60 Ways to Serve

Armour's STAR

THE HAM WHAT AM

STAR
Multiplying the Use of Star Ham

When an item of food can be served only in one way, its use is limited. But with 60 Ways to Serve the "Ham What Am," its use is unlimited, as it can be served day after day in an almost endless variety of ways. This booklet of "60 Ways" many times multiplies the service of Star Ham, enabling you to serve it oftener; always appetizing, always delicious, be it for a light breakfast, a full course dinner, or a picnic luncheon.

Meat a Daily Necessity

Experience has proven repeatedly, that with a liberal diet of meat, man can do a day's work better and with less fatigue. Ham particularly, is a popular meat in America, in fact, restaurant and hotel owners claim ham to be much more in demand than any other meat. Star Ham not only has a delightful flavor, but its proportion of protein, the muscle and tissue building element, is high; contains a generous supply of minerals so necessary
to bodily vigor—the edible portion of a Star Ham has 1940 calories to the pound. Both the smoked and boiled ham are relatively rich in the soluble vitamines, which are now considered a body necessity.

**Wise Choosing Makes Better Cooking**

HOME Economic Experts verify what housewives have learned from experience—that more care spent in selection, means less time spent in preparation. This is especially true in buying ham.

Armour's Star Ham has become famous as “The Ham What Am,” because we select only the finest hams from young, corn-fed porkers, give them a special sweet, mild Star cure, and then hickory-smoke them in the stockinet covering to retain all the rich juices and intensify the fine flavor. Thus, the foundation for cooking success is achieved before the ham reaches your kitchen.

The only way of being sure that you get quality ham, is to insist on getting Armour's Star, “The Ham What Am.” This is comparatively easy when you buy a whole ham, for you can see the brand name on the stockinet, as well as on the ham itself. When you buy sliced ham, this is not always so easy, and it is, therefore, necessary to request that the market man show the Armour Star Ham identification on the ham from which your slice comes. If you do this, you will always secure this ham of super-quality.

**It Is Economical to Buy the Whole Ham**

You can buy “Star Ham” by the slice or pound. But to really know the economy and great variety offered by this super-ham, order a whole one.

You can serve it broiled, boiled or baked. You can either boil the shank with vegetables, slice and fry the center portion, and then bake the end; or use one of the other “60 ways.” There's never any waste.

The unique Armour stockinet covering keeps “The Ham What Am” fresh and firm until every portion of the ham has been consumed.
Sixty Appetizing Ways to Serve Armour's Star—
“‘The Ham What Am!’”

By fully taking advantage of the tested recipes in this booklet, you will be able to serve this deliciously appetizing ham often, yet in a never-ending variety of new ways. Keep this booklet handy. Place it in your kitchen cabinet or with your favorite cook book. Refer to it frequently and use it to help you add variety to the meat dishes you serve. All recipes in this booklet have been prepared and tested by the Armour Department of Food Economics.

BAKED HAM IN CIDER
Serves sixteen to eighteen. Preparation, 5 to 6 hours.

METHOD:—Wash thoroughly a ten-pound ham. Drain the ham dry and over the fleshy side sprinkle a little clove, a teaspoon of cinnamon and half a teaspoon of ginger. Cover the ham with a very thick paste of flour and water. Put skin side down in a roasting pan and fill the pan with cider. Cook slowly for three hours, basting often. Remove the paste and rind. An hour before it is served, return the ham to baking pan, flesh side down. Brush the fat portion with beaten egg, sprinkle generously with chopped parsley and bread crumbs, and let it heat through. Make a gravy by boiling down the cider in which the ham was first roasted.
PRESSURE COOKED HAM
Serves sixteen to twenty. Preparation, 1 hour.
1 10-lb. ham

METHOD:—Remove stockinet covering from Star Ham. It is not necessary to wash this ham, it having been thoroughly washed just before being covered with the stockinet. Pour only one cupful of water in the bottom of the pressure cooker. Place ham on the rack. Fasten cooker cover on securely and cook 50 minutes at 15 pounds pressure. This is well done. When preparing a very large ham it may be necessary to cut in two pieces.

BOILED HAM WITH SPINACH
Serves twelve to twenty. Preparation, 3 to 5 hours.

METHOD:—Soak a whole or half a 10 to 12 lb. ham in cold water over night. Pare off the under part and saw the knuckle off evenly.
Tie the ham in a clean cloth and cook in boiling water from 2½ to 3 hours, allowing 20 minutes to the pound.
When cooked, remove cloth and skin; trim the fat except around knuckle.
Lay in a stew-pan or a deep baking-dish and pour over it a cup of cider, and place in the oven to brown.
Baste frequently with cider, and when the ham has absorbed the liquid, serve on hot platter with spinach.

HAM ROAST STUFFED
Serves twelve. Preparation, 4 hours.

METHOD:—Remove a boiling ham from water just before it becomes tender. Carefully take out bone, and fill space with meat stuffing. Bake in oven one hour.

The critical traveling public makes ham the favorite in dining cars.
BOILED HAM

Serves eighteen to twenty. Preparation, 3 to 4 hours.

METHOD:—Remove stockinet covering from Star Ham. This ham is perfectly clean, having been thoroughly washed just before being covered with the stockinet. Submerge ham in boiling water; let water boil up and then simmer until meat is tender. Skin. Serve with garnish of baked apples and parsley or with potato salad.

BAKED HAM AND POTATOES

Serves four to five. Preparation, 1 1/4 hours.

1 thick slice ham 1 1/2 c. thin white sauce
4 c. diced raw potatoes Salt and pepper

METHOD:—Cut a slice of ham one-half inch thick. Scald, drain, and flour lightly. Fry each side until it begins to color. Put in baking pan, cover with sweet milk and bake at medium heat for half hour; turn and bake for another half hour. Cut pared potatoes in small squares, boil until tender and drain. Arrange in greased baking dish with white sauce. Lay slice of ham on top. Set in oven and bake 25 minutes.

BOILED HAM WITH VEGETABLES

Serves five. Preparation, 1 1/4 hours.

2 ham shanks 1 head cabbage

METHOD:—Soak ham over night in cold water. Put in kettle, cover with cold water, heat to boiling point and cook slowly until tender, about one hour after the first half hour. Put cabbage cut in quarters in with ham. When ham is tender remove to platter, surround with cabbage, and serve with mustard or horseradish.
HAM SLICES, SOUTHERN STYLE
Serves eight to nine. Preparation, 3/4 hour.
3 slices raw ham

METHOD:—Take slices of ham and freshen with boiling water. Spread each slice with mixed mustard and a sprinkle of sugar. Put in baking dish and cover with cold milk. Cook about thirty minutes. Dissolve one-half teaspoon of extract of beef and one tablespoon of butter; add one tablespoon of flour and make a gravy with the milk left in pan after the ham is cooked. Serve with baked potatoes.

COLD SLICED HAM
METHOD:—When ham is cold, cut in thin slices and serve with salad, as a filler for sandwiches, or with assorted cold cuts. Use the leftover small pieces in casserole cookery.

BAKED HAM AND CABBAGE
Serves four. Preparation 11/2 hours.

Small head white cabbage 1 heaping tbsp. flour
1/2 medium lean ham 1 tbsp. fat
1 c. milk Pepper and salt

METHOD:—Cut cabbage in quarters, soak in slightly salted ice cold water for half an hour, then chop coarsely and boil twenty minutes. Make a cream sauce of milk, flour and butter, seasoning with the salt and pepper. Put a layer of the drained cabbage in baking dish, cover with some of the sauce, then set in the parboiled ham for twenty minutes, the rind removed and top scored. Put rest of cabbage around ham, pour over it the remainder of the cream and set in medium oven for half an hour, or until ham and cream are well browned.

Cut a whole ham in half and use the shank end for cooking with cabbage. The other portion can be baked with sugar and spices. The smaller pieces left after serving can be used for making creamed dishes, omelettes, hash, and croquettes.
HAM STEAK

Serves four to six. Preparation, 15 to 20 minutes.

1½ lb. slice fresh ham (¾ to 1 inch thick)

METHOD:—Gash the fat on the edge of the ham in several places; put in a hot frying pan and sear quickly, turn and brown on other side. Lower the heat and cook slowly until tender.

BAKED SLICE OF HAM

Serves four to six. Preparation, 50 minutes.

2 lb. slice of ham 1½ doz. tart apples
10 whole cloves ½ c. water
1½ c. light brown sugar Parsley

METHOD:—Rub ½ cup sugar into the ham. Sprinkle with cloves. Place in baking pan and surround with the apples peeled, cored and sliced in half cross-wise. Sprinkle the remaining sugar over the apples, add the water to the pan and bake until tender (about 45 minutes). Serve on hot platter garnished with cress or parsley.

BOILED HAM AND EGG WITH EGGPLANT

Serves six. Preparation, 45 minutes.

6 eggs 6 servings of ham 1 eggplant

METHOD:—Remove the skin and cut the eggplant into slices, one-half inch thick. Sprinkle slices with salt and pile on a plate. Cover with a weight and let stand two hours; this to press out the juice. Drain, dredge with flour and saute slowly, first on one side and then on the other, to a golden brown. Lay a slice of boiled ham on each slice of eggplant and top with a poached egg. Serve with Hollandaise sauce.
FRIZZLED BOILED HAM
Serves six. Preparation, 15 minutes.
6 or 8 thin slices of boiled ham
6 or 8 slices of buttered toast

METHOD:—Slice ham about one-quarter inch thick, according to the number to be served, and trim off the rough edges. Have the broiler very hot, lay the slices of ham upon it and brown well. Serve with buttered toast.

PAN BROILED STAR HAM
Serves four to five. Preparation, 15 to 20 minutes.
1 thick slice ham

METHOD:—Heat pan very hot and lay ham on to broil. Reduce the heat and cook slowly. Cover the pan to allow the ham to steam the last few minutes of cooking. When tender and delicately browned, remove to platter and serve.

CASSEROLE OF HAM AND HOMINY
Serves four. Preparation, 25 minutes.
1 can hominy, cooked
2 c. white sauce
¼ c. chopped onion
1 slice raw ham ½ in. thick

METHOD:—Mix onion with white sauce, put layers of white sauce alternately between hominy and slice of ham on the top. Bake until ham is tender.

FRIED HAM
Serves two to four. Preparation, 15 to 20 minutes.

METHOD:—Cut a thin slice from the center of a Star Ham and gash the fat on the edge in several places; put in hot frying pan, brown quickly on one side, then turn and brown lightly on the other side. Then cook very slow until tender.

At Club Houses where quality has first consideration, ham is the most popular meat item served.
STAR BOILED HAM SANDWICHES
Slice Star Boiled Square Ham and cut in half. Place between thin slices of buttered bread and serve with olives. By cutting a slice of ham in half it will exactly fit a slice of bread and there is no trimming waste. For this reason it is economical to use Square Boiled Ham.

BARBECUED HAM

Serves four. Preparation, 15 minutes.

4 thin slices ham
½ tsp. mustard
½ tsp. paprika
3 tbsp. vinegar
½ tsp. sugar

METHOD:—Soak ham for one hour in lukewarm water, drain and wipe, and then cook in a hot frying pan until slightly browned. Remove to serving dish, and add vinegar and seasonings to fat in pan. Heat and pour over ham. Serve at once.

HAM SOUP

Serves five. Preparation, ½ hour.

1 lb. cooked ham minced or chopped fine
1 onion
1 tbsp. butter
2 tbsp. flour
1 bay leaf
4 c. milk (scalded)

METHOD:—Brown chopped onion in butter, add flour and brown. Pour in 1 cup of milk and cook until smooth. Strain, add ham and bay leaf broken in pieces, cook five minutes, stirring constantly. Strain through a fine sieve, add the remaining milk. Return the soup to stew pan, season with salt, pepper, and a bit of sugar. Reheat the soup, boil up, skim and serve.
HAM A LA KING

Serves six to eight. Preparation, 25 minutes.

2 c. diced baked Star Ham
1 1/2 c. water
1 1/2 c. evaporated milk
2 tbsp. flour
2 tbsp. butter or oleo-margarine
1/4 tsp. salt

1/4 tsp. pepper
1/4 tsp. celery salt
1 1/2 c. sautéed mushrooms
2 egg yolks
1 tbsp. diced green pepper
1/2 c. pimento cut into thin strips

METHOD:—Put water, evaporated milk, egg yolks and seasonings into a saucepan. 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 pimentos. Serve on toast.

CREAMED HAM PATTIES

Serves five. Preparation, 30 minutes.

1 1/2 c. diced cold cooked ham
1 tbsp. minced pimento
1 loaf bread (dry, old)

1/2 c. thin cream sauce
1 tbsp. chopped olives
1/2 tsp. salt and pepper mixed

METHOD:—Cut bread in six pieces, trim off crust, cut in squares and hollow out center. Add ham and seasonings to cream sauce. Toast the hollow bread squares or boxes, or brown in deep hot fat. Fill with creamed ham and serve at once. Garnish with parsley.

CURRIED HAM ON TOAST

Serves six. Preparation, 25 minutes.

3/4 c. minced ham
1/2 tsp. curry powder
6 slices hot toast

1 1/2 c. white sauce
1 hard boiled egg cut fine

METHOD:—Mix all ingredients and serve very hot on buttered toast. Garnish with minced parsley.

Lunch Rooms must serve good, substantial meals at moderate prices. Investigation proves ham the most popular of meat dishes.
HAM TETRAZZINI

Serves four to six. Preparation, 25 minutes.

1 tsp. onion chopped fine
1/4 green pepper
1 pimento
1/2 c. mushrooms, fresh or canned
3 c. milk or diluted evaporated milk

3 tbsp. flour
2 c. diced ham, baked or boiled
2 c. cooked spaghetti
2 egg yolks
2 tbsp. oleomargarine

METHOD:—Chop onion fine and cut green pepper in strips; wash and remove skin from mushrooms and cut in eighths. Melt the oleomargarine in sauce pan and add onion, green pepper and mushrooms and cook until slightly browned. Stir often. Add the milk and flour, mixed with water, and cook until it boils, add diced ham, spaghetti and pimento and bring to the boiling point. Season. Last mix in the slightly beaten egg yolks and stir in carefully so as not to break up the spaghetti and other ingredients. Cook slowly for five minutes. Serve on a platter with a garnish of pimento and pepper. Sprinkle with paprika.

JELLIED HAM

Serves eight. Preparation, 3 hours.

1 lb. cold boiled ham, diced
1 can pimentos (cut fine)
3 tbsp. minced pickle
1 pint hot stock
1 tbsp. gelatine (granulated)
1 bay leaf
1 slice onion
2 cloves

METHOD:—Soak gelatine in cold water and dissolve in hot stock. Mix remaining ingredients, and turn into a mold slightly greased. Pour gelatine stock over all. The sides of the mold may be lined with the slices of lemon or cold boiled egg. When the jelly is cold and set, dip the mold into boiling water for an instant, and turn the meat onto a platter. Serve with a garnish of lettuce or parsley.

MINCED HAM ON TOAST

Serves five. Preparation, 25 minutes.

2 c. minced ham
3/4 c. green peppers (chopped)
5 slices toast
2 c. thin cream sauce
1/8 tsp. salt and pepper, mixed

METHOD:—Mix the ingredients, heat thoroughly and serve on half slices of toast.
GRILLED HAM WITH NOODLES
Serves six. Preparation, 35 minutes.
3 c. cooked noodles
1 c. thin white sauce
½ tsp. salt
1 tbsp. butter
1 c. diced or minced ham
2 tbsp. chopped green peppers
½ c. crumbs.

METHOD:—Arrange in alternate layers in a greased baking dish. Sprinkle crumbs over top and dot with butter. Bake 25 minutes in hot oven.

HAM AND EGG SALAD
Serves six. Preparation, 15 to 20 minutes.
1½ c. diced cold boiled or baked ham
3 hard-boiled eggs, diced
¼ c. mayonnaise

METHOD:—Mix together and serve on lettuce hearts. Garnish with stuffed olives and parsley. Serve very cold.

DENVER SANDWICH
Serves one to two. Preparation, 15 minutes.
¼ c. cold boiled ham (chopped very fine)
1 dill pickle (chopped fine)
1 small onion (chopped fine)
2 eggs (beaten lightly)

METHOD:—Beat all together and fry in Armour’s Star Leaf Lard. Toast two slices of bread and butter them. Put mixture between slices and trim. Serve with sliced dill pickles for garnish.

HOT HAM SANDWICH

METHOD:—Cut bread as for sandwiches, using brown, gluten, whole wheat or graham bread. Spread one piece with butter, and the other with finely chopped ham. Press the buttered piece onto the ham, and dip in slightly beaten egg. Fry a golden brown in hot fat.
HAM OMELETTE

Serves three or four. Preparation, 20 minutes.

METHOD:—Beat the whites and yolks of four eggs separately. To the yolks add two teaspoons butter, a pinch of salt, and one cup of boiled ham finely chopped. Make a smooth paste of one heaping teaspoon of flour and one-fourth cup of milk, and gradually add the remainder of three-fourths 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 the oven for fifteen minutes.

SCRAMBLED EGGS AND HAM

Serves four. Preparation, 15 minutes.

1 tbsp. butter
1/2 c. cold cooked ham
3 eggs
3 tbsp. water

METHOD:—Melt the butter in a frying pan; add ham, stir a moment, then add the eggs beaten slightly with the water. Cook over a gentle fire, stirring constantly as the egg thickens. Serve when the egg is lightly set.

HAM HASH WITH POACHED EGGS

Serves five. Preparation, 25 minutes.

2 c. leftover ham minced
6 c. cold boiled potatoes
1 tsp. minced onion
1 tbsp. chopped green pepper
1/8 tsp. pepper
1/4 tsp. salt
3 tbsp. drippings
5 eggs

METHOD:—Mix ham with potatoes and seasoning. Saute in drippings until thoroughly heated and slightly browned. Poach eggs. Dip eggs from water, and serve on individual mounds of the hash.
STUFFED EGGS WITH HAM
Serves six. Preparation, 30 to 40 minutes.

METHOD:—Hard-boil eggs sufficient for the family, and cut in half. Remove the yolks carefully and grate, adding finely chopped ham in the proportion of one-third ham to two of egg. Mix to a paste with a little French dressing, add a pinch of dry mustard and stuff the white halves. Serve on a bed of parsley with strips of pickled beet or red cabbage.

EGGS WITH HAM AND TOMATOES
Serves four to five. Preparation, 30 minutes.

1/2 can tomatoes 1/2 c. chopped cooked ham
1 slice onion 3 beaten eggs
4 cloves 1/8 tsp. pepper
1/2 tsp. salt

METHOD:—Cook the tomatoes, onion and cloves fifteen minutes, and rub through a sieve; add ham, eggs and seasonings, and cook three or four minutes, stirring all the time. Serve on toast or crackers.

GREEN PEPPERS STUFFED WITH HAM
Serves six. Preparation, 35 minutes.

6 green peppers 1/2 c. brown sauce
1/2 c. boiled rice 2 tbsp. crumbs
1/2 small onion chopped 2 tbsp. butter
1/2 c. cold minced ham 4 tbsp. chopped mushrooms

METHOD:—Cut top from peppers, remove seeds, and parboil peppers 15 minutes, then drain. Brown onion and mushrooms in butter, add ham, and cook 3 minutes. Mix with other ingredients. Fill peppers. Cover with crumbs, dot with butter, and bake 10 minutes in hot oven. Serve on toast with brown sauce.

Steamships suggest wealth, leisure, comfort and good living—and ham is the most popular meat dish on the bill of fare.
Baked Ham a l’Armour

Serves sixteen to eighteen. Preparation, five hours.

1 12-POUND HAM
1 CUP VINEGAR
1 TEASPOON MUSTARD
6 RED APPLES
4 DOZEN WHOLE CLOVES
1 CUP BROWN SUGAR

Method: Remove the Stockinet covering from “Star” ham and plunge into boiling water for ten minutes. Reduce the heat and simmer for two hours. Then take the ham from the water and remove the skin from two-thirds of the ham, leaving one-third on the shank end. Place apples, halved and cored, around the ham in the bottom of the pan, return ham to the oven and without more basting bake until tender. (It will take about five hours to properly cook a ham of this size.) Serve with a garnish of baked apples and parsley.

teaspoon of dry mustard has been dissolved. Rub the fat surface with brown sugar and dot over with whole cloves set about one inch apart.

in a roaster with the fat side up and bake slowly one hour, basting frequently with one cup of vinegar and one cup of hot water in which one level
CASSEROLE OF HAM AND OYSTERS
Serves six. Preparation, 30 to 40 minutes

\[ \begin{align*}
\frac{1}{4} \text{ c. oleomargarine} & \quad 2 \text{ eggs} \\
\frac{1}{4} \text{ c. flour} & \quad \frac{1}{8} \text{ lb. American cheese} \\
\frac{1}{2} \text{ tsp. salt} & \quad \text{Paprika} \\
\frac{1}{2} \text{ tsp. pepper} & \quad 2 \text{ c. cold diced ham} \\
2 \text{ c. cream or} & \quad 1 \text{ pt. oysters, cleaned and} \\
1 \text{ c. evaporated milk and} & \quad \text{drained} \\
1 \text{ c. water} & \quad \frac{1}{2} \text{ c. finely chopped celery} \\
\end{align*} \]

METHOD:—Make a sauce of first seven ingredients, add ham and oysters. Put into greased casserole, add beaten yolks of eggs and celery. Beat whites, cut and fold into the mixture. Sprinkle grated cheese and paprika over the top and bake in a hot oven.

HAM AU GRATIN
Serves five to six. Preparation, 40 minutes.

\[ \begin{align*}
1\frac{1}{2} \text{ c. milk} & \quad 2 \text{ tbsp. butter} \\
\frac{1}{2} \text{ slice onion} & \quad 1 \text{ egg} \\
1 \text{ stalk celery} & \quad 1 \text{ tsp. salt} \\
2 \text{ tbsp. flour} & \quad \frac{1}{4} \text{ tsp. paprika} \\
1 \text{ c. chopped ham} & \\
\end{align*} \]

METHOD:—Heat onion and celery in milk, then remove, melt butter, add flour, mix well and add milk. Cook until creamy, add egg well beaten, seasonings and ham. Cut onion and celery in pieces and add to sauce. Pour into well buttered baking dish and bake 25 minutes.

TOMATOES STUFFED WITH CELERY AND HAM
Serves five. Preparation, 20 minutes.

\[ \begin{align*}
5 \text{ ripe tomatoes} & \quad \frac{1}{2} \text{ c. cold ham} \\
4 \text{ tbsp. diced celery} & \quad \frac{1}{2} \text{ c. salad dressing} \\
\end{align*} \]

METHOD:—Peel tomatoes, discard stem ends, remove center pulp and mix with celery, ham and salad dressing. Refill tomatoes, place on lettuce leaf. Arrange on platter serving remaining filling at sides of each tomato.

HAM SAUCE
METHOD:—Fry one-half a cup of finely ground cooked ham with one-fourth teaspoon minced onion and one-half cup diced celery. Squeeze over it the juice of one-half a lemon.
HAM AND CHEESE RAREBIT

Serves eight. Preparation, 20 minutes.

\[\begin{align*}
\frac{3}{4} \text{ lb. American cheese} & \quad \frac{1}{8} \text{ tsp. salt} \\
1 \text{ can tomato soup} & \quad \frac{1}{8} \text{ tsp. pepper} \\
\text{Slices of bread toasted} & \quad \frac{1}{2} \text{ c. water} \\
1 \text{ green pepper diced} & \quad \frac{1}{4} \text{ c. evaporated milk} \\
1 \text{ c. diced ham (leftover)} & \quad 2 \text{ tbsp. flour}
\end{align*}\]

METHOD:—Put the evaporated milk, water, tomato soup, salt and pepper in the top part of a double boiler. Add the pepper diced. Cut the cheese into small pieces and add to this mixture. Thicken with a paste made of the flour and water. Serve on toasted rounds of bread. A garnish of strips of pimento adds to the attractiveness of the dish.

HAM CROQUETTES WITH GREEN PEAS

Serves four to five. Preparation, 30 minutes.

\[\begin{align*}
2 \text{ c. finely chopped boiled ham} & \quad 2 \text{ c. mashed potatoes} \\
3 \text{ egg yolks} & \quad 2 \text{ tbsp. cream} \\
2 \text{ tbsp. butter} & \quad \text{A dash of cayenne}
\end{align*}\]

METHOD:—Chop the ham fine and add to the mashed potatoes. Then add the cream and butter and the yolks of two eggs, beaten well. Beat all together until smooth, then add a dash of cayenne. Mold the ham into pyramid shapes of about a finger in length. Roll in the beaten egg that remains, then roll in dried crumbs and fry in deep fat. Serve with hot canned peas.
HAM HOLLANDAISE

Serves four to five. Preparation, 30 minutes.

1½ tbsp. butter  1½ c. finely chopped celery
1 tsp. finely chopped onion  ¼ tsp. salt
2 tbsp. cornstarch  Few grains paprika
1 c. soup stock  1½ c. cold cooked ham cubed
1 tsp. lemon juice  yolk of one egg

METHOD:—Cook butter and onion five minutes, add cornstarch and stock gradually. Add lemon juice, celery, salt, paprika and ham; when well heated add yolk of egg slightly beaten, and cook one minute. Serve with triangles of toast.

HAM RISSOTTO

Serves four to five. Preparation, 40 minutes.

¼ c. raw ham diced  1 tsp. onion (chopped)
2½ tbsp. oleomargarine  ½ c. rice (uncooked)
2 tbsp. cheese  ¼ tsp. salt
2 c. boiling water  Dash of pepper and nutmeg

METHOD:—Fry ham and onion in one-half tablespoon oleomargarine until golden brown, add uncooked rice, two cups boiling water and seasoning. Allow to boil about 20 minutes. Uncover and set in oven 10 minutes. Add two tablespoons oleomargarine and two of grated cheese. Mix well and serve hot.

STUFFED CUCUMBERS BAKED

Serves five. Preparation, 25 minutes.

METHOD:—Mix well one-half cup of ham minced, two tablespoons each of bread crumbs and tomato catsup, and one tablespoon of finely chopped onion. Season with salt and pepper, and add a little milk. Cut lengthwise, peel, and cut out centers of three cucumbers. Fill with the mixture and sprinkle over the top finely diced bacon. Bake in hot oven until tender.

HAM CUTLETS

Serves five. Preparation, ½ hour.

2 c. minced cold cooked ham  Few grains cayenne
1 c. thick white sauce  1 tbsp. minced green peppers

METHOD:—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 and drain. Garnish with green leaves.
HAM LOAF

Serves five or six. Preparation, $1\frac{1}{4}$ hours.

2 c. cooked ham, coarsely chopped 2 eggs
1 c. bread crumbs
$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. water

$\frac{1}{4}$ tsp. dry mustard
$\frac{1}{4}$ tsp. black pepper
1 tbsp. fat

METHOD:—After chopping ham with hand chopper put it through food chopper with the bread crumbs. If it is very fat no extra fat will be required. Add eggs well beaten. Scald liquid and add seasonings. Grease small pan and shake in some sifted crumbs, then pack in the ham and bake in moderate oven for an hour or until top is well browned.

HAM ROLLS

Serves six to eight. Preparation, 45 minutes.

METHOD:—Two cups of ham, ground, three cups of flour, one scant tablespoonful of cornstarch, and one teaspoon of salt, mix well together. Cut into this one cup of pure leaf lard. Chop and mix with a knife. Toss lightly together and moisten with just enough very cold water to make a soft dough. Place a teaspoon of the ham on small, thin pieces of dough, press edges together and bake.

POTATO SURPRISE WITH HAM STUFFING

Serves six. Preparation, 25 minutes.

3 c. mashed potatoes
1 1/2 c. minced leftover ham
1 egg slightly beaten

1/2 c. crumbs
2 tbsp. drippings
1 tbsp. water

METHOD:—Shape potatoes into balls, hollow out center, fill with ham. Cover with potato, make round. Roll in crumbs, dip in egg diluted with water and roll in crumbs again. Fry in deep fat or saute in frying pan.

Hotel patrons know food quality and indicate their discrimination by making ham the favorite meat dish.
FRIED CORNMEAL MUSH AND HAM
Serves five. Preparation, 1 hour 15 minutes.
1 qt. boiling water
\( \frac{1}{2} \) tsp. salt
\( \frac{1}{2} \) c. cold water
1 c. cornmeal
\( \frac{3}{4} \) c. diced cooked ham

METHOD:—Stir cold water into cornmeal to avoid its lumping when stirred into boiling water. Add to boiling salted water. Stir five minutes, placing kettle directly over fire. Remove, place over hot water, cover and cook one hour. Add ham, pour into small greased bread pan, chill, slice thin and fry.

HAM TIMBALES
Serves four to six. Preparation, 35 minutes.
1 \( \frac{1}{2} \) c. minced boiled ham
\( \frac{3}{4} \) c. bread crumbs
2 hard-boiled egg yolks
1 c. milk
1 egg (well beaten)
2 tbsp. melted butter

METHOD:—Mix all together and turn into well greased timbale molds. Set the molds into a pan of water and cook until the mixture is firm in the center. Serve with tomato sauce.

HAM BALLS
Serves four. Preparation, 25 minutes.
1 c. minced boiled ham
1 c. bread crumbs
1 egg
\( \frac{3}{4} \) c. mashed potatoes
1 tbsp. milk
1 tsp. salt and pepper (mixed)

METHOD:—Mix ham, potatoes and milk together. Season, shape into balls, dip in egg, crumbs, and then egg again and fry in deep fat. Serve with lettuce or cress salad.

Save the drippings! They can be used in a variety of ways—for the flaky pie crust, as fat in a delicious spice cake, as foundation for white sauces and gravies, for frying purposes, etc.
BAKED HAM WITH NOODLES OR MACARONI

Serves five to six. Preparation, 30 minutes.

1 c. cooked ham 1/2 c. crumbs
3 c. cooked noodles or macaroni 1 tbsp. butter
1 c. milk 1/2 tsp. salt and pepper mixed

METHOD:—Grease a baking dish, and place in alternate layers, cooked chopped ham, and cooked noodles or macaroni. Season. Add milk, cover with bread crumbs, dot with butter and brown in the oven.

RISSOLES OF HAM

Serves six to eight. Preparation, 35 minutes.

1/2 c. lard 2 c. minced ham
1 1/2 c. flour 1/3 c. white sauce
3/4 c. water salt

METHOD:—Roll pastry thin and cut in rounds. Place one tablespoon finely chopped ham moistened with thick white sauce on each round. Brush each piece with water half way around close to edge. Fold like a turnover and press edges together. Bake in hot oven for 15 minutes.

ESCALLOPED Diced Ham With Peanut Butter

Serves six to eight. Preparation, 40 minutes.

2 c. diced ham(left over roast) 2 c. diced potatoes
(or boiled) 1/2 c. celery
3 tbsp. peanut butter 1 c. thin white sauce
3/4 c. crumbs Seasoning

METHOD:—Arrange in layers in a greased baking dish, pour white sauce over top, sprinkle with crumbs and bake 30 minutes in a moderate oven.
HAM CANAPE

Serves six. Preparation, 15 minutes.

$\frac{1}{2}$ c. minced cooked ham
1 small chopped sweet pickle
1 hard-boiled egg chopped
6 stuffed olives
6 slices bread
2 tbsp. butter
$\frac{1}{4}$ tsp. salt

METHOD:—Cut bread in rounds, toast and butter. Mix ham with all other ingredients except olives. Spread on rounds of toast, garnish with one wide border finely chopped olives and a piece of red or green pepper cut in fancy shapes in center. Serve as first course.

HAM MOUSSE

Serves four to six. Preparation, 2 to 3$\frac{1}{2}$ hours.

$\frac{1}{2}$ pt. cream (whipped)
$\frac{1}{2}$ c. finely chopped ham
$\frac{1}{2}$ c. liquid aspic
Few drops pink coloring

METHOD:—Mix all together quickly until well blended, then pack into a mousse mold and set on ice until firm. The mold should first be coated over with liquid aspic and then decorated with the white of an egg.

HAM TURNOVERS

METHOD:—Take the remains of any good pastry, roll out thin and cut into oblong shapes. Cut a slice of cooked ham into pieces of the desired size, sprinkle with a little dry mustard and paprika and put a small piece of ham in each piece of pastry.

Wet one edge, then pinch up, brush over with egg which has been thoroughly beaten, bake in a moderately hot oven. These are very nice for luncheon.

By dividing a whole ham into three sections you have the basis for a variety of meals. The shank can be boiled with vegetables or greens—the center section can be sliced for broiling and the butt end boiled and served either hot or cold.
HAM AND BEAN SALAD
Serves five or six. Preparation, 20 minutes.

1 can baked beans
1 c. cold baked or boiled ham cut in squares
1/2 c. chopped green peppers
1/2 head of lettuce
1/2 tsp. salt
Minced parsley
1/2 c. boiled dressing

METHOD:—Arrange lettuce on a platter or individual salad plates. Mix ham, salt, beans and peppers. Arrange in lettuce cups enough for one serving; hollow out a space in top of mold large enough to pour in one tablespoonful salad dressing. Sprinkle dressing with chopped parsley, chill thoroughly and serve.

HAM AND CORN FRITTERS
Serves six. Preparation, 30 minutes.

1 c. minced cooked ham
1 can corn
1 c. flour
1 tsp. baking powder
1 1/4 tsp. salt
1/4 tsp. paprika
2 eggs

METHOD:—Chop corn, drain and add dry ingredients mixed and sifted, then add ham and yolks of eggs, beaten until thick, and whites of eggs beaten stiff. Cook in a frying pan in fresh hot lard. Drain on paper.

CASSEROLE OF HAM AND RICE
Serves five. Preparation, 35 minutes.

3 c. cold boiled rice
1 c. brown gravy, well seasoned
1 c. boiled or baked ham (cut fine)
1/2 c. chopped green peppers

METHOD:—Arrange in layers, bake thirty minutes in greased casserole or baking dish.

“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 N. Y.

“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)
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.

Why It’s Economical to Buy a Whole Ham

STAR, "The Ham What Am" is so uniformly trimmed—so carefully graded—and can be used for so many appetizing dishes, that it is decidedly economical to buy a whole Star Ham—and buy it frequently.

For holidays, for special occasions, as well as for the ordinary family meal, Star Ham has no equal.

Divide the ham in three sections. Boil the shank with cabbage. Fry or broil the center slices. Bake the butt.

The whole Star Ham can be used to the last scrap. Even the fat fried out in cooking can be used as shortening.

All Star Ham is Government Inspected.
## What to Serve With Star—“The Ham What Am”

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### Ask Your Dealer For These Armour Quality Foods

- Star Ham—“The Ham What Am”
- Star Boiled Ham
- Star Bacon (Whole or Sliced in Cartons)
- “Star” Leaf Lard (Pails and Cartons)
- Star Summer Sausage
- Star Salami Sausage
- Star Goteborg Sausage
- Veribest Summer Sausage (in Cartons)
- Veribest Salami Sausage (in Cartons)
- Veribest Frankfurt Sausage (in Cartons)
- Veribest Pork Sausage (in Cartons)
- Veribest Bologna Sausage
- Veribest Minced Luncheon Meat
- Vegetole (Vegetable Shortening in Pails)
- Cloverbloom Butter (in Cartons)
- Cloverbloom Eggs
- Veribest Loaf Meats
- Veribest Luncheon Meats
- Veribest Dried Beef
- Veribest Potted Meats
- Veribest Deviled Meats
- Veribest Canned Meats
- Veribest Mince Meat
- Veribest Salad Oil
- Veribest Evaporated Milk
- Veribest Cheese
- Veribest Poultry
- Veribest Oleomargarine
- Veribest Pork and Beans
- Veribest Bouillon Cubes
- Veribest Extract of Beef
- Veribest Peanut Butter
Armour's Star Bacon—Jes' As Fine As "The Ham What Am"

With the same delicate flavor imparted by the mild Star Cure and pungent hickory smoke—Armour's Star Bacon is uniform in quality with the famous "Ham What Am."

Star Bacon is a delicious breakfast delicacy. It slices easily, is tender, juicy and sweet. Its flavor as it comes sizzling from the pan is the surest test of its never-failing quality.

Since bacon is the most easily digested fat meat known it makes a most desirable food item for growing children, who require the generous amount of energy-building fat and fuel which bacon furnishes.

Bacon should always be sliced thin and cooked over a slow fire. When heated to the melting point, the fat will begin to "try out." Pour this melted fat off from time to time—do not allow bacon to soak in fat. Turn frequently and fry slowly. Never allow the pan to become so hot that it smokes.

When sufficiently cooked it is ready to serve by itself, with toast, eggs, or in combination with many other foods.
Star Bacon is more than a breakfast dish. It gives added flavor to the so called cheaper cuts of meat and adds zest to a roast fowl, meat loaf or fish. The drippings are preferred for flavoring, for sauteing or deep-fat frying.

You can buy Star Bacon by the piece or in pound and half pound cartons, or in glass jars.

Try Some of These Appetizing Bacon Dishes

Bacon Fritters
Stuffed Bacon Slices
Sandwiches
Omelette
Bacon and Eggs
Creamed Bacon
Pudding
Garnish
Bacon and Macaroni
Bacon and Liver
Bacon with Cabbage
Pigs in Blankets
Oysters en Brochette
Sweetbreads and Bacon
Bacon with Spinach
Bacon with Chicken
Broiled
Fried
Fried Apples and Bacon
Rolled Bacon
Chopped Bacon Salad
Sandwich
Bacon and Beans Club
Sandwich
Bacon and Liver Loaf
Mashed Potatoes
Bacon Muffins
Bacon Omelette
Bacon Broiled with Fish
Bacon and Lettuce Salad
Boiled Bacon with Greens
Bacon and Scrambled Eggs
Bacon with String Beans
Chicken Liver with Bacon
Spanish Rice with Bacon
Glazed Apples with Bacon
Baked Bacon and Bananas
Star Boiled Ham For Lighter Meals

Armour's Star is always the "Ham What Am," regardless of the style in which it may be offered.

Star Boiled Ham is compressed into just the right shape for perfect slicing—all bone and surplus fat removed. There's no trimming—no cooking to do—no waste.

Slice and serve cold for summer suppers. The square slices make nourishing sandwiches for children's lunches. Or try Star Boiled Ham with escalloped potatoes baked en casserole; diced with omelettes or scrambled eggs; frizzled quickly in a hot pan; Ham a la King; or as a salad with chopped celery, nuts and mayonnaise.

These are the choicest of Armour's Hams—tender, smooth-grained, from selected young porkers, with the pleasant, mild Star cure. Ask your dealer for Star Boiled Ham, sliced by the pound, or whole.

The Armour Oval Label Takes the Guess Work Out of Food Buying

When your dealer shows you a food marked with the Armour Oval Label, you are immediately assured of quality and goodness. Every food product bearing this emblem is dependable. It is a grade mark as well as a trade mark. It identifies quality. At no time do we allow this label to appear on a container unless we first make sure that the product is of unquestionable uniform quality—and that the high standard, after being once established, can be permanently maintained.

Under this quality identifying mark we pack an entire line of food products, and you will find it well worth your while to look for this label when buying foods.
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Gratify Your Ham Appetite with the "Ham What Am"

When you place a beautifully browned, baked Star Ham on the table, it immediately creates pleasant anticipations that are deliciously fulfilled by the mild, sweet and satisfying flavor of "The Ham What Am."

The natural rich juices of Star Ham are retained and intensified by smoking in the Stockinet covering.

All Star Hams are Government Inspected.

Keeping qualities and 60 ways of serving make it economical to buy a whole Star Ham.