drain, remove rind and put butt into baking dish. Pour a pint bottle of tart grape or pineapple juice over the ham and bake in a moderate oven (350° F.) until sauce is much reduced, basting frequently. Add a little ham stock to the sauce, thicken with browned flour, season and strain sauce over ham. Serve immediately.

TOTAL TIME: 2½ HOURS. SERVES 6.

Star Ham Butt Baked

- 9 Simmer a "Star" Ham Butt in water to cover, allowing 20 minutes to the pound. Let cool in water. Make 1 quart of apple sauce, add 1 cup brown sugar and ½ teaspoon ground clove. Remove rind from butt and place in baking dish. Cover fat surface of butt with the thick apple sauce. Bake in a moderate oven (350° F.) for 45 minutes. Serve hot or cold.

TOTAL TIME: 2½ HOURS (4-lb. "Star" Butt). SERVES 6.

Star Ham Butt Boiled in Cider

- 10 Put "Star" Ham Butt into a kettle and enough cider to cover. Add 6 cloves, 3 whole peppers, 1 bay leaf and a small piece of garlic. Cook slowly for two hours, or until done. Serve hot or cold. Garnish with olives and parsley.

TOTAL TIME: 2 HOURS. SERVES 6.

Armour's Star Ham

Baked Star Ham Butt and Peppers

Cook a "Star" Ham Butt allowing fifteen minutes to the pound. Remove the rind and rub the fat surface well with 2 tablespoons sugar, 2 teaspoons powdered clove, and 1 teaspoon mustard. Grind 4 sweet green peppers. Place ham butt in baking dish, cover fat surface with the peppers, add 2 cups ham broth, cover roaster and bake in a 325° F., or moderate oven, allowing 12 minutes to the pound. Baste occasionally.

11

TOTAL TIME (4-lb. "Star" Butt): 2½ HOURS. SERVES 6.

Mexican Star Ham

Cover "Star" Ham Butt with water; add ½ cup brown sugar mixed with 1 tablespoon chili powder. Then add a well bruised clove of garlic. Simmer, allowing 25 minutes to the pound. Place in baking dish, remove the rind and sprinkle the fat with brown sugar. Bake until brown.

12

TOTAL TIME: 2¾ HOURS. SERVES 6.

Star Ham Duck

1 slice "Star" Ham, ½ inch thick	½ teaspoon sage
4 slices stale bread	¾ teaspoon salt
2 stalks celery, chopped	¼ teaspoon pepper
1 tablespoon ham drippings	1 small tart apple

13

Make dressing with above ingredients. Spread on the ham slice and roll. Fasten with skewers or tie with string. Dust the ham duck with flour, dot with drippings and place in a roasting pan or casserole. Bake in a moderate oven (350° F.) for 1 hour. Add 1 cup water or fruit juice to the pan and baste the duck frequently.

TOTAL TIME: 1¼ HOURS. SERVES 4 TO 6.

Star Ham Slice with Orange

1-lb. slice "Star" Ham	6 to 8 cloves	2 oranges
1 pint milk		½ cup brown sugar

Place "Star" Ham slice in baking dish. Cover with thin slices of orange, each stuck with a clove. Cover with brown sugar. Pour over milk and bake in a moderate oven (350° F.) for 1 hour. Baste often.

14

TOTAL TIME: 1 HOUR. SERVES 4.

Breaded Star Ham

Dip thin slices of uncooked "Star" Ham in beaten egg, roll in crumbs and sauté in drippings or broil until a golden brown.

15

60 Ways to Serve



Broiled Star Ham Slice

16

1½-lb. slice "Star" Ham, ¾ to 1 inch thick

Score fat on edge of ham, put in hot frying pan or under broiler; sear quickly; turn and brown other side. Lower heat; cook slowly until done.

TOTAL TIME: 20 MINUTES. SERVES 4.

Baked Lima Beans with Star Ham

1 slice "Star" Ham, ¾ inch thick

1 cup dry lima beans

1 teaspoon salt

½ teaspoon pepper

¾ cup Veribest Chili Sauce

17

Soak limas over night in cold water. Drain, cook in boiling salted water for 30 minutes. Drain, place in greased deep baking dish, cover with the slice of ham. Pour over the chili sauce and cover with water in which beans were cooked. Cover dish and bake one hour in a 350° F. oven. Baste the ham frequently. Remove cover fifteen minutes before serving to brown ham slice. Serve garnished with pimiento stuffed olives.

TOTAL TIME: 1½ HOURS. SERVES 6.

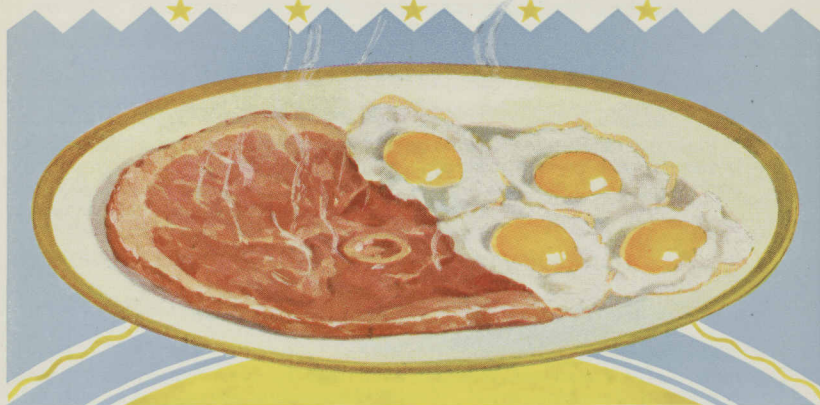
Baked Star Ham Slice in Tomato

18

Wipe "Star" Ham slice with damp cloth; place in shallow baking dish; pour 2 cups tomatoes over the ham; then cover with ¼ pound Cloverbloom American Cheese cut in thin slices. Bake in a moderate oven (350° F.) ¾ to 1 hour. Serve with baked potatoes.

TOTAL TIME: 1 HOUR. SERVES 4 TO 5.

Armour's Star Ham



Star Ham and Eggs Country Style

Gash the fat on the edge of a $\frac{1}{2}$ -inch slice of "Star" Ham in several places. Put into a frying pan and sear quickly on both sides. Reduce heat and let ham cook slowly for about ten minutes. Remove ham to hot platter and keep in a warm place until ready to serve.

Break each Cloverbloom egg separately in a saucer and slip into the hot ham fat in the frying pan. Cook over low fire and baste with hot fat until white becomes set. Season with salt and pepper. Serve immediately on platter with the ham.

TOTAL TIME: 20 MINUTES. SERVES 4 TO 6.

19

Planked Star Ham Steak Dinner

- 1 slice "Star" Ham, $\frac{3}{4}$ inch thick
- 1 cup fruit juice
- 4 small cored red apples, baked
- 4 parboiled green peppers

- 2 cups mashed potatoes
- $\frac{1}{4}$ cup milk
- 2 tablespoons Cloverbloom Butter
- 2 Cloverbloom Eggs

Score fat around ham. Broil for 10 minutes without turning, basting several times with fruit juice. Then remove to heated plank or oven-glass baking platter broiled side down. Add milk, butter and eggs to mashed potatoes. Beat thoroughly. Season to taste and with pastry bag or spoon fill peppers. Arrange around ham with apples. Return to oven to heat through and brown ham and potatoes. Garnish with water cress or parsley.

TOTAL TIME: 40 MINUTES. SERVES 4.

20

60 Ways to Serve

Baked Star Ham Slice

- 21 1 slice "Star" Ham cut $\frac{3}{4}$ inch thick
 $\frac{1}{4}$ cup brown sugar
- 1 teaspoon mustard
Milk to cover Ham
- Place ham slice in casserole or covered baking dish, rub with mustard and brown sugar. Then pour milk over to just cover ham. Bake in a moderate oven (350° F.) for 1 hour.
- TOTAL TIME: 1 HOUR. SERVES 4.

Star Ham Mulligan

- 22 1 "Star" Ham Shank
1 pound green beans or No. 1 can
- 3 large ears of corn or No. 1 can
- Prepare ham shank, cover with water and simmer for 3 to 4 hours or until done. If fresh beans and corn (removed from the cob) are used, add $\frac{1}{2}$ hour before end of cooking period. If canned vegetables are used add just before serving to be thoroughly heated. Thicken some of the broth with a flour water paste to make gravy. Serve with plain boiled potatoes.
- TOTAL TIME: $3\frac{1}{4}$ TO 4 HOURS. SERVES 4.

Star Ham Delight

- 23 1 to 2 pound "Star" Ham Slice,
 $\frac{3}{4}$ to 1 inch thick
4 slices canned pineapple
- 12 marshmallows
 $\frac{1}{2}$ cup pineapple juice
- Place "Star" Ham slice in baking pan; pour over the pineapple juice and bake in a 375° F. oven, $\frac{3}{4}$ hour, basting with the juice. Then remove from the oven. Place the pineapple slices on top of the ham, and return to the oven. When delicately brown, place marshmallows on the pineapple slices and bake until marshmallows puff up and brown. Serve on heated platter. Garnish with green pepper rings, and pimiento stuffed olives.
- TOTAL TIME: $1\frac{1}{2}$ HOURS. SERVES 4.

Star Ham and Scalloped Potatoes

- 24 1 thick slice "Star" Ham
4 c. sliced raw potatoes
- $1\frac{1}{2}$ c. thin white sauce
Salt and pepper
- Cut a slice of "Star" Ham one-half inch thick and flour lightly. Fry each side until it begins to brown, then put into a baking dish, cover with the white sauce and bake in a moderate oven 350° F. for half an hour. Turn and bake another half hour. Cut pared potatoes into medium thick slices, boil until almost tender and drain. Arrange in the casserole, lay the slice of ham on top, bake 25 minutes.
- TOTAL TIME: $1\frac{1}{4}$ HOURS. SERVES 4 TO 5.

Armour's Star Ham

Star Ham Shank Dinner

- | | |
|--|------------------------------|
| 1 "Star" Ham Shank, 2½ lbs. | 2 tablespoons minced parsley |
| 1 lb. fresh green beans | ½ cup sliced onion |
| 2 cups canned or mashed fresh tomatoes | |

Prepare "Star" Ham Shank, cover with water and simmer 2½ hours. Pour off half of the water, add the vegetables and continue cooking slowly 45 minutes. Serve with boiled potatoes.

TOTAL TIME: 3¼ HOURS. SERVES 4.

25

Spanish Star Ham Loaf

- | | |
|---|---------------------------|
| 1 lb. uncooked "Star" Ham
(from shank end) | ½ green pepper, minced |
| 2 lbs. lean pork | ½ small onion, minced |
| ¾ cup milk | 2 Cloverbloom Eggs |
| 1 small can tomatoes | 1 teaspoon minced parsley |

Grind meat. Add all ingredients but tomatoes. Mix thoroughly. Pack into greased baking dish. Pour over the tomatoes and bake in a moderate oven (350° F.) 1½ hours. Unmold and serve on heated platter. Garnish with slices of hard cooked eggs and shredded green pepper.

TOTAL TIME: 2 HOURS. SERVES 6.

26

Star Ham Italian Style

- | | |
|--|-----------------------------------|
| 1 "Star" Ham Shank | 2 tablespoons minced onion |
| 1 small clove garlic | 2 tablespoons minced green pepper |
| ½ package spaghetti (¼ lb.) | ½ teaspoon salt |
| 2 cups canned tomato | ⅛ teaspoon pepper |
| ¼ cup chopped mushrooms (ends and stems) | |

Cover "Star" Ham shank with warm water, add the garlic well bruised, and simmer, allowing 2 hours for a 2½-pound shank. One-half hour before done add the other ingredients. Remove "Star" Ham Shank to large platter, surround with the well drained spaghetti, pouring sauce over spaghetti.

TOTAL TIME: 3 HOURS. SERVES 4.

27

Star Ham Soup

- | | |
|-------------------------|---------------------|
| 2 quarts water | 2 onions |
| 1 "Star" Ham Shank | 2 tablespoons flour |
| 1 pint dried split peas | 2 strips celery |

Wash and soak peas overnight. Put into saucepan with the ham shank and water; bring to a boil. Add the vegetable slices, and simmer at least 3 hours. Rub through a wire sieve. Return to saucepan. Add flour and water paste. Boil. Season to taste. Serve with buttered croutons.

TOTAL TIME: 3 HOURS. SERVES 4.

28

A R M O U R ' S S T A R H A M

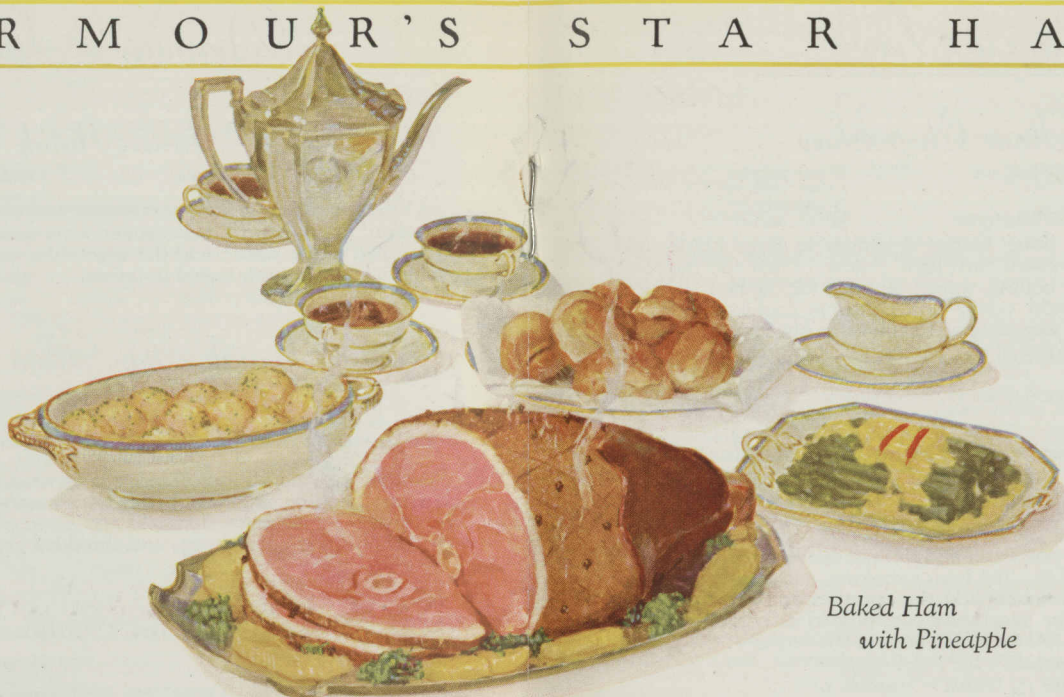


“Ham Is One of the Best Heat and Energy Producing Foods”

Says Royal S. Copeland, Former Commissioner of Health of New York City; now U. S. Senator from New York:

“Ham is one of the best heat and energy producing foods, containing those essential oils most needed for the maintenance and proper functioning of the body. Ham contains a large percentage of available nutriment which is stored up in the body as a reserve weapon against malnutrition or other wasting diseases. It is easily assimilated and used for growth, energy and comfort.”

(New York American)



Baked Ham
with Pineapple



Recipe

Boil a 10 or 12-pound “Star” Ham ten minutes, then simmer 3 hours. Take from water, remove skin from two-thirds of ham leaving one-third on shank end. Bake slowly at a temperature of 350° F. for one hour, fat side up. Baste with mixture of 1 cup pineapple juice, 1 cup ham liquor, and one teaspoon of mustard. Sprinkle brown sugar over fat, dot with cloves, and continue baking without basting until ham is done. Serve with sautéed pineapple rings.



Ham	Relish	Potatoes	Vegetable	Salad	Dessert
Shepherd's Pie	Pickles		Creamed Broccoli	Tomato Lettuce	Apricot Bread Pudding
Ham Croquettes	Horse-radish Sauce	Creamed	Buttered Asparagus	Cabbage	Fruit Shortcake
Broiled Ham	Sweet Pickles	Julienne	Spinach	Vegetable	Apple Pie
Ham Shank with Sauerkraut	Radishes	Boiled		Jellied Vegetable	Peach Cake
Ham with Vegetables	Mustard Pickles			Orange	Custard
Baked Spiced Ham	Olives Pickles	Baked	Buttered Beans	Head Lettuce	Caramel Nut Cake

What To Serve

WITH

Armour's

STAR HAM

Ham	Relish	Potatoes	Vegetable	Salad	Dessert
Braised Butt	Celery	Au Gratin	Baked Squash	Plum Salad	Blanc Mange
Ham Duck	Currant Jelly	Baked Sweet	Buttered Carrots	Pineapple Salad	Cottage Pudding Orange Sauce
Spanish Ham Loaf	Chili Sauce	Escaloped	Parsnip Puff	Fruit Salad	Sugar Cookies
Ham Soufflé	Stuffed Celery		Harvard Beets	Pear	Butter-scotch Tarts
Planked Ham Steak Dinner	Green Onions		Scalloped Corn	Cole Slaw	Fruit Whip
Ham Chop Suey	Stuffed Olives	Rice	Creamed Peas	Date, Pineapple	Sponge Cake

60 Ways to Serve

Star Ham Chop Suey

1 lb. uncooked "Star" Ham, cut into cubes
1 ½ c. diced celery
8 medium onions, sliced lengthwise
¼ tsp. paprika
2 tsp. molasses
¼ tsp. salt
¼ tsp. pepper

29

Melt a tablespoonful of "Star" Bacon drippings in large kettle, add ham and onions, cook until onions turn light yellow. Then add molasses and seasoning. Cover with boiling water; simmer for ½ hour, adding more water if necessary. Add celery and continue cooking about 20 minutes. If desired add ½ cup chopped canned mushrooms, using the mushroom broth in place of some of the water. Thicken gravy; serve with steamed rice.

TOTAL TIME: 1 ¼ HOURS. SERVES 6.

Boiled Star Ham with Vegetables

1 shank end "Star" Ham
5 small potatoes
1 small head cabbage cut in fifths
5 small onions
3 small turnips, cut in quarters
3 medium sized carrots, cut in quarters lengthwise

30

Plunge the ham in a pan of hot water and simmer one hour before adding the vegetables. At the end of the first hour's cooking, add the turnips, and when these have cooked 15 minutes add the potatoes and cabbage; cook 30 minutes longer; remove the vegetables carefully so as not to break in pieces and serve on a platter. Arrange the ham in the center of the platter and surround with the vegetables.

TOTAL TIME: 1 ¾ HOURS. SERVES 5.

Star Ham Supper Dish

31

Slice the cold baked "Star" Ham thinly, cover the bottom of a greased deep baking dish with the slices. Then cover the ham with 2 table-spoons minced onion and ½ cup celery. Cover with 2 cups cooked spaghetti and pour 2 cups tomatoes over the whole. Bake in a moderate oven (350° F.) for 30 minutes.

TOTAL TIME: 45 MINUTES. SERVES 4.

Star Ham Salad

3 cups diced cooked "Star" Ham
1 cup crisp lettuce, shredded
1 cup chopped sweet pickles
½ cup diced celery
½ cup diced cucumbers (if desired)
½ cup mayonnaise dressing
½ cup sweet red pepper, chopped

32

Toss all ingredients together; moisten with mayonnaise. Serve on crisp lettuce. Garnish with mayonnaise.

TOTAL TIME: 15 MINUTES. SERVES 6.

Armour's Star Ham

Star Ham Loaf

- | | |
|--------------------------|-------------------------------|
| 3 cups minced "Star" Ham | ¼ teaspoon pepper |
| 1 small onion | ½ cup sifted bread crumbs |
| 3 sprigs parsley | 1 tablespoon prepared mustard |
| 2 Cloverbloom Eggs | 1 cup milk or tomato juice |

33

Put "Star" Ham, onion and parsley through food chopper. Add beaten egg and other ingredients. Pack into well greased loaf pan and bake 40 minutes in a moderate oven (350° F.). Serve hot or cold.

TOTAL TIME: 1 HOUR. SERVES 6.

Hot Star Ham and Cheese Sandwich

Cut bread as for sandwiches. Spread one slice with Cloverbloom Butter, cover with slices "Star" Ham. Cover other with slices of Cloverbloom Cheese. Press sandwich together, dip into slightly beaten Cloverbloom Egg to which 2 tablespoons milk have been added. Sauté in "Star" Ham drippings until golden brown on both sides.

34

TOTAL TIME: 15 MINUTES.

Creole Minced Star Ham

- | | |
|----------------------------------|------------------------------------|
| 1 cup minced leftover "Star" Ham | 2 hard cooked Cloverbloom Eggs |
| 1 ½ cups thin white sauce | 3 tablespoons Veribest Chili Sauce |
| ¼ cup minced green pepper | |

35

Mix all ingredients together and heat over hot water. Serve on half slices of buttered toast. Garnish each serving with a sprig of parsley.

TOTAL TIME: 25 MINUTES. SERVES 4.

Star Ham Luncheon Dish

Place round of baked "Star" Ham in a greased shallow baking dish; cover each round with a slice of pineapple. Pour over some of the gravy from the baked ham, just enough to cover bottom of dish. Pile mashed potatoes on top of each pineapple slice and sprinkle with a little paprika. Bake in a moderate oven (350° F.) for 20 minutes.

36

TOTAL TIME: 30 MINUTES.

Baked Star Ham with Noodles or Macaroni

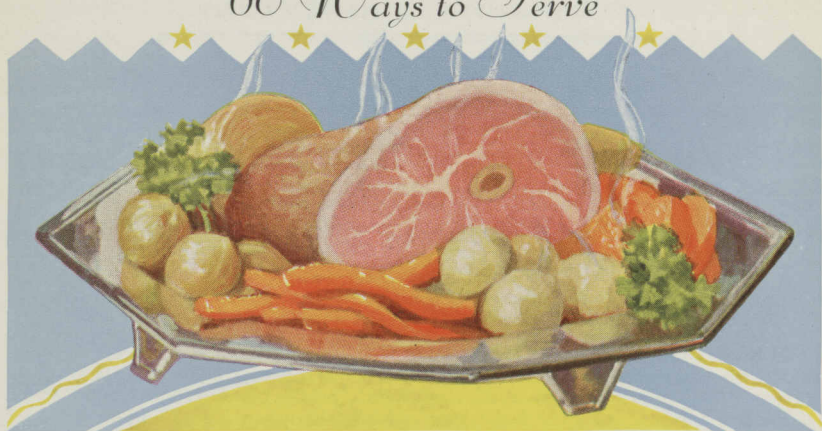
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|-----------------------------------|---------------------------------|
| 1 cup cooked "Star" Ham | ½ cup water |
| 3 cups cooked noodles or macaroni | ½ cup crumbs |
| ½ cup Veribest Evaporated Milk | 1 tablespoon Cloverbloom Butter |
| ½ teaspoon salt and pepper mixed | |

37

Grease a baking dish, and place in alternate layers cooked chopped ham and cooked noodles or macaroni. Season. Add liquid, cover with bread crumbs, dot with butter and brown in a hot oven, 400° F.

TOTAL TIME: 30 MINUTES. SERVES 6.

60 Ways to Serve



Creamed Star Ham and Potatoes

- 1 cup finely chopped cooked "Star" Ham
2 cups cooked new potatoes, cut in dice
3 tablespoons Cloverbloom Butter
3 tablespoons flour
 $\frac{3}{4}$ cup Veribest Evaporated Milk
 $\frac{3}{4}$ cup water
1 tablespoon minced parsley
1 tablespoon minced green pepper
Salt and pepper to season

38

Melt butter, add chopped pepper and parsley and cook slowly for 3 to 5 minutes. Stir in the flour then add milk. Cook until thickened and smooth, then add ham, seasonings and cold potatoes. Cover and re-heat over hot water or a very slow fire. Sprinkle with chopped parsley and serve very hot.

TOTAL TIME: 25 MINUTES. SERVES 5 TO 6.

Jellied Star Ham Loaf

- 2 cups finely diced "Star" Ham
1 tablespoon granulated gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{3}{4}$ cup boiling water
 $\frac{1}{4}$ cup vinegar
2 hard cooked Cloverbloom Eggs, sliced
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup diced celery
1 chopped pimiento
 $\frac{1}{2}$ chopped green pepper
2 tablespoons finely minced onion
 $\frac{1}{2}$ cup mayonnaise or boiled salad dressing

39

Soak the gelatin in cold water, then dissolve in the boiling water. Add vinegar and salt. Cool. When mixture begins to jell mix in all the other ingredients excepting the eggs. Rinse a mold in cold water, arrange the egg slices on bottom and sides, then pour in the ham mixture. Set in cold place until firm. Serve on bed of shredded lettuce.

TOTAL TIME: 3 HOURS. SERVES 6.

Armour's Star Ham



Baked Stuffed Tomatoes

1½ cups minced "Star" Ham
½ cup sifted bread crumbs
½ small onion, minced
2 tablespoons minced green pepper
½ cup tomato pulp

½ teaspoon paprika
1 Cloverbloom Egg, beaten
¼ teaspoon pepper
6 slices "Star" Bacon
6 medium sized tomatoes

½ teaspoon salt

Remove tops and scoop out centers of tomatoes. Mix ingredients and stuff the tomatoes. Place a slice of "Star" Bacon on each. Place in a shallow baking pan. Cover bottom of pan with boiling water. Bake in a hot oven (400° F.) until tomatoes are soft and bacon is crisp.

TOTAL TIME: 45 MINUTES. SERVES 6.

40

Creamed Star Ham

1½ cups diced cold cooked "Star" Ham
1 tablespoon minced pimiento

1½ cups thin cream sauce
1 tablespoon chopped olives
½ teaspoon salt and pepper mixed

Add ham and seasonings to cream sauce. Serve on toast or in patty cases.

TOTAL TIME: 15 MINUTES. SERVES 6.

41

Denver Sandwich

¼ c. cold boiled "Star" Ham (chopped very fine)
1 small onion (chopped fine)

1 dill pickle (chopped fine)
2 Cloverbloom Eggs (beaten lightly)

Beat all together and fry in Armour's "Simon Pure" Leaf Lard. Toast two slices of bread and butter them. Put mixture between slices and trim. Serve with sliced dill pickles for garnish.

TOTAL TIME: 15 MINUTES. SERVES 1 TO 2.

42

60 Ways to Serve

Star Ham Canapé

43

$\frac{3}{4}$ cup minced leftover "Star" Ham
 $\frac{1}{4}$ cup thick boiled dressing
1 teaspoon prepared mustard
3 pieces of celery, minced

2 small sweet pickles, minced
1 Cloverbloom Egg, hard cooked
8 slices of toast
Cloverbloom Butter

Mix the first five ingredients well and spread on rounds of buttered toast. Press the hard cooked egg through a coarse sieve and garnish each canapé with a border of the egg.

TOTAL TIME: 25 MINUTES.

SERVES 8.

Star Ham Timbales

44

$\frac{3}{4}$ cup chopped cooked "Star" Ham
 $\frac{1}{2}$ cup Veribest Evaporated Milk
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon onion juice
4 Cloverbloom Eggs
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon paprika

Beat the eggs, add the liquid and seasoning, then the ham. Pour into buttered timbale molds; place in pan of hot water and cover with greased paper. Bake in a moderate oven (350° F.) until firm (and a silver knife stuck into the center of each timbale comes out clean), about 25 minutes.

TOTAL TIME: 40 MINUTES.

MAKES 6 MEDIUM SIZED TIMBALES.

Star Ham à la King

45

2 cups diced baked "Star" Ham
1 $\frac{1}{2}$ cups water
1 $\frac{1}{2}$ cups Veribest Evaporated Milk
2 tablespoons flour
2 tablespoons Cloverbloom Butter or
3X Oleomargarine
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon celery salt
1 $\frac{1}{2}$ cups sautéed mushrooms
2 Cloverbloom Egg yolks
1 tablespoon diced green pepper
 $\frac{1}{2}$ cup pimiento cut into thin strips

Put water, evaporated milk, egg yolks and seasonings into a sauce pan. Melt fat and then add flour which is added to the liquid when the liquid has reached the simmering point. Add the diced ham, green pepper and mushrooms and lastly the pimientos. Serve on toast.

TOTAL TIME: 25 MINUTES.

SERVES 6 TO 8.

Luscious Star Ham Omelet

46

Beat the white and yolks of four Cloverbloom Eggs separately. To the yolks add two teaspoons Cloverbloom Butter, a pinch of salt, and one cup of boiled "Star" Ham finely chopped. Make a smooth paste of one level tablespoon flour and one-fourth cup of milk, and gradually add one-half cup of milk and the well-beaten whites of the eggs. Combine the two mixtures, pour into a hot, well-greased skillet, and bake in a moderate 350° F. oven for 15 minutes.

TOTAL TIME: 20 MINUTES.

SERVES 4.

Armour's Star Ham



Star Ham au Gratin

$\frac{3}{4}$ c. Veribest Evaporated Milk
 $\frac{3}{4}$ c. water
 $\frac{1}{2}$ slice onion
1 stalk celery
2 tbs. flour

1 c. chopped cooked "Star" Ham
2 tbs. Cloverbloom Butter
1 Cloverbloom Egg
1 tsp. salt
 $\frac{1}{4}$ tsp. paprika

Heat onion and celery in milk. Melt butter, add flour, mix well and add milk. Cook until creamy, add egg well beaten, seasonings and ham. Pour into well-buttered baking dish and bake 25 minutes in a moderate oven 350° F.

TOTAL TIME: 40 MINUTES. SERVES 5.

47

Star Ham Cutlets

2 c. minced cold cooked "Star" Ham
1 c. thick white sauce

Few grains cayenne
1 tbs. minced green peppers

Add sauce to ham, then add seasonings. Spread on a plate to cool. Shape in the form of cutlets, dip in crumbs, egg, then crumbs again, fry in deep fat at a temperature of 380° F. for $1\frac{1}{2}$ minutes. Drain. Garnish with green leaves.

TOTAL TIME: 40 MINUTES. SERVES 4.

48

Luncheon Sandwich

Make patties of mashed potatoes, spread with mustard mayonnaise. Cover with a generous portion of the chopped "Star" Ham. Top each with a stuffed olive. Serve on individual plates with the buttered peas.

TOTAL TIME: 30 MINUTES.

49

60 Ways to Serve

Shepherd's Pie

- 50
- | | |
|-----------------------------------|--------------------|
| 3½ cups mashed potatoes | ¼ cup minced onion |
| 5 cups (1¼ lbs.) diced "Star" Ham | ¾ cup water |
| ½ cup celery | 1 tablespoon flour |

Combine water and flour and add ham, celery and onion to it. Cook until thoroughly heated. Line a baking dish or casserole with mashed potatoes, then add cooked ham mixture and cover with additional mashed potatoes. Bake in a moderate oven (350° F.) 30 minutes.

TOTAL TIME: 45 MINUTES. SERVES 6.

Star Ham and Cabbage en Casserole

- 51
- Place 1-inch sliced cooked "Star" Ham in casserole, cover with ½ head cabbage and pour 2 cups white sauce over all. Bake in a moderate oven (350° F.) for 30 minutes.

TOTAL TIME: 40 MINUTES. SERVES 6.

Star Ham Pot Pie

- 52
- | | |
|---|--------------------|
| 1 lb. or 2 cups cubed cooked "Star" Ham | 1 small onion |
| 1 can corn | ¼ teaspoon mustard |
| 2 large potatoes diced (cooked) | ¼ teaspoon paprika |
| 1¾ cups medium white sauce | |

Combine all ingredients. Bake in a casserole for 30 minutes at 400° F. Then cover with baking powder biscuits and bake 15 minutes at 450° F. or until biscuits are done.

TOTAL TIME: 1 HOUR. SERVES 6.

Star Ham Stuffed Baked Potatoes

- 53
- Bake 4 medium sized potatoes for 45 minutes in a hot oven (400° F.). Cut off the top of each potato and remove part of the potato. Mash, add equal quantity of chopped "Star" Ham and season with ½ teaspoon of mustard for each cup of ham. Refill potato shells and bake in oven for 15 minutes.

TOTAL TIME: 1 HOUR 10 MINUTES. SERVES 4.

Star Ham and Egg Salad

- 54
- | | |
|--|---|
| 2 cups diced leftover "Star" Ham | 6 diced sweet pickles |
| 3 hard cooked Cloverbloom Eggs, chopped coarsely | 12 chopped pimiento stuffed olives |
| | 1 cup well-seasoned mayonnaise or boiled dressing |

Toss the ingredients lightly together and serve in lettuce cups.

TOTAL TIME: 20 MINUTES. SERVES 4.

Armour's Star Ham



Star Ham Hash with Poached Eggs

2 cups leftover "Star" Ham, chopped
2 cups chopped cooked potatoes
 $\frac{1}{2}$ green pepper, minced
 $\frac{1}{2}$ medium onion, minced

2 tablespoons "Star" Ham drippings
 $\frac{1}{2}$ cup diced celery
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon salt

Melt the drippings and sauté the green pepper, onion and celery. Mix with the chopped ham and potatoes, then add the seasoning. Add a little hot water if too dry. Shape into individual molds about 1 inch thick. Sauté in drippings until thoroughly heated and slightly browned. Serve with poached egg on each mold.

TOTAL TIME: 30 MINUTES. SERVES 6.

55

Star Ham Soufflé

2 tablespoons "Star" Ham drippings
1 slice onion
2 tablespoons flour
 $\frac{1}{2}$ teaspoon paprika

1 cup Veribest Evaporated Milk,
diluted with 1 cup water
2 cups cooked, chopped ham
3 Cloverbloom Eggs
 $\frac{1}{2}$ cup bread crumbs

Cook chopped onion in drippings, add flour and paprika and stir until well blended. Add 2 cups milk, stir until smooth and boiling. Strain, pour over bread crumbs, add ham, beaten yolks and fold in stiffly beaten egg whites. Bake in buttered baking dish, set in a pan of hot water in a slow oven (275-300° F.) for 45 minutes.

TOTAL TIME: 1 HOUR. SERVES 6.

56

60 Ways to Serve

Star Ham Fritters

57

1 cup leftover "Star" Ham
1/2 cup Veribest Evaporated Milk
2/3 cup water
1 1/2 cups flour
3 level teaspoons baking powder

1 Cloverbloom Egg,
1 tablespoon "Star" Ham drippings
1/2 teaspoon sugar
1/4 teaspoon salt

Beat the egg well, add the milk, melted drippings and the sifted dry ingredients. Then mix in the ham. Drop from tablespoon in deep Simon Pure Lard heated to 380° F. Turn as soon as fritter comes to the surface. Fry each fritter about 2 minutes. Serve on heated sliced pineapple.

TOTAL TIME: 25 MINUTES.

SERVES 6.

Star Ham Croquettes with Asparagus

58

2 cups boiled rice or mashed potatoes
2 Cloverbloom Eggs
1 1/2 cups finely minced "Star" Ham
2 tablespoons green pepper, minced

Salt and pepper to taste
2 tablespoons Veribest Evaporated Milk
Bread crumbs
1 egg plus 1 tablespoon water

Combine ingredients and shape into small rolls or pyramids. Roll in crumbs, then dip in beaten egg, cover with crumbs again. Fry in deep Simon Pure Lard until golden brown. Serve with asparagus.

TOTAL TIME: 35 MINUTES.

TEMP. 400° F.

SERVES 7.

Stuffed Green Peppers

59

6 green peppers
1 cup minced leftover "Star" Ham
1 cup cooked rice

1/2 cup medium white sauce
1/2 cup bread crumbs
2 tablespoons "Star" Ham Drippings

2 tablespoons minced onion

Cut tops from peppers, remove seeds and parboil 15 minutes, or until tender. Melt drippings in skillet, add onion and cook until slightly brown; then add the rice, "Star" Ham and sauce. Fill peppers with mixture, sprinkle tops with crumbs and bake 20 minutes in a hot oven (400° F.).

TOTAL TIME: 35 MINUTES.

SERVES 6.

Star Ham Cabbage Roll

60

2 cups ground leftover "Star" Ham
1 small onion, minced
1 cup cooked rice

1/2 teaspoon salt
1/4 teaspoon pepper
8 small cabbage leaves
1 1/2 cups tomato or thin well-seasoned white sauce

Blanch cabbage leaves in boiling water. Mix the ground "Star" Ham with rice and seasoning. Roll a rounding tablespoonful of the mixture in each cabbage leaf. Secure loose edge of leaf with toothpick. Place rolls in a greased baking dish. Pour over the sauce and bake in a moderate oven (350° F.) for 30 minutes. Serve from baking dish, garnished with parsley.

TOTAL TIME: 50 MINUTES.

SERVES 6.

Armour's Star Ham

The Importance of U. S. Government Inspection



DO YOU know that only 65 per cent of the meat sold in this country is U. S. Government Inspected?

Yet, it is true, and the fact doubly emphasizes the necessity of insisting that the little government inspection stamp appears on all food products you purchase.

Each of the big Armour Packing Plants is under the daily supervision of a corps of U. S. Government experts. It is their duty to safeguard your food supply—make certain that the Armour foods you obtain through Armour dealers are pure, fresh and of finest quality.

Look for the U. S. Government Inspection stamp. It appears on every Armour food product and is your guarantee of dependable quality—always.

Knowing the positive purity of Armour's foods, you will enjoy these and the many other products bearing the familiar and dependable name "Armour," as well as the U. S. Government Inspection stamp.

"STAR" HAM
"STAR" BACON
"STAR" SLICED BACON IN CARTONS
"STAR" SUMMER SAUSAGE
"STAR" SALAMI SAUSAGE
"STAR" PURE LARD
(Pails and cartons)
SIMON PURE LEAF LARD
Made from 100% Leaf Fat
(Airtight tins)
VEGETOLE
(Vegetable Shortening in pails and cartons)

VERIBEST CANNED MEATS
VERIBEST PORK AND BEANS
VERIBEST EVAPORATED MILK
VERIBEST PEANUT BUTTER
3X AND NUTOLA OLEOMARGARINE

Also

CLOVERBLOOM BUTTER
CLOVERBLOOM EGGS
CLOVERBLOOM CHEESE
CLOVERBLOOM POULTRY

It Is Economical to Buy a Whole Armour's "STAR" HAM

YOU can buy Armour's "Star" Ham with the Fixed* Flavor by the slice, by the piece, or however you wish; but even the small family can conveniently use a whole "Star" Ham.

In purchasing a whole ham you get it at considerably less per pound; therefore you enjoy an actual money saving. The ham keeps well in its protective wrapping.

You can serve it broiled, boiled, fried or baked. Divide the ham into three sections, as indicated in the accompanying illustration. You can boil the shank with vegetables.

Slice the center portion for frying or broiling. You will find these slices make tempting ham steaks, unusually good-looking and especially tasteful; a welcome change now and then for all the family.

Bake the butt for a pleasing main course, or serve it in any of the many other appetizing ways.

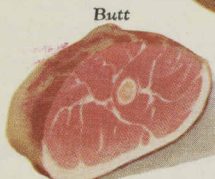
Any portion is easily and quickly prepared. Left-over cooked portions may be creamed, or served with cold cuts, attractively garnished. As a sandwich filler it has no equal. Each style of service has its own peculiar charm that assures the saving grace of variety.

*Easy to Keep—Easy to Prepare
—Easy to Serve*

By cutting a ham on the bias—in three sections—you increase the number of center slices. This is true **ECONOMY**, for center slices cost twice the pound price asked for a whole ham.



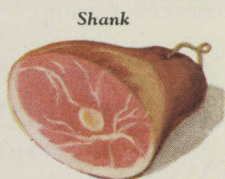
WHOLE HAM
Bake or Boil
HAM BONE
for Soup
HAM SKIN
Grease Griddles



Butt
Bake, Boil or Fry



Center Slices
Broil or Fry



Shank
Cook with Vegetables

Armour's "STAR" Bacon

THE only real rival of "Star" Ham is Armour's "Star" Bacon. In uniform quality it is equally dependable for it has the same famous Fixed* Flavor. The mildness and sweetness of this choicest bacon are distinctive. As a breakfast delicacy, it is admittedly unsurpassed. Wherever finest foods are served—on dining cars, in prominent hotels and elsewhere—it is a familiar item on the menus.

Yet "Star" Bacon is more than a breakfast dish solely. In home cookery it has many uses. A few slices, cooked with the so-called "cheaper cuts of meat," add richness. It has no equal for imparting zest to roast fowl, fish or meat loaf. Bacon sandwiches, fried apple and bacon, and other combination dishes offer tempting variety.

For outing trips, bacon is of course a favorite food. It can be cooked quickly, and it is easily carried—especially, if purchased in cartons.

Proper method in cooking is essential. This is given on Page 8 of "36 Ways to Serve Bacon," our new "Star" Bacon book.

Since bacon is one of the most easily digested fat meats known, it is excellent for growing children. It provides abundantly the energy food they require. You can buy Armour's "Star" Bacon in any form you prefer. It comes in parchment wrapped whole pieces, by the pound, or sliced evenly and ready for use, in pound and half-pound cartons.



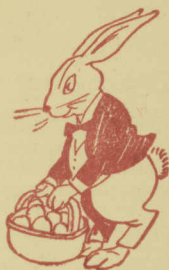
Always identify it by the label, to be sure you're getting Armour's "Star."

WRITE FOR "36 WAYS TO SERVE BACON" The New "Star" Bacon Book

THIRTY-SIX tempting recipes that will further your enjoyment of "Star" Bacon are included in our new book, "36 Ways to Serve Bacon." This book contains authoritative information regarding the food value of "Star" Bacon—its place in the child's diet—uses for "Star" Bacon drippings—and ways in which "Star" Bacon can be used to increase the flavor and palatability of potatoes, salads, eggs, and other foods. Send today for your free copy of this helpful book. Address Armour and Company, Dept. 60W, U.S. Yards, Chicago, Illinois for your free copy of "36 Ways to Serve Bacon."



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