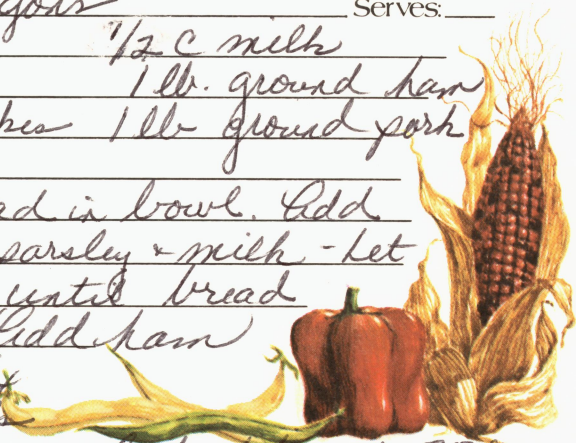


Here's what's cookin' Sweet + Sour Ham Balls

Recipe from: Mom Lyons Serves:       

2 slices bread 1/2 C milk  
1/2 t salt 1 lb. ground ham  
2 t parsley flakes 1 lb ground pork  
1 1/2 t mustard

Break bread in bowl. Add  
salt mustard, parsley + milk - let  
soak + then stir until bread  
disintegrated. Add ham  
and pork. Mix  
and form balls  
Place one layer deep + bake 1 hr at 350° over



Pour off grease!

Combine {  $\frac{3}{4}$  c brown sugar  
 $\frac{1}{2}$  t dry mustard  
2 t cornstarch  
 $\frac{1}{4}$  c vinegar  
 $\frac{1}{2}$  c water

Boil until clear - stirring occ.  
Pour this over drained balls and  
bake 40-45 min longer.