

CURRY OF CHICKEN
(Serves Six)

One two-pound chicken
Four black peppers
Two whole cloves
One bay leaf
Salt to taste
One chili pepper
Two onions, sliced
One teaspoon curry powder
Three tablespoons flour, blended
with three tablespoons water
One egg yolk, beaten

Clean, singe and cut up the chicken. Place in a saucepan and cover with hot water. Add the black peppers, whole cloves, bay leaf, salt and chili pepper and simmer until the chicken is tender. Sauté the onions, remove from pan and discard. Remove the chicken from the liquid in the saucepan and brown in the pan in which the onions were sautéed. Add the curry powder to the chicken, the liquid in the saucepan and stew for



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Dear Folks:

THE season has been so very cold that unless you have a double outfit for each bed, it is not unlikely that you have not yet washed your blankets. There are always some new findings regarding the laundering of blankets, and I have lately gleaned the following by Faye I. Hamilton and Helen Jeffryes:

Recipe: One soiled blanket, lukewarm water (soft or softened), two to four cups of mild soap, three luke-warm rinses (soft or softened).

Do not wash too hard. There is such a thing as overwashing blankets. So just a short washing.

Be sure to have the waters soft or softened. If you use a mild agent for the softening, allow time for it to work, then remove the scum and add the soap to the water. Always use lukewarm water (the temperature should range from 90 to 100 degrees) and mild soap. Since wool takes up more soap than cotton, you will need a pounds about twice as high as the

AYLMER MACPHERSON SUGGESTS

CHEESE-STUFFED TOMATOES.

Scald, peel and scoop out centres of 6 medium-sized, firm tomatoes. Invert, and set aside in a cold place. Cream 1 package cream cheese, add 2 tablespoons mayonnaise, few grains cayenne pepper, 2 tablespoons each of finely chopped walnuts and green peppers. When ready to serve, fill the cavities with this mixture, top with dressing, and garnish with strips of pimento.

RECIPE FOR ICED TEA.

Use 6 heaping teaspoons of "Salada" black tea. Brew tea in one pint of freshly boiled water for 6 minutes. Strain and pour liquid into a 2-quart container. While hot add 1½ cups of granulated sugar and juice of 2 lemons. The contents dissolved.

CREAM PUFFS.

About thirty-five years ago I began making cream puffs, and never once I had a failure. The friend who gave me the recipe also gave me a demerit. The recipe is exactly the same as yours, only three eggs instead of four.

Had I not seen her cut one unbeaten egg at a time into that flour and butter and water lump that was as smooth and firm as possible, I'd have been sure I was wrong. You drop the egg on it and then begin cutting it into the lump and what a mess it seems! But you keep right on, and all at once you have a lovely mass. Repeat the same process with each individual egg, and what lovely little mounds you can drop on your cookie sheet!

My friend added this hint: They must bake for 35 minutes, and on your do not dare open the oven door till 35 minutes have passed, or they will fall. If any turning is needed, it may be carefully done then. There were no electric or gas ovens then. Do not be discouraged. Ande's difficulty may be unbelievable appearance of a lump if you didn't

A NEIGHBOR'S RECIPE

VEGETABLE LOAF.

One onion, sprig of parsley, 4 stalks of celery, 3 or 4 carrots, 3-4 cup bread or biscuit crumbs, 1 egg, 2 tablespoons butter, salt and pepper.

Chop vegetables fine and boil in as little water as possible. Add egg, crumbs and butter. Bake half an hour. Either stewed tomatoes or tomato sauce may be served with this.

Sally.

TO MAKE TOMATO SOUP WITHOUT CURDLING.

Strain 1 pint can of tomatoes and add this to a saucepan in which 2 tablespoonfuls of butter and 4 table-spoons flour have been blended to a smooth paste. Cook the whole until thick, stirring all the while. Season

for washing your white... about four inches high. Wet the blankets in the suds and wash for three or four minutes, no longer, having first rubbed the soiled places on the binding with a small brush and soap. If you have a machine, the work will be comparatively easy. If you wash by hand, soak the blankets in the suds, carefully avoiding rubbing or twisting. Press out as much water as you possibly can before beginning to rinse.

Spring weather is ideal for drying; cold wintry air causes the fibres to shrink and contract. Get some one to help you stretch the blanket gently until it is even, then lay it carefully over the line and let hang without clothespins.

I still have this pleasure—and it is a real pleasure—in prospect, and shall try any of the advice that is new in the above, but I wish I knew how to keep blankets on the line without clothespins. Do you know?

I. R. McK.

FRUIT BARS.

Cream 1-2 pound butter; add very gradually 3-4 cup sugar and 1-2 pound flour, with or without spices to taste. Beat into this mixture, 1 at a time, the yolks of 4 eggs, then work in a pound of raisins (seeded and chopped), and 1-2 pound each currants, and chopped, dried figs. All these should be lightly floured. Add with the fruit and a little at a time, 1-3 cup molasses, and, finally, the stiff-beaten whites 4 eggs. Very thorough beating is needed in making this cake. Bake in a rather deep, square pan, lined with greased paper.

TABLOID

Has Johnny left lead-pencil marks on the white woodwork? Rub the marks with a piece of cut lemon and then with whiting on a damp cloth. The marks will disappear.

Blue Moon Betty.

til sugar... tainer with cold water. Do not allow tea to cool before adding the cold water; otherwise liquid will become cloudy. This is now ready to serve in tall glasses with chipped ice or cubes. A slice of lemon may be added if desired. The above will make two quarts of iced tea, or seven tall glasses.

—Courtesy Salada Tea Company.

CHICKEN POTTED IN FAT.

After the birds are picked, singed and drawn, season them inside with a liberal allowance of a mixture of salt, pepper, grated nutmeg and ground cloves. Two tablespoons of salt, 2 teaspoons of pepper, and 1 teaspoon each of the spices may be allowed for each chicken. Then break the breast-bones, press the birds as flat as possible, and bake on the rack of the dripping pan. Drain and place while hot in heated, sterile kettles of agate or porcelain, and pour over them melted fat of almost any kind except butter. Suet, lard, bacon fat, drippings from corned beef, all answer nicely. When the fat has solidified cover the kettles and keep in a cold cellar. Care must be used in pouring in the fat that no air spaces are left.

Squab, pheasants, pork or beef tenderloin, venison steaks, etc., may similarly be stored for winter use.

Meadow Lark.

APPLE BETTY.

Two cups applesauce (sweetened), 3-4 teaspoon cinnamon, 1 cup graham cracker crumbs, 3 tablespoons chopped walnut meats, 1-2 cup brown sugar, 1 teaspoon grated lemon rind, 4 tablespoons butter, 2 teaspoons candied orange peel.

Use thick applesauce. Add cinnamon and let cool. Spread in a shallow baking dish and top with graham cracker crumbs to which nut meats, brown sugar, lemon rind and butter have been added. Bake in a hot oven, 375 to 400 degrees F., until top is brown. Sprinkle with candied orange peel cut fine. Serve with cream.

max... your recipe over again... my instructions also were that I must let the first mass cool sufficiently, so that the egg would not be cooked. With a very hot lump would this not be necessary?

On this same question we have also received the following:

"I am keenly interested in what you had to say about cream puffs for the benefit of K. L. and Ande, and I am sorry to have no tried solution to offer, but let me kindly suggest: She may not have thoroughly cooked the mixture before adding eggs. In that case, I'm thinking, there would be a tendency to spread out flat upon being placed in the oven, and too much butter would have the same effect, as your friend says. I am sure of it. Out of curiosity I am tempted to try it out for myself sometime.

"I make those cream puffs so often, using the very same recipe as you use, excepting that I let the mixture cool off some before adding eggs (hereafter I shall not do that), and they always come up to expectations and turn out delicious looking golden brown puffs of the puffiest kind. In fact, I think they are one of the easiest pastries there are to make.

"For a noon-day dinner dessert or a six o'clock supper, I always pick on cream puffs for an "easy one," and I make sure my oven heat does not rise above 300 degrees F. and allow fully forty minutes for baking. I am afraid there is poor consolation for poor Ande in this letter, but she surely will try them again.

"I would be glad to hear how she gets along.

"Until we 'puff' again."

Kitti T. T.

Also: "I noticed that some one had had trouble with your recipe for cream puffs. I don't know why, unless too much butter was used. I had excellent results with the same recipe. I always thought cream puffs were hard to make successfully, but I don't think so now.

Tinker Bell.

with 2... 1 teaspoon pepper, and 1 tablespoon sugar. Add gradually, or one-third at a time, 1 quart of hot milk, and keep stirring until the whole boils. Vigorous and persevering stirring after the milk is added, no matter how much the mixture "ropes" at first, will result in a smooth and uncurdled soup. It may be necessary to add a little more flour thickening with the milk.

Yellow Briar.

LONDON BROIL

One leftover rare roast of beef, 2 tablespoons butter, salt and pepper, parsley or watercress.

Carve the roast into six ¼-inch slices. Place in a hot skillet in which the butter has been melted. Sear each slice, not allowing more than ½ minute to a side. Sprinkle with salt and pepper. Place on a hot platter, garnish with parsley or watercress, and serve immediately. This makes 6 servings.

TODAY'S MENUS

(Aylmer Macpherson.)

BREAKFAST.

Baked Rhubarb
Toasted Cracked Wheat Sandwich made of Bitter Orange Marmalade and Crisp Bacon
Coffee Cocoa.

LUNCHEON OR SUPPER.

Hard-Cooked Eggs a la King on Toast
Relish Plate of Radishes, Celery, Green Onions
Crackers and Cheese
Raw Fruit Salad
Tea Milk.

DINNER.

Grilled Liver and Bacon Catsup
Baked Potatoes
Escalloped Tomatoes
Shredded Cabbage and Green Pepper Salad
Baked Lemon Pudding Tea.

● A favorite luncheon dish at Monte Carlo, the last time I stayed there, was this novelty in the creamed-chicken line. It looks and tastes very partyfied but is quite easy to make.

I recommend it for bridge gatherings.

To 1 cup minced chicken add $\frac{1}{2}$ cup minced ham, $1\frac{3}{4}$ cups thick cream sauce, yolk of 1 egg, salt and pepper, a pinch of dried basil or thyme. For each portion butter a small custard cup, sprinkle chopped parsley at the bottom, fill with chicken mixture. Stand cups in pan of hot water, cover, and bake 30 minutes in moderate oven. Turn out on platter, garnish with cream sauce. Flavor the sauce with 1 teaspoon Worcestershire and 1 green pepper, peeled, chopped, lightly fried in butter.

Serve with new green peas and with warm French rolls.

LIBERTY FOR APRIL 25, 1936

By Isabel Cornell

Written for The Christian Science Monitor

... filling the cookie jar is left until the last minute, perhaps you would welcome a recipe that's proved to be practical.

... is called the "All-in-one Jar Filler"—or just "The Jar Filler," for short. By means of three different kinds of cookies can be prepared at the same time practically the same lot of ingredients. A "special formula" is used to each third of the dough, for baking, to make the differ-

... you have no mixer, let the dough soften well before you start rolling, then you will find the rolling process much easier. Rolling in each egg separately to combine the ingredients

... other tip: before you start to roll the drop-cookie batter, put the refrigerator-cookie third, and the third to be rolled, in the refrigerator to chill. Then if your rolling is interrupted, the doughs can be left chilling and prepared for baking whenever it is convenient. If you have time for fancy rolling and fussing, you will find the batch to be rolled is very easy to handle. In fact the dough needs so little flour for rolling, the baked cookies taste just as good as others.

... e's the recipe for

The Makings

... cups butter or substitute
... cups sugar
... teaspoon vanilla
... eggs
... cups sifted cake flour
... teaspoons baking powder
... teaspoon salt
... cup softened butter; add

sugar gradually, beating well. Add vanilla and then eggs, one at a time. Add mixed and sifted dry ingredients. Divide batter into thirds; prepare for baking as directed below. Bake in moderate oven, 325° F. to 350° F., from 5 to 10 minutes. Watch carefully. Remove from heat when brown at edges and lightly brown on top, but still soft. They will crisp on standing. Keep in airtight box or cookie jar.

Special Formula for Orange Refrigerator Cookies: Beat 2 egg yolks; add grated rind 1 orange and 1 lemon. Add $\frac{1}{2}$ cup cookie dough and mix well; form into roll and wrap in wax paper; chill until firm. Slice $\frac{1}{8}$ inch thick and place on greased cookie sheet. Allow room for spreading. Decorate with citron and candied cherries. Bake as directed.

Special Formula for Oatmeal Cutouts: Add $\frac{3}{4}$ cup rolled oats, 1 tablespoon dark molasses, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg and $\frac{1}{4}$ teaspoon ginger to $\frac{1}{2}$ cup cookie dough. Mix well and chill. Roll $\frac{1}{8}$ to $\frac{1}{4}$ inch thick; cut with fancy cutters; decorate with raisins and dates if desired. Bake as directed. If you want to outline cookie boys with frosting, beat 1 egg white until stiff, add confectioners' sugar until the right consistency to apply through pastry tube or gun onto baked cookies.

Special Formula for Almond Drop Cookies: Beat 2 egg whites until stiff but not dry; fold into remaining third of cookie dough together with $\frac{1}{2}$ cup chopped almonds and $\frac{1}{2}$ teaspoon almond extract. Drop on greased cookie sheet; sprinkle with shredded coconut if desired. Bake as directed.

Ham and Veal Loaf

2 tablespoons butter
2 tablespoons dark brown sugar
3 slices canned pineapple
3 maraschino cherries or cooked prunes
 $1\frac{1}{2}$ pounds raw or baked ham, ground
 $\frac{1}{2}$ pound veal, ground
 $1\frac{1}{2}$ cup dry breadcrumbs
1 egg, well beaten
1 tablespoon prepared mustard
1 teaspoon minced onion
 $\frac{1}{2}$ cup (one No. 1 can) crushed pineapple with some juice

Cover the bottom of a loaf tin with the brown sugar and butter which have been creamed together. Lay pineapple slices in pan and place a cherry or prune in the center of each slice. Mix all other ingredients thoroughly and pack into the pan. Bake in a moderate oven (375° F.) for 45 minutes. Allow one hour when raw ham is used.

R. M.

Chicken on the Menu

By Ruth Miller

Written for The Christian Science Monitor

Right now a chicken in every pot looks like a good way to do something about the meat situation. And a bird in the hand makes a fine dinner!

With undersupplies of beef and other kinds of meat being reported in various sections of the country, it's time to plan meals around whatever meats are available. And though the peak of the poultry season was expected in July, there are still chickens on the market. It's the result of the step-up in wartime egg production. There were 19 per cent more eggs produced in the first four months of this year than there were last year, and more eggs meant more chickens.

Every cook to her own taste, but there are chickens and chickens. Small birds (from $1\frac{1}{2}$ to 3 pounds) should be popped into the frying pan or broiled quickly. Roasters, fricassée chickens, and hens for stewing are larger, require longer cooking, but go a long way.

BROILED CHICKEN: Select a bird weighing $1\frac{1}{2}$ to 2 $\frac{1}{2}$ pounds. Have chicken split down back, wash and dry thoroughly. Rub with butter, cooking oil, or fat; season and broil, skin side down, for about 10 minutes, using a moderate oven (350° F.). Turn and broil for another 10 minutes. Basting with melted butter once or twice keeps the skin tender. Allow $\frac{3}{4}$ pound per portion. Barbecued chicken is good for variety. Broil as usual, basting with your favorite hot barbecue sauce.

FRIED CHICKEN: Have chicken (weighing about 3 pounds) cut in quarters or disjointed. Roll in seasoned flour or shake one piece at a time in seasoned flour in a paper bag. Fry slowly, either in deep hot fat or in fat one-inch deep in a heavy skillet, allowing about 15 minutes for each side. (Half butter and half lard is a frying secret we learned from a southern friend, and it makes a crisp, crunchy exterior, but you may use any fat or shortening you prefer.) Drain on absorbent paper and serve on a hot platter. Corn on the cob, corn or apple fritters, or French fried eggplant make an elegant accompaniment.

For older, tougher chickens ($3\frac{1}{2}$ to 6 pounds) use moist cooking methods—stewing, fricasséeing, or an adaptation like Chicken Hunter Style. Roast chickens weighing about 4 to 5 pounds. Leftovers go well in chicken pie, curry, chicken salad, croquettes, chicken à la king, or creamed chicken with vegetables.

Chicken is just about our favorite food so we have lots of favorite chicken recipes. Here are a few:

Chicken Paprika

1 $3\frac{1}{2}$ -pound chicken
 $\frac{1}{4}$ cup flour
1 teaspoon salt
1 teaspoon paprika
 $\frac{1}{4}$ cup fat
 $1\frac{1}{2}$ cups milk or sour cream

Cut chicken in pieces, roll in flour which has been mixed with salt and paprika. Brown in hot fat. Add milk or sour cream, and cook slowly in a well-covered pan on top of the stove or in a moderate oven (350° F.) until tender, about $2\frac{1}{2}$ hours. Serves 6.

Old-Fashioned Chicken Stew

3 peppercorns
1 clove
Sprig of parsley
1 small onion, sliced
3 stalks celery and leaves, coarsely chopped
4-pound chicken, cut in piece
1 teaspoon salt
2 tablespoons flour

Tie all seasonings and vegetables into a cheesecloth bag and place in pan with chicken. Cover chicken with water. Cover and simmer about two hours, until tender. Add salt about halfway through the cooking time. Remove seasoning

and chicken, boil stock down to about 2 cups. Mix flour with a little cold water, add to hot stock, stirring constantly until thickened. Return chicken to gravy and heat. Add more seasoning, if desired. Serve on a hot platter with rice, dumplings, noodles, or small boiled potatoes. Serves 8.

Chicken Hunter Style

1 4-pound roasting chicken cut in pieces
Seasoned flour
 $\frac{1}{2}$ cup cooking oil
 $1\frac{1}{2}$ cups onion, finely chopped
1 medium clove garlic, finely minced
4 medium-sized fresh tomatoes, peeled and quartered
 $\frac{1}{2}$ cup chopped green pepper or $\frac{1}{2}$ cup sliced stuffed olives
1 8-ounce can sliced mushrooms
1 bay leaf
 $\frac{1}{2}$ teaspoon thyme, if desired
1 teaspoon salt

Shake chicken in paper bag with seasoned flour. Fry in $\frac{1}{4}$ cup of the oil until tender, 35 to 45 minutes. As the chicken fries, prepare the following sauce; sauté the onion and garlic in remaining oil until lightly browned. Add tomatoes, green peppers or olives, mushrooms and their liquor, thyme and salt. Simmer until sauce thickens. When chicken is done, combine with sauce, heat through, and serve with buttered rice. Serves 6.

RECIPES FOR LEFTOVER CHICKEN

Creamed Chicken

$2\frac{1}{2}$ tablespoons butter
 $2\frac{1}{2}$ tablespoons flour
 $2\frac{1}{2}$ cups milk (or $1\frac{1}{4}$ cups milk and $1\frac{1}{4}$ cups stock)
Salt and pepper
2 cups diced cooked chicken
1 tablespoon pimiento, minced
1 cup cooked peas

Make a white sauce of the butter, flour, milk and stock, salt and pepper. Add diced chicken, pimiento, and peas. Heat thoroughly. Serve over crisp Chinese noodles, garnished with slices of hard-cooked egg. Serves 6 to 8.

Chicken à la King

6 tablespoons butter, melted
2 tablespoons chopped green pepper
1 cup sliced or button mushrooms
3 tablespoons flour
2 cups milk
 $\frac{1}{4}$ teaspoon salt
Pepper
 $2\frac{1}{2}$ cups diced cooked chicken
1 egg yolk, beaten
2 tablespoons pimiento, finely minced
3 tablespoons ripe olives, finely minced

Sauté green pepper and mushrooms in butter. Blend in flour, cooking about a minute. Slowly add milk, stirring constantly. Add seasonings and chicken and cook over low heat, stirring until mixture boils. Add egg yolk, pimiento, and ripe olives and stir about two minutes longer. Serve on hot biscuits, in toast or patty cases, on Chinese noodles, or on hot toast. Serves 6.

Plenty of Potatoes and Ways to Use Them

By Ruth Miller

Written for The Christian Science Monitor

Feast follows famine. The potato famine is definitely over; in fact Uncle Sam is urging all of us to eat as many new potatoes as we can.

These new potatoes with their thin skins are much more delicate than the late varieties, and they don't take well to storing. They're delicious eating but perishable so they have to be used fast. Supplies of this variety should continue heavy for the time, with late summer and early fall bringing different, less perishable varieties.

There are as many ways to serve this vegetable as there are days in the year!

Potato and Lima Bean Loaf

1½ cups cooked lima beans, sieved
 ½ teaspoon sage
 4 tablespoons butter or margarine, melted
 2 teaspoons salt
 ½ cup milk
 2 cups hot riced potatoes
 Mix lima beans with sage, 2 tablespoons butter, 1 teaspoon salt and ¼ cup milk. Place in bottom

of a greased baking dish. Whip hot potatoes with remaining salt and milk and 1 tablespoon butter. Place on top of lima bean mixture. Brush with remaining butter. Bake in a hot oven (425° F.). Serve with tomato sauce. Serves 6.

Potato, Celery and Nut Loaf

¾ cup diced celery
 ¾ cup chopped nuts
 3 cups mashed potatoes
 3 tablespoons fat
 1 egg, beaten
 1 teaspoon salt
 ⅛ teaspoon paprika
 2 teaspoons grated onion
 Cook celery until tender in small amount of boiling water. Drain off liquid. (This may be used for soup stock). Add remaining ingredients in order listed. Mix well, pack in greased loaf pan and bake in moderate oven (350° F.) 35 minutes. Serve with tomato sauce. Serves 6.

Potatoes and Green Beans

6 to 8 new potatoes
 1 pound green beans
 1 tablespoon butter or margarine
 Salt and pepper to taste
 1 tablespoon minced parsley

Pare and slice potatoes. Cook in a small amount of boiling salted water until tender. Evaporate any excess water. Break beans into 1-inch lengths and cook, uncovered, until nearly tender in just enough rapidly boiling salted water to cover. Combine potatoes, beans, butter, seasonings and parsley. Blend all together and continue simmering until rest of water is evaporated and beans are tender. Serves 6.

Creamed Potatoes with Parsley

8 to 10 small potatoes
 ½ cup milk
 Dash of pepper
 ½ teaspoon salt
 2 tablespoons butter or margarine
 1 tablespoon chopped parsley

Boil potatoes in their jackets until tender. Peel. Cover with milk and cook slowly until milk is all absorbed. Add remaining ingredients and cook for a few minutes longer. Serves 4.

Add chopped pimentos, green pepper or chopped, broiled crisp bacon. Or one cup fresh peas may be added to potatoes.

To prepare potatoes in cheese sauce: Prepare 1 cup white sauce and add ½ cup grated cheese. Stir until melted. Cut 4 hot potatoes into ¾-inch cubes and add to sauce. Add 1 tablespoon diced pimento and mix carefully so potato cubes won't be broken. Serves 4.

Potatoes With Bacon

¼ pound sliced bacon
 10 to 12 new potatoes
 2 tablespoons flour
 ¼ teaspoon salt
 ⅞ teaspoon pepper
 2½ cups milk
 Cut bacon into small pieces and sauté until brown. Pare and slice potatoes and arrange layer of them in a greased baking dish. Add a layer of bacon and sprinkle with flour, salt and pepper. Repeat. Cover with milk and bake in a moderate oven 45 minutes to 1 hour, or until potatoes are tender. Uncover during last 10 to 15 minutes to brown. Serves 6.

Toasted Potato Balls

2 dozen tiny new potatoes
 2 eggs, beaten
 ½ cup milk
 Salt and pepper to taste
 3 cups cooked tiny new potatoes
 1 cup bread crumbs
 Fat
 Combine eggs, milk and seasonings. Roll potato balls in egg mixture and then in bread crumbs. Sauté in a generous amount of hot fat in a heavy frying pan until potatoes are golden brown. Serves 4.

Deviled Potatoes

2 dozen small new potatoes
 3 tablespoons fat, melted
 1 teaspoon prepared mustard
 Salt and pepper to taste
 2 teaspoons vinegar
 2 egg yolks
 Boil potatoes until just tender. Drain, let cool until dry. Fry in hot deep fat until brown, 3 to 5 minutes. Drain on absorbent paper. Combine melted fat, mustard, salt, pepper and vinegar. Add hot fried potatoes and cook, shaking constantly, for 3 or 4 minutes. Add egg yolks, well beaten, and serve. Serves 4.

Creole Potato Salad

3 cup diced cooked (warm) potatoes or tiny new potatoes
 2 tablespoons grated onion
 1 tablespoon minced green pepper
 ¾ cup finely diced celery
 1 hard cooked egg
 1 tablespoon chowchow or piccalilli
 5 tablespoons oil
 2 tablespoons vinegar
 1 teaspoon salt
 ¼ teaspoon pepper

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If you have no mixer, let the butter soften well before you start cooking, then you will find the creaming process much easier. Beating in each egg separately helps to combine the ingredients well.

Another tip: before you start to bake the drop-cookie batter, put the refrigerator-cookie third, and the third to be rolled, in the refrigerator to chill. Then if your work is interrupted, the doughs may be left chilling and prepared for baking whenever it is convenient. If you have time for fancy figures and fussing, you will find that the batch to be rolled is very easy to handle. In fact the dough needs so little flour for rolling, the reworked cookies taste just as good as the others.

Here's the recipe for

The Makings

1½ cups butter or substitute
 3 cups sugar
 1 teaspoon vanilla
 3 eggs
 4½ cups sifted cake flour
 3 teaspoons baking powder
 1 teaspoon salt
 Cream softened butter; add

sugar gradually, beating well. Add vanilla and then eggs, one at a time. Add mixed and sifted dry ingredients. Divide batter into thirds; prepare for baking as directed below. Bake in moderate oven, 325° F. to 350° F., from 5 to 10 minutes. Watch carefully. Remove from heat when brown at edges and lightly brown on top, but still soft. They will crisp on standing. Keep in airtight box or cookie jar.

Special Formula for Orange Refrigerator Cookies: Beat 2 egg yolks; add grated rind 1 orange and 1 lemon. Add ⅓ cookie dough and mix well; form into roll and wrap in wax paper; chill until firm. Slice ⅛ inch thick and place on greased cookie sheet. Allow room for spreading. Decorate with citron and candied cherries. Bake as directed.

Special Formula for Oatmeal Cutouts: Add ¾ cup rolled oats, 1 tablespoon dark molasses, ½ teaspoon cinnamon, ½ teaspoon nutmeg and ¼ teaspoon ginger to ⅓ cookie dough. Mix well and chill. Roll ⅛ to ¼ inch thick; cut with fancy cutters; decorate with raisins and dates if desired. Bake as directed. If you want to outline cookie boys with frosting, beat 1 egg white until stiff, add confectioners' sugar until the right consistency to apply through pastry tube or gun onto baked cookies.

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1/8 teaspoon sage
4 tablespoons butter or margarine, melted
2 teaspoons salt
1/2 cup milk
2 cups hot riced potatoes
Mix lima beans with sage, 2 tablespoons butter, 1 teaspoon salt and 1/4 cup milk. Place in bottom

potatoes with remaining salt and milk and 1 tablespoon butter. Place on top of lima bean mixture. Brush with remaining butter. Bake in a hot oven (425° F.). Serve with tomato sauce. Serves 6.

Potato, Celery and Nut Loaf

3/4 cup diced celery
3/4 cup chopped nuts
3 cups mashed potatoes
3 tablespoons fat
1 egg, beaten
1 teaspoon salt
1/8 teaspoon paprika
2 teaspoons grated onion
Cook celery until tender in small amount of boiling water. Drain off liquid. (This may be used for soup stock). Add remaining ingredients in order listed. Mix well, pack in greased loaf pan and bake in moderate oven (350° F.) 35 minutes. Serve with tomato sauce. Serves 6.

Potatoes and Green Beans

6 to 8 new potatoes
1 pound green beans
1 tablespoon butter or margarine
Salt and pepper to taste
1 tablespoon minced parsley

a small amount of boiling salted water until tender. Evaporate any excess water. Break beans into 1-inch lengths and cook, uncovered, until nearly tender in just enough rapidly boiling salted water to cover. Combine potatoes, beans, butter, seasonings and parsley. Blend all together and continue simmering until rest of water is evaporated and beans are tender. Serves 6.

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1/2 cup milk
Dash of pepper
1/2 teaspoon salt
2 tablespoons butter or margarine
1 tablespoon chopped parsley

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To prepare potatoes in cheese sauce: Prepare 1 cup white sauce and add 1/2 cup grated cheese. Stir until melted. Cut 4 hot potatoes into 3/4-inch cubes and add to sauce. Add 1 tablespoon diced pimento and mix carefully so potato cubes won't be broken. Serves 4.

Potatoes With Bacon

1/4 pound sliced bacon
10 to 12 new potatoes
2 tablespoons flour
1/4 teaspoon salt
1/8 teaspoon pepper
2 1/2 cups milk

Cut bacon into small pieces and sauté until brown. Pare and slice potatoes and arrange layer of them in a greased baking dish. Add a layer of bacon and sprinkle with flour, salt and pepper. Repeat. Cover with milk and bake in a moderate oven 45 minutes to 1 hour, or until potatoes are tender. Uncover during last 10 to 15 minutes to brown. Serves 6.

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2 dozen tiny new potatoes
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1 cup bread crumbs
Fat

Combine eggs, milk and seasonings. Roll potato balls in egg mixture and then in bread crumbs. Sauté in a generous amount of hot fat in a heavy frying pan until potatoes are golden brown. Serves 4.

Deviled Potatoes

2 dozen small new potatoes
3 tablespoons fat, melted
1 teaspoon prepared mustard
Salt and pepper to taste
2 teaspoons vinegar
2 egg yolks

Boil potatoes until just tender. Drain, let cool until dry. Fry in hot deep fat until brown, 3 to 5 minutes. Drain on absorbent paper. Combine melted fat, mustard, salt, pepper and vinegar. Add hot fried potatoes and cook, shaking constantly, for 3 or 4 minutes. Add egg yolks, well beaten, and serve. Serves 4.

Creole Potato Salad

3 cup diced cooked (warm) potatoes or tiny new potatoes
2 tablespoons grated onion
1 tablespoon minced green pepper
3/4 cup finely diced celery
1 hard cooked egg
1 tablespoon chowchow or piccalilli
5 tablespoons oil
2 tablespoons vinegar
1 teaspoon salt
1/4 teaspoon pepper
Lettuce

Combine ingredients in order given. Chill and serve with a garnish of lettuce. Serves 6.

By Isabel Cornell

Written for The Christian Science Monitor

Since filling the cookie jar is often left until the last minute, perhaps you would welcome a recipe that's proved to be practical magic.

It is called the "All-in-one Cookie Jar Filler"—or just "The Makings," for short. By means of it, three different kinds of cookies may be prepared at the same time from practically the same lot of ingredients. A "special formula" is added to each third of the dough, before baking, to make the difference.

If you have no mixer, let the butter soften well before you start cooking, then you will find the creaming process much easier. Beating in each egg separately helps to combine the ingredients well.

Another tip: before you start to bake the drop-cookie batter, put the refrigerator-cookie third, and the third to be rolled, in the refrigerator to chill. Then if your work is interrupted, the doughs may be left chilling and prepared for baking whenever it is convenient. If you have time for fancy figures and fussing, you will find that the batch to be rolled is very easy to handle. In fact the dough needs so little flour for rolling, the reworked cookies taste just as good as the others.

Here's the recipe for

The Makings

1 1/2 cups butter or substitute
3 cups sugar
1 teaspoon vanilla
3 eggs
4 1/2 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
Cream softened butter; add

sugar gradually, beating well. Add vanilla and then eggs, one at a time. Add mixed and sifted dry ingredients. Divide batter into thirds; prepare for baking as directed below. Bake in moderate oven, 325° F. to 350° F., from 5 to 10 minutes. Watch carefully. Remove from heat when brown at edges and lightly brown on top, but still soft. They will crisp on standing. Keep in airtight box or cookie jar.

Special Formula for Orange Refrigerator Cookies: Beat 2 egg yolks; add grated rind 1 orange and 1 lemon. Add 1/3 cookie dough and mix well; form into roll and wrap in wax paper; chill until firm. Slice 1/8 inch thick and place on greased cookie sheet. Allow room for spreading. Decorate with citron and candied cherries. Bake as directed.

Special Formula for Oatmeal Cutouts: Add 3/4 cup rolled oats, 1 tablespoon dark molasses, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg and 1/4 teaspoon ginger to 1/3 cookie dough. Mix well and chill. Roll 1/8 to 1/4 inch thick; cut with fancy cutters; decorate with raisins and dates if desired. Bake as directed. If you want to outline cookie boys with frosting, beat 1 egg white until stiff, add confectioners' sugar until the right consistency to apply through pastry tube or gun onto baked cookies.

Special Formula for Almond Drop Cookies: Beat 2 egg whites until stiff but not dry; fold into remaining third of cookie dough together with 1/3 cup chopped almonds and 1/2 teaspoon almond extract. Drop on greased cookie sheet; sprinkle with shredded coconut if desired. Bake as directed.

MONTHLY INDEX—A NEW FEATURE

Indexing the culinary lore provided daily in the Kitchen Library page has been a problem for which the extra pages in the back of the Folder-File have offered, we realized, only a partial solution. We have always wanted to make it possible for you to use your growing collection of recipes from our page neighbors with the greatest possible facility. And to this end we plan a monthly index page, wherein all the contents of the Kitchen Library will be carefully listed and classified.

The January index has now been compiled, and will shortly appear in the Homemaker Page, taking the place, for one day, of the usual recipes and articles. We do hope you will find it a great convenience, and that it will increase your pleasure and profit from the use of the Kitchen Library.

The Homemaker

AYLMER MACPHERSON SUGGESTS

PINEAPPLE SPONGE.

Soak 2 tablespoons gelatine in 1-2 cup cold water. Bring 2 cups crushed or grated pineapple to the boiling point, remove from heat, add softened gelatine, and cool until mixture has slightly thickened. Add stiffly beaten whites of 3 eggs, and beat the mixture until spongy. Pour into a mould, and set in cool place. Serve with whipped cream.

STUFFED ONIONS.

Four large onions, Bovril, minced meat, celery, salt and pepper, bay leaf. Peel the onions carefully, put into a saucepan, cover with water, add Bovril and bay leaf and parboil (to each 1-2 pint water add 1 teaspoon Bovril). Strain the onions, saving the liquor for the sauce. Cut off a slice at the top, scoop out as much as possible, add this to the minced meat, together with the salt and pepper and moisten with a little of the liquor. Fill the onions, replace the tops, place in hot fat in a baking tin. Bake in a hot oven until tender, basting frequently. To each ½ pint liquor add ¾ ounce cornflour to thicken. Place the onions on a hot dish and pour over the sauce; sprinkle with chopped parsley.

—Courtesy Bovril.

CORN FLAKE COOKIES.

One cup sugar, 1-2 cup butter, 2 eggs, pinch salt, 2 teaspoons baking powder, 1 teaspoon vanilla, 1 1-2 cups flour, 4 cups corn flakes added last. Drop on buttered pan.

Jaranel.

PARADISE PUDDING.

One small bottle of maraschino cherries (cut up), 1-2 pound almonds (blanched), 1 package pineapple jelly powder. Pour 1 pint boiling water over jelly powder. When it begins to set whip like whipped cream; then fold in a cup of whipped cream, add fruit and 1 pound marshmallows, cut up, and nuts. Chill in ice-box.

Kaper.

ORANGE CAKE.

One cup white sugar, 1-2 cup butter, 1 egg beaten to a cream, grated rind and part of juice of 1 orange, 3-4 cup sour milk, 1 teaspoon soda, 2 small cups flour. Add 1 teaspoon baking powder to flour and sift three times.

This can be used as either layer or loaf cake. When used as loaf I add 1 cup chopped raisins. I use part of orange juice with small piece of butter and icing sugar to spread between layers and on top when used for layer cake.

Snow Bird.

STEAMED FIG PUDDING.

One-quarter cup shortening, 1 cup sugar, 1 egg, 1 cup milk, 2 cups flour, 4 teaspoons baking powder, 1-8 teaspoon salt, 1-2 teaspoon vanilla, 1 1-2 cups chopped figs.

Cream shortening, add sugar slowly and beaten egg; add milk, mix well; add flour sifted with baking powder and salt; add flavoring and figs. Pour into mould, cover tightly, and steam 2 hours. Serve with foamy sauce.

Mrs. De Lay.

OPEN PIE.

Remove stones from 10 or 12 prunes, and cut into small pieces. Return to juice and add 1-2 cup sugar, 2 tablespoons cocoanut, 1 egg (well beaten), and juice and rind of 1 lemon. Place on stove, and when hot add a small piece of butter. Blend smoothly 1 tablespoon cornstarch in cold water, enough to make it creamy. Add to the prune mixture, and boil slowly until well done. Add enough water to prevent lumping, and stir. When cool pour into pie crust that has been baked, and sprinkle with cocoanut if desired.

Hedera.

CHOCOLATE CAKE.

Mix together 1 cup white sugar, 1 1-2 cups pastry flour and 1 teaspoon baking powder. Mix 1 teaspoon soda with 1 cup sour milk, and stir into flour, sugar and baking powder. Add 1 unbeaten egg and 1 teaspoon vanilla. Stir 4 heaping teaspoons of cocoa with butter the size of an egg. Mix over heat, then pour into mixture, and beat well. Bake in a square tin.

J. H. G.

A NEIGHBOR'S RECIPE

FRENCH POTATO RASP.

Three large potatoes, 1 small onion, 2 eggs, salt and pepper. Peel potatoes, wash and dry, then put through coarse grater; also onion. Season and mix with eggs. Fry in butter or grease, make a smooth layer like pancakes, brown but watch carefully as it burns easily, then with large slice turn and brown on other side. Serve very hot.

Snookie.

SOUR CREAM CAKE.

Two eggs (or one large one), 1 cup sugar, 1 cup thick sour cream, 1 cup raisins, 1 cup currants, 1 teaspoon soda, flour to make batter.

Bake in gem or loaf pan. A little butter improves this cake.

Crickel.

RUSSIAN EGG SALAD.

Six hard cooked eggs, 1 tablespoon chopped green pepper, 3 tablespoons chili sauce, 2 tablespoons chopped cooked ham, 1-2 teaspoon salt, 1-8 teaspoon pepper, 1-8 teaspoon paprika.

Cut eggs in halves lengthwise and remove yolks. Mash them and add green peppers, chili sauce, ham, salt, and add green pepper and paprika. Mix well. Refill whites of eggs and place on a bed of chopped cabbage. Serve with cooked salad dressing.

Kirkland's Baboushka.

SAGO PUDDING.

Soak 4 tablespoons sago in 1 breakfast cup milk, for 1 hour. Mix with 1 breakfast cup breadcrumbs and the same quantity of raisins and sugar, 2 ounces butter, and beat all well together. Dissolve 1 teaspoon baking soda in 1 tablespoon milk, and mix with the other ingredients.

Put in a pudding dish and steam for 3 hours. Serve with cream or a pudding sauce.

J. M. G.

TODAY'S MENUS

(Aylmer Macpherson.)

BREAKFAST.

Puffed Wheat with Sliced Bananas and top milk
Melba Toast Black Currant Jam
Coffee Cocoa

LUNCHEON OR SUPPER.

Escalloped Tomatoes, topped with Poached Eggs
Brown Rolls
Apple Sauce Gingerbread
Tea Milk

DINNER.

Hot Consomme
Casserole of Lamb Chops, Green Peas and Carrots
Baked Potatoes
Green Salad with Dressing
Peach Shortcake with Cream
Tea



CHOCOLATE SPONGE

(6 Servings—uses only ¼ package)

1 envelope Knox Sparkling Gelatine	½ cup sugar
¼ cup cold water	3 eggs
¼ cup boiling water	¼ teaspoonful salt
1½ squares chocolate or 4 tablespoonfuls cocoa	1 teaspoonful vanilla

Put sugar, melted chocolate or cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot chocolate mixture and stir until dissolved. Cool somewhat and add slightly beaten egg yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Serve with whipped cream or whipped evaporated milk.

* MARYLAND SMOTHERED CHICKEN

Clean and dry a young chicken (about 2½ lbs.); cut into 8 pieces. Season with salt and pepper; dust lightly with flour. Melt 4 tablespoons of cooking fat (half butter) in heavy skillet; brown chicken on all sides. Cover skillet and cook slowly until chicken is tender. Remove chicken to hot platter and make —

CREAMED GRAVY: Empty 1 can PHILLIPS DELICIOUS Cream of Mushroom Soup into skillet in which chicken was cooked, add 1 cup cream or milk; stir until boiling point is reached. Pour over chicken.



THE HOMEMAKER KITCHEN LIBRARY

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(VOL. II.)

THE GLOBE, TORONTO, APRIL 3, 1934.

(NO. 325.)

Dear Neighbors:

MY MOTHER taught me: That the skins of lima beans, which some people find indigestible, can be removed by much the same method as one uses in blanching almonds. After soaking the beans, boil on the stove in cold water, and when after they come to a boil try to see if the skin is sufficiently loose to be removed. When it is, turn the beans into a colander, pour cold water over them, and proceed to pop them out of their skins just as you do with almonds. You will be surprised to see how thick the skins are. The beans are good served with butter or a cream or tomato sauce, in soup or salad.

That the best way to use a bakeware is with the rimmed edge toward one. There is much more room for, and inconvenience from, spilling over at this side than at the other.

Nothing quite so effectively removes all the crumbs out of the toaster as a chicken wing—just the feathers left on, of course. That soap and water are the best answers, even for highly polished chrome.

That orange, lemon or grapefruit marmalade may be substituted in recipes that call for candied peel.

That most fats and oils (not butter, of course) are better kept in a refrigerator which is not too low. They become rancid and tallowy very quickly when kept in the refrigerator. I have an excellent recipe for any oil mayonnaise which is not nearly as successful if the ingredients are too cold when combined.

That "yearling lamb" or mutton tastes much more like spring lamb if every vestige of the thin membrane which lies between the skin and the skin is carefully removed.

AYLMER MACPHERSON SUGGESTS

CHICKEN SOUFFLE.

Two cups cold, cooked chicken, cut in dice, 1 cup cooked rice, 2 eggs. Add the chicken to the hot rice, season well with 1 tablespoon butter, ¼ teaspoon salt, and a little chicken gravy. Blend this with the well-beaten egg yolks, then fold in the stiffly beaten egg whites. Place in a well-greased casserole, and bake until well heated, and the top is a golden brown. Serve at once for luncheon.

COMMON YORKSHIRE SPICE CAKE

Four cups flour, 2 cups sugar, ¼ pound lard, ¾ pound butter, 4 eggs, 1-2 pound currants, 1-2 pound raisins, ¼ pound peel, little nutmeg and mace, 5 teaspoons baking powder, and a little milk.

Athens.

LUNCHEON DISH.

Two cups cold meat, cut in cubes; 1 teaspoon salt, ¼ teaspoon pepper, 1 tablespoon parsley, chopped fine; ½ grated onion, 1 egg, ¼ cup bread-crumbs, 2½ cups cooked macaroni, 1 cup tomatoes.

Mix meat with crumbs and seasoning. Add beaten egg and gravy or hot water to make mixture moist, if you haven't tomatoes. Put in a dish and bake 15 minutes. Serves six.

E. A. P.

TABLOID

If your paint brushes have hardened, wash them in hot soda water and soft soap. They will be as good as new. Spring Cleaner.

COCOA CAKE.

Two eggs, 1 1-2 cups white sugar, pinch of salt, 1-2 cup cocoa, 1 cup butter, 1 cup buttermilk or sour milk, 1 teaspoon vanilla, 1 teaspoon soda, 2 cups flour.

Mix as for butter cakes and bake slowly.

Treginta Ties.

OATMEAL COOKIES.

One and a quarter cups brown sugar, 1 cup butter and lard mixed, 1½ cups dates, cut in pieces; dissolve 2 scant teaspoons soda in ½ cup warm water and pour over dates; 2½ cups oatmeal, 1 teaspoon salt, 3 cups flour. Mix and roll out. Cut in squares and brush with 1 beaten egg.

Beulah Land.

CREAM CHEESE AND CAVIAR OPEN-FACED SANDWICHES.

One 3-ounce package cream cheese, 3-4 cup caviar, mayonnaise. Have small rounds of bread spread with butter, cover with mayonnaise, and then with caviar. Mix together two tablespoons mayonnaise with cream cheese, and flute this around the edge of the sandwich. Add a few grains of cayenne pepper to the cheese, if desired. Place 1-2 stuffed olive in centre of each sandwich.

Aylmer Macpherson.

LOBSTER FARCI



Cut 1 cupful of lobster meat into small dice and add to it the finely chopped white of an egg and the yolk, which has been passed through a sieve, 2 teaspoons minced parsley, 1 cup white sauce, seasoned with a little grated nutmeg, salt and paprika.

Split the body shell lengthwise so as to form two portions, and fill these and the tail shell with the lobster mixture. Sprinkle generously with about 4 tablespoons buttered crumbs and bake in a moderately hot oven. Time in cooking, 15 minutes. Recipe makes 6 servings.

A NEIGHBOR'S RECIPE

VEGETABLE HASH.

Cut fine and mix together 2 cups cooked beets, 1 cup cooked carrots, 1 1-2 cups cooked potatoes and 1-2 cup cooked turnips. Put in frying pan 4 tablespoons butter and chop a small onion into it, cooking till transparent and slightly brown. Season well the combined mixture, and cook slowly for thirty minutes, then brown nicely. Fried eggs may be eaten with this; place hash on plates in a nest and drop fried or poached egg into it.

Slim.

SAUSAGE AND MACARONI.

One pound pork sausages, 6 onions, 1 pound cut macaroni, grated cheese, bread crumbs, 1 can Spanish tomato sauce.

Cook macaroni half an hour in boiling water. Place a layer of cooked sausages on the bottom of a deep baking dish and cover them with a layer of onion. Cover with a layer of macaroni, etc., until the dish is two-thirds full. Add tomatoes, cover with grated cheese and bread crumbs. Bake in a moderate oven for half an hour.

L. D.

DARK ICE BOX COOKIES.

One cup melted butter, 1 cup melted lard, 1 cup brown sugar, 1 cup white sugar, 3 eggs, ½ teaspoon salt, 2 teaspoons baking soda, 4½ cups flour, ½ pound nut meats.

Roll and let stand overnight in ice box. Then cut in thin slices and bake ten minutes in moderate oven.

Kid.

EASTER HOLIDAY PARTY MENUS

(By Aylmer Macpherson.)

LUNCHEON OR PARTY SUPPER.

- Chicken and Egg Croquettes
- Creamed Asparagus Tips
- Hot Homemade Tea Biscuits
- Gherkins
- Celery Curls
- Radishes
- Strawberry Short Cake
- Coffee.

COLD PLATE LUNCHEON.

- Hors D'oeuvres
- Individual Moulds of Jellied Lamb's Tongues
- Red Currant Jelly on Balls of Cream Cheese
- Tomatoes, Stuffed With Celery and Olives
- Hot Rolls
- Individual Lemon Meringue
- Tarts
- Coffee.

AFTERNOON TEA.

- *Cream Cheese and Caviar
- Open-faced Sandwiches
- Sardine and Lemon Juice Sandwiches
- Olives, Watercress, Sweet pickles
- Individual Iced Cakes
- Cashew Nuts
- Russian Tea.

CHICKEN FRITTERS.

1 cup chicken stock, 3 tablespoons 1 tablespoon butter, ½ teaspoon ½ cup minced cooked chicken. Melt the butter, add the flour, salt and blend well. Gradually add the stock and cook until smooth and thick. Pour half the sauce on to a platter, spread the chicken evenly over the top, then cover with the rest of the sauce. Cool on ice, and cut into pieces about an inch square or a little larger. Dip them in fritter batter. Fry in deep, hot fat until brown, drain on tissue paper and serve hot.

Fritter Batter: One cup flour, ½ teaspoon salt 1 teaspoon baking powder 1 cup milk, 2 eggs, 1 tablespoon oil. Mix the dry ingredients, add the milk slowly, then the oil, and beat the eggs, beaten until stiff.

Vera.

The Homemaker

Save this recipe!

½ cup butter, or other shortening
¾ cup white sugar
1 egg
1½ cups flour
½ teaspoon soda
½ teaspoon salt
½ teaspoon vanilla
2 Curtiss 5c Baby Ruth bars, cut in small pieces
Cream butter and sugar until smooth. Beat in egg. Stir in other ingredients. Chill and drop by ½ teaspoonful on greased cookie sheet. Bake in a moderately hot oven (375°F.) for 10-12 minutes. Makes 75 cookies.

Bake a batch today
... send the soldier
a box!

Inexpensive Cuts Contain Nourishment

Recipes for Very Good Main Courses With Economy in Mind

EACH member of your family should have one serving of meat or fish every day. The inexpensive cuts are just as valuable from the nutrition viewpoint as the more expensive steaks, chops, and roasts. Try these low-cost meat dishes and you'll see that they can be delicious:

LAMB SHANKS

(Serves 4 to 6)

Select 2 lamb foreshanks. Wipe with damp cloth, rub with salt and pepper, brown well on all sides in a heavy kettle. Add 1 clove garlic or 1 sliced onion, and 1 cup water, cover closely and cook slowly about 2 hours. Add a little water occasionally if necessary. When meat is tender, remove from bone. Thicken the gravy if desired and pour over the meat.

BRAISED BREAST OF LAMB

(Serves 4 to 6)

Two-third pounds breast of lamb, salt, pepper, flour, 1 small onion, chopped, 1 small carrot, chopped; ½ green pepper, chopped; 1 cup water.

Have the breast of lamb boned and cut into 2-inch squares. Season with salt and pepper and roll in flour. Brown the meat, together with the chopped vegetables, in a small amount of fat. Add the water, cover, and simmer until the meat is tender.

Add more water, if needed, while the lamb is cooking. Thicken the gravy with a little flour mixed to a paste with cold water.

BRAISED KNUCKLE OF VEAL

(Serves 4 to 6)

One veal knuckle weight 2 to 2½ pounds, 1 cup vinegar, 1 tablespoon whole mixed spices, salt, 4 to 6 small carrots, 4 to 6 small onions.

Wipe meat with damp cloth, place in deep dish, add vinegar, spices, and 1 tablespoon salt. Allow to stand 6 hours or longer, turning meat occasionally. Remove meat from vinegar, brown well on all sides in heavy kettle. Sprinkle with 1 teaspoon salt, add a little water, cover closely and cook very slowly about 2 hours, adding more water if necessary. Half an hour before meat is done, add whole carrots and onions and cook until tender. Remove meat from bone, thicken gravy if desired and serve with meat and vegetables.

SALMON CURRY IN RAMEKINS

1 can red salmon
1 cup milk
2 tablespoons butter
2 tablespoons flour
juice 1-2 lemon
1 teaspoon curry powder
1 egg well beaten
cayenne, salt, bread crumbs, parsley.

Make a cream sauce of flour, butter and milk and stir in the curry powder, then the drained salmon, from which all bone and skin have been removed. Season with cayenne and salt to taste. Add beaten egg and lemon juice. Grease shells, ramekins or little patty pans and fill with the mixture. Sprinkle tops with a little bread crumbs and bake for 25 minutes, or until top is well browned. Nice hot or cold. Garnish with sprigs of parsley.

PEACH TAPIOCA

Soak 1 cup of tapioca in cold water and drain. Peel 1 dozen peaches and cut them in halves. Cook with a little sugar for 10 minutes and take them out of the sirup. Add to the sirup 1-4 cup of powdered sugar, a pinch of salt and 1 cup of boiling water. Add to the tapioca and cook until clear. Line a mold with peaches, pour in the tapioca and bake for 1-2 hour. Let cool and serve with whipped cream.

Jellied Meat And Rice Loaf

This is an excellent way to use up the scraggy ends of a roast. ½ lb. any cold cooked meat, 1 envelope powdered gelatine, 2 teaspoonfuls finely minced parsley, 1 hard-boiled egg, 1 cup cold boiled rice, 1 cup of stock.

Chop the meat into small pieces. Rinse a mold in cold water, sprinkle a little parsley at the bottom together with a few pieces of the hard-boiled egg, then put a layer of rice, then a layer of well-seasoned meat; next add parsley and egg, and continue with rice, meat, parsley and egg till all are used up. Do not press the ingredients down. Dissolve the gelatine in the stock, then pour over the contents of the mold. Leave till the mixture is quite firm, then turn out. To use cut in thin slices.

Jellied Chicken Bellevue

Clean, singe, and cut up five-lb. fowl.

Place in a kettle with just enough boiling water to cook. Add one small onion, one carrot, and two stalks of celery. Season well with pepper and salt. Four teaspoons sherry flavoring and a few chopped pistachio nuts may also be added, if desired. Simmer until meat is tender enough to drop from bone. Remove meat carefully and let stock boil down to one half its quantity. Slice chicken and arrange in light and dark layers in a mould. Strain stock over chicken. Chill until firm enough to slice. When ready to serve, unmould on bed of crisp lettuce leaves. Garnish with slices of hard boiled egg and parsley. Serve with French's Prepared Mustard.

FRENCH'S PREPARED

it's "cream"

Here are a couple of my favorite recipes:

Fruit Cookies

1 cup brown sugar
1 cup white sugar
1 cup shortening
3 eggs
2 tablespoons milk
1 cup chopped raisins
1 cup chopped walnuts
4 teaspoons baking powder
4 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger

Cream shortening and sugar together. Beat eggs well and add, together with milk, raisins, and nuts. Sift together baking powder, flour, salt, and spices, and add to mixture. Roll out, cut with cookie cutter, and bake on greased tin 10 or 12 minutes. Makes five dozen.

Sugar Cookies

2 cups sugar
1 cup shortening
3 eggs
3 tablespoons milk
3 cups flour
3 teaspoons baking powder
½ teaspoon cloves
1 teaspoon cinnamon
Cream sugar and shortening, beat eggs and add to this. Take two cups

of the flour, sift with baking powder and spices and add to the first mixture. Add the other cup of flour gradually until dough is stiff enough to roll out. Roll to ¼-inch thickness, cut with cookie cutter and bake quickly. Some of these may be sprinkled with sugar before baking, others with chopped nuts, or raisins. M. B. F.

BLANQUETTE OF VEAL

(Serves 4 to 6)

One and one-half pounds stewing veal, boiling water, 2 small onions, 2 cloves, 2 small carrots, sliced, celery leaves, salt, pepper, 3 tablespoons flour, 2 egg yolks, 1 teaspoon lemon juice.

Cut the meat in pieces a little larger than for stew, cover with boiling water and add the seasonings. Cover the kettle and simmer gently until the meat is tender. Remove the meat and strain the liquid. There should be about 2 cupfuls. Add the flour mixed to a paste with cold water and cook until thickened. Beat the egg yolks, stir in a little of the sauce and stir into the rest of the sauce. Place the veal on a hot platter and pour the sauce over it. Sprinkle with finely chopped parsley.

Apples Can Be Used To Help In War Menus

By MRS. GAYNOR MADDOX

Magicians haven't a corner on sleight-of-hand, and not all the apple-polishing goes on in the classroom—as your family probably knows by now, if you've let them in on your thrifty canning and preserving secrets. Do they know that you combine more expensive fruits with cheaper ones when you make preserves, jellies and butters? Do they know that's just one of your canny canning ways of combating rising food costs? That you get maximum color and flavor at minimum cost, and still glamorize your table the year-round?

There are some other tricks too, and a few rules like these that you follow:

Discard all jars that are nicked at top or neck. Be sure every jar has a well-fitting cover. Wash jars, lids, and new rubbers in hot, soapy water and rinse well. Then sterilize glasses, jars, and caps by placing them in a rack of cold water to cover, bringing water to boil and boiling for 10 minutes. Leave in water until ready to use.

Never use once-used paraffin to seal preserves. Use new paraffin. Use new rubber rings every time.

FOOD TYPES

Cut this out and hang the list in your kitchen:

1. Body-building foods. Milk, cheese, eggs, meat, fish, dried peas and beans.
2. Energy-creating foods: Bacon and ham, dried fruit, dripping, suet, lard, honey, oatmeal, potatoes, rice, tapioca, sago and sugar.
3. Protective foods:
 1. Milk, butter, margarine, cheese, eggs, herrings, liver, salmon (tinned or fresh).
 2. Potatoes, green vegetables, salads, fruit and vegetables, carrots, tomatoes, whole-wheat bread.

CUMMINGS &

PEACH-APPLE BUTTER

(About 6 half-pint jars)

Six cups (2¼ pounds) prepared peaches, 5 medium-sized tart apples (about 1½ pounds), ½ cup water, sugar, ½ teaspoon salt.

Wash and peel about 4 pounds fully ripe peaches. Remove pits and slice. Weigh or measure into large kettle. Wash and pare apples. Cut into quarters, remove cores, and add with water to peaches. Bring to a boil and simmer, covered, about 20 minutes, or until fruits are soft, stirring occasionally. Crush and measure into preserving kettle. For each cup of fruit mixture, add ½ cup sugar. Add salt. Mix well. Cook slowly until sugar is dissolved. Boil rapidly about 10 minutes, or until mixture is clear and somewhat thick, stirring frequently to prevent scorching. Skim. Pour into clean, hot, sterilized jars and seal at once.

NEW GLASGOW, Aug. 24—The congregation of St. Luke's Presbyterian Church at Saltsprings were very pleased to have in their midst Rev. Mr. Ulrich, who preached his first sermon in this church 15 years ago. On his first visit since returning to Pennsylvania, Mr. Ulrich was accompanied by his wife and son.

Edinburgh Version Of a Jam Sandwich

Written for The Christian Science Monitor

There are jam sandwiches and jam sandwiches! Some are made with bread and butter, and jam between; and again, with cake. So when I was recently in Edinburgh, visiting relatives, who live in a tall, discreet house of stone, with a slate roof, out Morningside way, I was happy to renew my acquaintance with a British version of the jam sandwich. It was so delicious, I had my cousin give me the recipe.

Cream

- 1 cup powdered sugar with 2 ounces butter. Add
 - 1 egg. Whip well and add
 - 1 more egg. Next add
 - 2 tablespoons milk into which has been dropped some
- Vanilla or lemon flavoring. Then work in
- 1 cup flour to a smooth paste. Spread the mixture evenly over the greased, papered cake tin, and bake for 15 minutes in a fairly hot oven, about 350° to 400° F.

When cool, slice with a thin, sharp knife, and spread with jam. Over the top of the jam sandwich sift powdered sugar, and serve either for afternoon tea or as a dessert.

It is equally acceptable in the lunches of school children.

BLUEBERRY-APRICOT PRESERVES

(About 5 half-pint jars or 7 (6-ounce) glasses)

One cup (6 ounces) dried apricots, 4 cups (1¼ pounds) blueberries, 3½ cups (1½ pounds) sugar, ¼ teaspoon salt.

Wash apricots, cut into quarters with scissors. Cover with cold water and let stand overnight. Drain, reserving one cup of the liquid. Pick over and wash firm, ripe blueberries. Weigh or measure into preserving kettle. Add apricots and reserved liquid. Bring to a boil and simmer, covered, about 10 minutes, or until apricots are tender and most of the water has evaporated, stirring occasionally. Add sugar and salt. Mix carefully.

Cook slowly until mixture boils, stirring only until sugar is dissolved. Boil about 5 minutes, or until fruits are clear and syrup is somewhat thick, stirring frequently to prevent scorching. Skim. Pour into clean, hot, sterilized jars or glasses and seal at once.

JELLIED APPLE-CRANBERRY BUTTER

(About 6 half-pint jars)

Six medium-sized tart apples (about 2 pounds), 6 cups (1½ pounds) cranberries, 2 cups water, sugar, ½ teaspoon salt, 12 sticks (4-inch) cinnamon.

Wash apples and cut into quarters. Pick over and wash cranberries. Weigh or measure into large kettle. Add apples and water. Bring to a boil and simmer, covered, about 10 minutes, or until fruits are soft, stirring occasionally. Rub through coarse sieve. Measure pulp into preserving kettle; for each cup, add ½ cup sugar. Add salt and cinnamon tied in cheesecloth bag. Mix well. Cook slowly until mixture boils, stirring only until sugar is dissolved. Boil about 5 minutes, or until mixture is clear and somewhat thick, stirring frequently to prevent scorching. (Do not overcook; mixture jellies upon cooling.) Remove spice bag and skim. Pour into clean, hot, sterilized jars and seal at once.

DE LUXE POT ROAST

Want a de luxe pot roast, a super-special version of that most popular of meat dishes? Then here it is, a recipe that will serve eight. Sprinkle three to four pounds beef for pot roast on all sides with salt, pepper and one-eighth teaspoon ginger. Chop two cloves garlic very fine, slice three onions and fry both until a good yellow in one-half cup oil, preferably in a Dutch oven or waterless cooker, or you may use a roaster or common kettle. Add meat and sear on all sides. Add one-half cup water. Cover and simmer for one and one-half hours, turning frequently. Soak one-half cup of three-fourths oz. dried mushrooms and one and one-half cups prunes in one and one-half cups of water while meat is cooking. After cooking meat one and one-half hours, add soaked mushrooms and prunes with the water and one cup ripe olives. Continue cooking for an hour or until tender. Remove meat to hot platter and arrange prunes and olives around it. Leave gravy as is, or thicken.

EARLY SPRING SALAD

Rush the season and serve a healthful spring salad as soon as green onions appear on the market. Cut tops from two green sweet peppers and remove seeds. Boil three minutes, drain and chill. Cut six rings one inch high and mince remaining green pepper. Remove pits from one cup cooked prunes and slice. Combine one cup cottage cheese with one-fourth cup thinly sliced green onions, two-thirds cup thinly sliced radishes, minced green pepper and prunes. Moisten with mayonnaise. Lay pepper rings on lettuce and fill with cheese mixture. Garnish with a dash of dressing, a sprinkling of paprika and a few additional radish slices.

Tomatoes, Eggs, Onions

- ½ can of tomatoes
- 3 onions, small
- 1 tablespoon of butter
- 1 dessertspoonful of curry powder
- 4 eggs

Drain a can of tomatoes, letting the pulp stand and drip for some time. Slice and chop the onions. Melt the butter and then add the drained tomato pulp (you can use the juice for soup), add the onions and let them simmer for about five minutes. Then stir in the curry powder dissolved in a very little of the tomato

T MARCH

juice, and let it cook a little longer. Last add the eggs lightly beaten, and stir till the mixture thickens to the texture you like. Serve on toast.

Rice and Cheese

- 1 cup of rice
- ¾ cup of grated cheese
- 1½ cups of milk
- 2 tablespoons of butter
- Buttered breadcrumbs
- Salt
- Pepper
- Cayenne

Boil the rice for twenty minutes in salted water, then drain and wash well with cold water and put to dry in the oven on brown paper. Butter a baking dish and put in a layer of rice. Then dot with butter and sprinkle with cheese, salt, pepper and cayenne. Pour on the milk which should be enough to come half way up the dish. Cover with the buttered crumbs and bake till brown in the oven.

Finnan Haddie and Corn

This is a good way to use up an extra piece of haddie.

- 1 pound of finnan haddie
- 2 tablespoons of butter
- 1 can of corn
- Salt
- Pepper
- 2 tablespoons of cream
- ½ cup of grated cheese
- Nutmeg

If the haddie is not already cooked it should be parboiled and, if it is the sort with bones, the bones removed

Curries Stimulate

Lagging Appetite

By SISTER MARY

Curries were originated in India and are intended to stimulate lagging appetites during depressing weather. The highly seasoned pungent curry sauce with its distinctive flavor does indeed tempt the appetite and will be found a worth-while addition to spring menus.

A curry is invariably served with rice and may or may not use meat or fish in its make-up. Vegetable curries are excellent and help solve the luncheon or supper problem. The rice forms the border and the other material in the curry gives the piquant flavor to the dish. Left-over meats can be reheated in the curry sauce and served in a border of rice. This suggests an attractive way to use up left-overs.

The following basic rule for curry sauce has been modified to please western palates. Even so, some tastes will prefer less curry.

Curry Sauce.

One scant tablespoon curry powder, 1 tablespoon flour, 2 tablespoons butter, 2 cups tomato juice, 1 small onion, 1 tablespoon chutney sauce, 1-2 tablespoons lemon juice, 1 teaspoon sugar, 1-2 teaspoon salt, 1-8 teaspoon pepper.

Melt butter and stir in flour until bubbly and slowly add tomato juice, stirring constantly. When smooth, add minced onion, chutney, lemon juice, sugar, salt and pepper. Simmer for 30 minutes. If chutney sauce is not available chopped cucumber rings or mixed sweet pickle can be used.

Tender, left-over veal, lamb, mutton, chicken, beef or fish can be reheated in this sauce and served in a border of well cooked rice. Cuts of meat can be cut in small pieces, seared quickly in hot fat and simmered until tender in the sauce in the oven or on top of the stove. Water can, of course, be used in place of tomato juice.

East Indian Curry.

One pound round steak or lean beef of any cut, 1 tablespoon curry powder, 2 tablespoons butter, 1 onion, 1-2 fresh cocoanut, 1 banana, 1-2 lemon, 1-2 teaspoon salt.

Cut meat in small squares. Melt butter in stew pan and, when bubbles, add onion minced and curry powder. Stir with a fork and cook five minutes. Add meat and brown quickly. Add boiling water to cover and simmer one hour adding water if necessary. Add salt, lemon juice, banana cut in thin slices and cocoanut infusion. Simmer until tender and serve with rice.

To make cocoanut infusion grate or scrape cocoanut and let stand in one cup boiling water for 20 minutes. Strain through cheesecloth, squeezing cocoanut as dry as possible.

Now's the Time to Collect Recipes That Will Stretch Meat Ration

IS going to be easier for housewives to adjust themselves to meat rationing because of the fact that an announcement of the rationing has been made in advance.

Rationing of any food means that certain adjustments, which vary with individual families, have to be made.

When meat joins the ranks of the rationed foods, the majority of families will have to cut the amount of meat they usually eat by about one-fifth.

Now, before the ration actually comes into effect, is a good time to become better acquainted with meat-extending dishes; to learn how to recognize quality; how to store and care for meat properly and how to get the best value from the meat you buy through using the most appropriate cooking methods.

Lamb Patties, With Tomato Gravy

1 onion chopped, 2 cups cooked cracked wheat, oatmeal, soft bread crumbs or mashed potato, 1 pound ground lean, raw lamb, 1 teaspoon salt, Dash of pepper, 2 to 3 cups canned tomatoes or tomato juice, Flour, 2 tablespoons fat.

Add chopped onion and cooked cereal, crumbs or mashed potato to ground meat. Season with salt and pepper. Add enough tomatoes or juice to moisten sufficiently for easy handling. Form into patties, dip in fine oatmeal or flour seasoned with salt. Fry slowly in fat until well-browned on both sides—about 20 minutes. Remove patties, drain on brown paper and serve with tomato gravy.

Tomato Gravy: Blend 3 tablespoons flour with 2 tablespoons fat and gradually add 1½ cups tomato juice, stirring constantly. Cook until smooth and thickened. Season to taste with salt and pepper. A little chopped parsley may be added. Serves 6 to 8.

Stuffed Flank Steak

1 beef flank steak, ½ cup chopped celery and leaves, 1 small onion, chopped, 4 tablespoons fat, 1½ cups soft bread crumbs, salt and pepper to taste, 1 cup water.

Use one large or two small flank steaks. Saute the celery and the

onion in two tablespoons of fat for a few minutes. Add the bread crumbs and season with salt and pepper. Pound and flatten steak. Spread with dressing and, beginning at one side of the steak roll up like a jelly roll and tie securely in several places with string. Brown in the other two tablespoons of fat in a heavy frying or roasting pan on the top of the stove, turning the meat until it is browned on all sides. Slip rack under the meat, add water cover closely and bake in a moderate oven, (325-350F) 1½ to 2 hours. Use dripping in pan to make a rich brown gravy. Serves 5 to 6.

Flank steak may also be used for stews or meat pies or it may be braised as a Swiss steak.

Savoury Meat Pie

Beat 1 egg well, set aside 2 tablespoons of it. Mix the remaining egg into 4 cups of well-seasoned, mashed potatoes. Spread enough of this mixture into a greased 8 or 9 inch pie plate to make a shell about ½ inch thick. Crimp edge and prick bottom of shell in several places.

Form the remaining potato mixture into marble-sized balls and place on a greased baking sheet. Mix the 2 tablespoons of egg with 1 tablespoon milk and brush shell and balls lightly with this mixture. Bake in a very hot oven (425-450F.) until golden brown—about 15 minutes. Remove from the oven, fill shell with hot meat mixture and garnish with potato balls and parsley.

Filling

1 medium onion, chopped, 2 tablespoons fat, 1 tablespoon flour, 1 cup milk, 1 cup diced, cooked meat, 1 cup diced, cooked carrot, 1 cup diced, cooked potato, 1 cup peas or corn. Salt and pepper to taste.

Brown onion in fat, blend in flour and add milk. Cook, stirring constantly, until thickened. Add meat, vegetables and season to taste. Heat thoroughly and pour into hot potato shell. Serves 6 to 8.

This filling may be used in cooked turnip cases, onion shells, green peppers.

Grape Juice

1 6-quart basket grapes, 7 cups water, 2 2-3 cups sugar.

Wash, stem and mash grapes. Add water and boil 10 minutes. Strain overnight through a moist jelly bag. In the morning, add sugar, bring to a fast boil and seal at once in thoroughly sterilized bottles. Process for 10 minutes in a boiling water bath.

A white sediment may form in the kettle overnight or in bottles during storage. This sediment contains minerals and should not be discarded. Shake well before using to distribute sediment. Yield: 4 quarts.

Grape Jelly

Pick over grapes wash and remove stems. Put into preserving kettle. Heat to boiling point and cook until seeds are free—about 30 minutes. Pour into jelly bag to drop. Take equal measures of sugar and juice and boil till it jells. Skim and pour into sterilized glasses. Keep in cool, dry place.

Grape Marmalade

4 lbs. grapes, 3½ lbs. sugar. Pick over, wash, drain and remove stems from grapes. Heat to boiling point and cook slowly until seeds are free. Rub through fine sieve. Return to kettle and add sugar. Cook slowly 30 minutes, stirring occasionally to prevent burning. Put in jars and seal.

Grape Butter

Wash and stem grapes. Crush and cook covered in their own juice or with very little added water until soft. Put through food press or sieve. Measure and return to preserving kettle. Add half as much sugar as you have pulp. As soon as sugar has dissolved, boil rapidly until mixture starts to thicken, then reduce heat to prevent scorching and stir constantly until mixture becomes very thick and looks clear. Pour at once into hot sterilized jars and seal. Label and store in a cool place. It is wise to use sealers that are air tight for your fruit butters, paraffin is not satisfactory because of the low sugar content in these mixtures.

Left-Overs Are Used In Salads

By ALICE LYNN BARRY

It's "help yourself day" today, as we present this collection of miscellaneous recipes. While the weather is still nice you might like to use two nice luncheon dishes, both of them devised with an eye to using last night's left-overs. And don't think that these salads aren't nice enough to set before your favorite guests.

Vegetable ham salad requires one-half package lemon gelatin, three-quarters cup hot water, one tablespoon lemon juice, dash of salt, one-half cup cooked string beans, one-half cup chopped celery, one-half cup grated carrots, one cup chopped cooked ham and stuffed olives. Add hot water to gelatin, let stand until dissolved, and stir it. Add lemon juice and salt and allow to stand until slightly thickened. Mix chopped ham with vegetables. Rinse mold with cold water. Pour in small amount of gelatin and arrange slices of stuffed olives. Place in refrigerator and allow to set. Mix remaining gelatin mixture with ham and vegetables and fill mold. Chill, unmold on bed of lettuce and serve with mayonnaise.

Dried fruits are valuable in the winter diet for their sugar, mineral and vitamin content. The prunes may be cooked without sugar, as they contain enough sugar in themselves to taste sufficiently sweet. Wash them thoroughly, soak over night in cold water, then cook gently in the water in which they were soaked until they are very tender. If cooked for a long time they will get rich and syrupy, and may then appeal to the person who doesn't ordinarily care much for this fruit.

TODAY'S RECIPES

DATE AND NUT PUDDING. — One cup flour, two teaspoons baking powder, one-half teaspoon salt, one egg, one cup sugar, one cup sliced dates, one-half cup chopped nuts, one-half cup milk, one teaspoon vanilla. Sift dry ingredients. Beat the eggs, beat in the sugar gradually, add the sliced dates and chopped nuts. Stir in the milk and vanilla. Add dry ingredients. Spread the mixture on a greased shallow baking pan to form a layer about one inch thick. Bake in a moderate oven (350 degrees Fahrenheit) for one hour. Cut into squares when cold and serve with whipped cream or with a small ball of ice cream, or a pudding sauce.

PRUNE SOUFFLE. — Five egg whites, one cup sweetened prune pulp, one-fourth teaspoon salt, one teaspoon lemon juice, one-half teaspoon grated lemon rind. Beat egg whites until stiff. Fold in sweetened prune pulp which has been forced through a strainer. Fold in salt, lemon juice and rind. Place in top of a well greased two-quart double boiler, cover and cook over hot water one hour. Turn out of pan and garnish with whipped cream.

QUEEN CAKES

½ cup butter	3 eggs
1 cup sugar	1 1/3 cups flour
Grated rind of 1 lemon	¼ teaspoon salt
2 teaspoons lemon juice	1 teaspoon Rumford Baking Powder

Cream the butter and sugar, add the lemon rind and juice, then the yolks of eggs beaten until thick. Sift and add the flour, salt, and baking powder mixed well together, and lastly the stiffly beaten egg whites. Bake in very small well-greased pans for about fifteen or twenty minutes in a moderately hot oven about 375°.

WHITE ICING

Beat the whites of three eggs to a stiff froth and gradually whip into them one pound of granulated sugar. Turn the mixture into the upper part of a double boiler, having cold water in the lower part of the pan. Continue beating until the water boils. Remove from the fire, add a teaspoon of Rumford Baking Powder. Cool quickly, beat in a teaspoon of vanilla or a little lemon juice or almond extract and spread the icing on your cakes.

RUMFORD

Baking Powder

Dear Friends:

WE MAY not be so fond of the chilly blasts of winter, and the snow and ice; but there is no doubt that the Snow Man brings along a lot of fun; and there are many who hail the zero weather with delight. Numerous are the jolly, healthful skating, skiing, tobogganing and sleighing parties. After some vigorous exercise in the frosty air for some hours, the appetite is generally whetted to the sharpest edge, and craves something warm and filling. A cold repast would be of little use. Of course, the hostess—who is generally one of the gang—does not want to spend much time away from her guests in preparing and serving supper; so simple, but satisfying, refreshments are generally served.

Dorothy told me of refreshments served at a skating party she attended the other night, and these seemed so sensible and wholesome that I am going to tell you about them. The first course was:

Toasted Cheese Sandwich: This is made by toasting the outside of two pieces of bread, buttering the inside, putting a slice of cream cheese between the pieces, and sprinkling this with paprika. The sandwich is now all ready to be served when the guests arrive; then it is put into the oven to get thoroughly warmed through, when it is served hot.

For the second course the hostess served a huge wedge of delicious chocolate cake, and a steaming cup of coffee.

Another friend who was hostess at a similar party told me that she served:

Toasted minced ham sandwiches: For the first course, and a choice of lemon or apple pie for the next, with either tea, coffee or hot chocolate.

Toasted Minced Ham Sandwiches: Put cold cooked ham through the mincer, moisten slightly with salad dressing and a little mustard. Spread this paste between slices of buttered white or brown bread. Toast on both sides and serve on a hot plate with a gherkin, a nine-day pickle, or a spoonful of tomato sauce.

Neither of these menus is expensive, you see, but each is adequate—very adequate.

Favorite Recipes in Our Family

Written for *The Christian Science Monitor*

All these recipes have the advantage of being economical, and the charm of having been passed on from one friend to another:

Canadian Scones

Sift together

3 cups white bread flour
2 teaspoons baking powder
 $\frac{1}{2}$ cup sugar
Pinch of salt. Cut in, as for biscuits,
 $\frac{1}{4}$ cup butter. Add
1 cup sour milk, sweetened with
 $\frac{1}{2}$ level teaspoon baking soda. Add
1 teaspoon vanilla
 $\frac{1}{2}$ cup raisins. Bake like biscuits, either in small rounds, or in cake tins, slicing later into pieces, 12 to 15 minutes at 450° F.

Butterscotch Pie or Pudding

Mix all together in the order named, blending each addition to the previous mixture:

5 tablespoons flour
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{8}$ teaspoon salt
1 beaten egg
3 tablespoons corn sirup
2 cups milk. Add
3 tablespoons butter or margarine. Cook in top of double boiler until thick, stirring often. When thick, add
1 teaspoon vanilla. Pour into pastry crust, if for pie, or into individual dishes, if for pudding. This pudding is easily made be-

cause all the ingredients may be put on to cook at the same time.

Sugar Cookies

Cream

1 cup sugar
 $\frac{3}{4}$ cup shortening (half butter, half lard is good). Add
1 or 2 well-beaten eggs
 $\frac{1}{2}$ teaspoon salt
1 teaspoon flavoring. Mix
3 cups sifted flour
3 teaspoons baking powder. Add to other mixture alternately with
 $\frac{1}{4}$ cup milk, or slightly more if only one egg is used. Let dough stand where cold until stiff. Roll out in small pieces and cut with cookie cutter. Sprinkle with plain or colored sugar, or nuts. Place in greased tins (grease tins only for first panful) and flour tins for each baking. Bake in medium oven (375° F.) until slightly brown, or about 8 minutes.

(Mrs.) E. M. V., Michigan.

The Recipes

on this page
have been approved for
The Christian Science Monitor
by Miss Farmer's
School of Cookery, Inc.
Boston, Mass.

MEAT LOAVES ARE PERFECT FOR WARM WEATHER MEALS

Good Hot or Cold, There's Not a Crumb Of Waste In These Savory Summer Dishes

AN absolutely safe choice for the summer menu, whether luncheon, dinner, sandwich plate, or picnic, is a meat loaf of whatever variety you prefer. Besides, it is one of the most convenient, comfortable, and labor-saving summer dishes to prepare.

An essential element in a good meat loaf is the high quality of the ingredients, because second-rate materials produce a third-rate loaf or worse. Whether the loaf is of veal, beef, or fish, "quality" should be the watchword. Zest can be added to meat loaves such as veal or beef, by adding ground pork containing some fat, which yields a juicier loaf and higher flavor.

Veal or beef loaves may be baked covered or uncovered, as you prefer, but in either event should stand for 20 minutes before being turned out of the pan. This permits the juices to draw back into the loaf, and makes the loaf easier to remove from the pan and to slice.

The loaf, when cold, can be used attractively as a basis for guest meals by adding garnishes of hard-cooked eggs and olives with pimientos. Turned out on a bed of chilled, crisp lettuce leaves, on a decorative platter, and garnished with eggs, olives, pickled beets and cold asparagus tips, such a loaf is an ideal main dish for a warm day.

Another interesting way to serve a cold loaf is to use one of the colorful, glass plates which are divided into compartments, serving each person on one of these plates with the slice of loaf in one compartment, a vegetable salad in another, and the relishes in a third. This form of service is particularly smart for a bridge luncheon, on a summer day.

Left-over loaf may be sliced, rolled in egg and cracker or bread-crumbs and sauteed. Served with a creamed mushroom or tomato sauce, it makes a delicious entree. Or, if it is possible to slice thinly enough, it may be used cold for sandwiches several days later.

Individual meat loaves may be made by lining a large cup muffin pan with bacon on the outer edge, putting the meat mixture in the centre and baking it. A half of hard-cooked egg may be placed in the centre. This method reduces the time for baking, too.

To save time on a busy day, prepare the necessary ingredients the day before so that all that is needed is to toss them together quickly.

Place in a greased loaf-pan and bake in a 400 degrees F. oven for 45 minutes. Serve hot with tomato sauce or with a gravy made from the drippings.

CORN MEAT LOAF

One pound ground round steak, ½ lb. fresh pork, ground, 1 tablespoon finely chopped green pepper, 1 egg, beaten, 1½ teaspoons salt, pepper, 1-3 cup cracker crumbs, 1 cup crushed canned corn.

Method: Combine all of the ingredients and form into a roll. Place into a greased loaf pan and bake for 45 minutes in a 400 degrees F. oven. Baste occasionally with a small amount of hot water in which a tablespoon of butter has been melted, or a cupful of cooked tomatoes may be added to the pan in which it is baked. When the loaf is taken from the pan, the tomatoes may be seasoned and poured over and around the meat.

CHICKEN LOAF

Four cups cooked, diced chicken, 2 cups soft bread crumbs, (or use part cooked rice), 1 teaspoon salt, ¼ teaspoon paprika, 2 tablespoons finely diced green pepper, 2 tablespoons celery, cut fine, 4 eggs, beaten, 2 cups milk or chicken stock, 2 tablespoons butter or chicken fat.

Method: Mix all ingredients together and pack into a well-greased loaf pan. Bake in a 375 degree F. oven for 45 minutes. Let stand 5 minutes, then unmold and serve hot or cold.

A mushroom cream sauce served around the loaf when hot makes a delightful combination. Tuna fish or salmon may be used in place of the chicken with a cream sauce to which green peas have been added, accompanying the loaf.

JELLIED MEAT LOAF

2 pounds shank or lower leg of veal with bone, ½ lb. lean pork, ¼ teaspoon pepper, 2 teaspoons salt, 1 small onion, 5 hard-cooked eggs, 1 green pepper, chopped.

Method: Cut meat into small pieces. Place in deep pot with the green pepper, onion and salt. Barely cover with boiling water and simmer until very tender. Set aside until cool enough to handle. Remove the bones, green pepper, onion, and any undesirable portions of meat. Grind the meat through the medium coarse knife of a food chopper. Add the meatstock which should amount to about 2 cups. (If there is more than this boil it down to the right proportion). Season with salt and pepper. Arrange slices of egg and any other decoration you choose, such as sliced olives, pickles, pimiento or green pepper rings on bottom of the loaf pan, pack in one-half of the meat mixture, arrange the hard-cooked eggs end for end, through the centre, then add the remaining meat and press into shape. Chill for several hours; garnish and serve cold, sliced very thin. Chicken may be used instead of veal.

APPLE MEAT ROLL

1 lb. beef, round steak, ground, 1 lb. fresh pork, ground, 2 teaspoons salt, 2 cups apples, cooked and mashed to a pulp, 1-3 cup finely diced pimientos, pepper, 1 cup cracker crumbs, 1 egg, beaten.

Method: Combine all of the ingredients and form into a loaf.



**DROP
THAT
KNIFE!**

**CORNS COME
BACK BIGGER-
UGLIER**

UNLESS REMOVED ROOTS ALL

HOT TAMALES LOAF

1½ lbs. beef or veal shank, 3 tablespoons diced onion, 2 teaspoons salt, 2 cups tomato puree, 1 teaspoon chili powder, 1 cup corn meal, ½ cup chopped ripe olives, ¼ teaspoon pepper.

Method: The meat should be cut in pieces. Barely cover with boiling water, add the onion and salt and simmer until very tender. Cool slightly, remove any bones and undesirable portions and put meat through a medium-coarse knife of chopper. There should remain in the pot about 3 cups of meat stock. Add the ground meat to this stock, then add the tomato puree and chili powder. Bring to boiling and gradually add the corn meal, stirring constantly. Cook slowly for 30 minutes. Add the chopped olives and pepper and pour into a greased loaf pan. Bake in a medium-hot oven for 20 minutes and serve hot in slices with a piquant sauce. This loaf is good re-heated.

HAMBURG LOAF

(With Baked Bananas)

1 small onion, minced; 1 teaspoon salt, ¼ teaspoon pepper, ½ cup milk (or stock), 1 lb. chuck of beef, ground; suet, 4 bananas, 2 tablespoons lemon juice, 1 tablespoon shortening.

Method: Work onion, seasonings and liquid into meat and mould into a large flat cake to fit the centre of plank. Dot top with bits of suet. Set under medium broiler heat and cook 20 minutes, watching so that the top does not get too brown. When done, arrange halves of broiled bananas as a border around meat.

To prepare bananas, remove skins, cut in halves lengthwise, rub with a bit of lemon juice and shortening, and place under the broiling flame for 3 or 4 minutes. Serves 4.

Note:—If meat is thick, it will need to be turned.

BANISH ANTS

Ants can be discouraged from entering the larder if a little coal oil is put in the water when shelves and floor are washed.

Keep Cookie Jar Filled With Cakes Planned for Taste and Economy

CREAM together a cup and a half of butter, three cups of sugar, add six eggs and half a pound of ground almonds . . ." Perish the thought!

Recipes on this lavish scale are definitely out for the duration, but it doesn't necessarily follow that all cakes and cookies must vanish from our midst, for recipes like clothes, follow changing trends and the 1942 cookie recipe is very different from its 1932 predecessor.

Butterscotch Slices

1½ cups pastry flour, 1½ teaspoons baking powder, ¼ teaspoon salt, ½ cup shortening, ½ cup brown sugar, packed, ¼ teaspoon vanilla, 1 egg.

Mix and sift flour, baking powder and salt. Cream shortening and sugar, add vanilla and egg, mix well. Stir in flour. Shape in a roll about 2 inches in diameter. Wrap in wax paper, chill thoroughly. Cut chilled roll in ¼ inch slices, place on an ungreased baking sheet and bake at 400 degrees for about 8 minutes. Makes 3½-4 dozen cookies.

Carrot and Honey Cookies

2 cups pastry flour, 2 teaspoons baking powder, ¼ teaspoon salt, ¼ teaspoon baking soda, ½ teaspoon cinnamon, ½ teaspoon nutmeg, 2 cups quick cooking rolled oats, 1 cup raisins, 2/3 cup shortening, 1 cup grated carrot, 1 cup honey, 2 eggs, well beaten.

Mix dry ingredients. Cream shortening, stir in carrots then add honey and eggs. Add flour mixture gradually. Drop from a teaspoon onto a greased cookie sheet

and bake at 350 degrees 25-30 minutes. Yield 5-6 dozen cookies.

Peanut Butter Cookies

½ cup peanut butter, ½ cup shortening, ½ cup brown sugar, 1 egg, 1⅓ cups pastry flour, 1 teaspoon baking soda.

Cream peanut butter and shortening, add sugar and cream together thoroughly. Add unbeaten egg and beat well. Drop on a lightly greased cookie sheet and press out with a fork. Bake at 375 degrees for eight minutes. Yield 4 dozen cookies.

Gingersnaps

2-3 cup molasses, 1-3 cup shortening, 2 cups pastry flour, 1-3 teaspoon baking soda, 2 teaspoons ginger, ¼ teaspoon salt.

Heat molasses to boiling point and pour over shortening. Add sifted dry ingredients. Chill, roll and cut into desired shapes. Bake in a moderate oven, 350 degrees, 8-10 minutes. Makes 3 dozen cookies.

Rolled Oats Cookies

¼ cup butter, ¾ cup shortening, ½ cup brown sugar, 1 teaspoon baking soda dissolved in 1 teaspoon hot water, 1 cup pastry flour, 2 cups rolled oats, ¼ teaspoon salt, 1 teaspoon vanilla.

Cream butter, shortening, sugar and vanilla. Add soda dissolved in hot water. Mix flour, rolled oats and salt and add to first mixture. Blend thoroughly and drop by teaspoons onto a greased baking sheet. Press flat with a fork and bake at 375-400 degrees for 8-10 minutes. Yield 4-5 dozen cookies.

Recipes for an International Cookie Jar

Written for *The Christian Science Monitor*

Each country has its own specialized cooking, designed to meet the needs of its people, and yet there is hardly a land that does not have a recipe which fits into the menu of other countries as an unusual and tempting addition. This is especially true of that delight of every child, cookies, and no mother can have too varied a cookie jar. Here are a few international cookie recipes:

Belgian Cookies

Melt

1 cup butter with
1½ cups brown sugar. Do not allow mixture to boil. Add
½ teaspoon vanilla. Beat
2 eggs thoroughly. Add to the sugar and butter. Dissolve
½ teaspoon baking soda in
1 tablespoon hot water, and add soda to
3½ cups flour, sifted. Combine the butter mixture with the flour mixture. Add
½ pound blanched almonds. Roll the dough about ¼ inch thick. Cut into 2-inch squares and let stand overnight. Garnish with an almond in the center of each square. Bake in a moderate oven for 15 minutes.

Chinese Chews

Here is a cookie dear to the hearts of most children because it is "chewy." It is made as follows:

Chop

1 cup dates with
1 cup walnuts. Add
1 cup granulated sugar. Add
¾ cup flour mixed with
¼ teaspoon salt and
1 teaspoon baking powder. Add
2 eggs well beaten to the above mixture. Put batter in flat, greased pan and bake about 20 minutes. Brush with thin white icing while still warm. Cut into squares.

German Lebkuchen

Beat

4 egg yolks well. Add
2 cups brown sugar and the juice of
½ lemon. Sift
2 cups flour
1½ teaspoons baking powder
1 teaspoon cinnamon

½ teaspoon allspice
½ teaspoon salt. Add to egg mixture. Add
1 cup finely chopped dates. Add
1 cup chopped walnuts. Fold in
4 stiffly beaten egg whites. Bake in a shallow pan, in a hot oven, for 15 minutes. Then lessen heat and bake for 5 minutes longer. When cool, brush with a thin white icing, made as follows:

Icing for Lebkuchen

Blend together

1 cup confectioners' sugar
1 tablespoon cold water and
1 tablespoon lemon or orange juice, until very smooth. Spread on cake. Cut in either long strips or in squares.

Jerusalem Cookies

Mix and sift

3 cups flour
1 teaspoon allspice
¼ teaspoon cinnamon and
1 teaspoon salt. Add
3 eggs slightly beaten. Add the juice of
½ lemon. Add
3 tablespoons honey and
½ cup chopped almonds. Work into a smooth dough. Roll out ¼-inch thick. Cut with cookie cutter. Brush with
Egg white. Bake in a moderate oven 15 minutes.

Dutch Cookies

Blend

½ pound butter with
½ pound flour. Add
½ pound brown sugar

½ teaspoon cinnamon and
½ teaspoon cloves. Work all together until it resembles a pie crust. Pat into a pie pan, but do not roll. Put in ice box overnight. Blanch
¼ pound almonds. Chop almonds fine. Add
¼ pound raisins and
¼ pound citron. Mix well and put through chopper. Put this mixture between two layers of cold crust, and round off top as for pie. Bake in moderate oven until slightly browned. Cut in triangular pieces.



MODERNIZED, COMPLETELY REWRITTEN

ETIQUETTE

BY EMILY POST

Cloth \$4.00, leather \$7.50. By mail 18c extra.
FUNK & WAGNALLS CO., 354 4th AVE., N.Y.

Here are a few tasty recipes which no appetite could resist. Try them during this week, National Fish Week and we feel sure you will repeat them many times throughout the year. Eat Fish this week and help increase the markets for Nova Scotia's Fishermen.

BAKED MACKEREL

1 medium sized mackerel	1-2 teaspoon minced green pepper
2 cupfuls bread crumbs, stale	1-4 teaspoon summer savory
1-2 small onion minced	3 slices bacon
1 tablespoon bacon, minced	1-2 teaspoon salt
few grains pepper	

Mix together the bread crumbs, onion, chopped bacon, green pepper and seasonings and lay on the fish, which should be dressed for broiling. Place a slice of bacon on this and fold over the fish so that the dressing shows. Place on a fish-rack in a baking dish, lay the remaining bacon on top of the fish and bake 30 minutes in a 425 deg. F. oven, basting frequently with the fat in the pan. Serve on a platter decorated with alternating rings of green pepper and sliced lemon. Accompany with the following sauce:—Mix together two teaspoonfuls of chopped green pepper, four tablespoons of mayonnaise and 3 tablespoons of chili sauce, and use at once. Serve six.

SCALLOPED OYSTERS

25 oysters	2 tablespoons butter
2 cups bread crumbs	salt and pepper
1-4 cup milk	

SCALLOPS

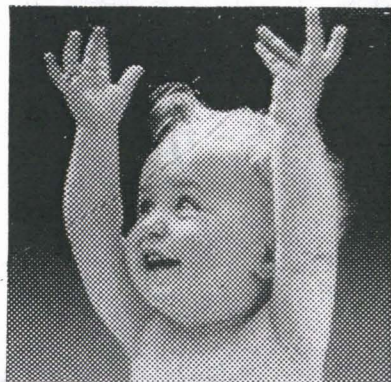
1 pint scallops, 3 tablespoons butter, 2 cups milk, 3 tablespoons flour, 1 level teaspoon salt, pepper, few drops lemon juice, bread crumbs. Wash scallops in cold water, bring to boil, simmer gently for 15 minutes, make white sauce adding few drops lemon juice, cut scallops if too large, put on buttered scallop shells or individual pyrex dishes, cover with white sauce and on top put buttered crumbs. Bake in a 450 deg. F. for 10 minutes.

FISH SCUFFLE

Mix equal quantities of any cold cooked fish with mashed potatoes, stir in 1-2 cup of milk, season, stir in one beaten egg and set in hot oven in buttered dish, when very hot beat white of an egg, and stir it into yolk with salt and pepper, put over fish and brown.

MOST of us are getting a bit tired of hearing about this new world, which from the talk of a lot of people seems to exist intact and beautiful just round the corner. From the way it is mentioned one gets the idea that one can enter it with no more trouble than is met in stepping from your bedroom into the hall. But if you stop to think about the matter we are all going to have to do a good deal of scurrying to the cellar and the attic before we get there, indeed—before we block this metaphor—it is likely that we will be out on the roof clinging perilously to the chimney. Just whether, in this Arcadia, we will have an even higher standard of living than this continent has enjoyed, or whether we should be prepared to spread what we have in a thinner and more even way is not yet clear. The latter seems to be the more likely course, so wartime restrictions are good practice for all of us.

April 1st saw the first rationing in Canada, that is the first compulsory ration book variety, and the gasoline restrictions are changing the shopping habits of a lot of women. In the old days you used to hear about "the carriage trade" which mystified me when I was little, because I thought it referred to the sale of victorias and coupés. For those who aren't old enough to remember, or who were as dumb as I it just meant the rich ladies who bought the best quality and supposedly arrived at the shops behind prancing horses. The carriage trade over a period of years became



CONCERNING FOOD

Suiting The Shoe Leather Trade

BY JANET MARCH

the telephone trade, and the rich who could afford charge accounts and the expenses of a delivery service no longer did their shopping personally. They pinned their faith to Mr. Jones who sat on the telephone all day passing out a fine line of sales talk about choice articles which had always miraculously "just arrived," according to Mr. Jones.

Then came the chain store, many of them with no deliveries, and the daughters of the carriage trade, when they married went forth in their cars and came home with brown paper bags. This was considered very economical, for were not cash non-delivered prices lower than Jones' offerings? They were but no one has ever been able to estimate how much more women buy than they need because they see the things attractively set out. Personally I bet it's plenty. Mr. Jones didn't stand a chance against the charms of cellophane packaging. You know what the eye doesn't see, etc.

Now we are in a new era again, a bit of this new world where all men are to be equal. The carriage trade of the chain store has become the shoe leather trade, and the extra bottle of pickles is not worth an aching arm, the family can just do with salt and pepper. We are urged to cut down and economize and use simple foods, and unless we can all move into apartments above chain stores we will, or else we'll have to go back and use Mr. Jones again, and he's not going to be able to handle a greatly increased number of deliveries to the ladies who for years have toted their own groceries to their cars. We have been told that a good many varieties of canned foods are going to be cut down or out macaroni for example but that's



The experienced shopper looks before she buys. Any variety, any cut of meat should have clear white, firm edges of fat. This usually means well-fed, healthy, young animals.

Beef, to be tender must be hung, aged. Such beef is a clear, dark red.

Buy poultry with clear yellow skin so thin it may even break. Legs must be without tough tendons. In a young fowl, breast bone is soft gristle, not bone.

Buy roasts with a thought to use of leftovers, to save money and—even more important now—to save food. If you start the week with a roast, balance the budget later with cheaper cuts—pot roasts, ragouts, stews—cooked long and flavored well.

and put them to boil in salted water. Slice the onion and brown lightly in the bacon fat. Take out the pieces of onion and put them in a pan. Salt and pepper the meat and brown in the fat in which the onion cooked, then add the meat to the onion. Stir the flour into the remaining fat and let it brown. Drain the carrots and potatoes and put them with the meat, and pour the water in which they cooked into the pan with the flour to make the gravy. Stir till smooth

and then serve with a border of boiled dry rice.

Lamb Stew

- 1½ pounds of lamb
- ¼ pound of mushrooms
- 2 tablespoons of butter
- 1 cup of water
- 1 can of condensed celery soup
- 1 small onion chopped
- Salt and pepper

Cut up the lamb in small pieces.

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THE OTHER PAGE

Libby's HOMOGENIZED BABY FOODS

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all right. Have you ever carried many tins far? It's bad enough on a portage with a dunnage bag on your back, but it's far worse in high heels with your handbag slipping. Thanks, we'll take our macaroni home uncooked and deal with it ourselves. As for simplification of meals let's get to work on it. One of the best ways is to have a fair number of single dishes, stew, meat pies, curry for example. You can use up the left-overs from roasts and steaks, or you can buy the cheaper cuts and have your family like them. Then too they can be made when you have the time and re-heated, and they don't use anything like the dishes, if you are in the dish washing game. Here are a few recipes.

Beef Stew

2 pounds of stewing beef
4 carrots
4 potatoes
½ onion
3 tablespoons of flour
4 tablespoons of bacon fat
1 teaspoon of salt
Pepper
Chutney or relish

Get the butcher to cut up the meat in as small pieces as he will, and when you get home go over it again taking out the fat and the gristle; there shouldn't be much of either if you have chosen your meat carefully. Cut it up in quite small pieces. Wash and peel the carrots and potatoes and cut them up in small cubes

and slightly thickened, and if you have too much cook for a few minutes to reduce it. Then pour on the meat and vegetables and let it all simmer for an hour. Season to your individual taste, Worcester sauce, chutney if you like the sweet sour flavor of curry or, if you haven't any chutney—try the juice of half a lemon and two tablespoons of brown sugar. Of course to this stew can be added any left overs of vegetables which may be found in the refrigerator.

Curried Veal

2 cups of cooked cubed veal
1 banana
1 apple
1 onion
2 tablespoons of butter
1 teaspoon of curry powder
1½ teaspoons of salt
¾ cup of water

Melt the butter and add the onion, banana and apple all chopped. Let them cook for five minutes, and then add the meat. Stir the curry powder smooth in a little of the water and then add it to the rest and pour on the meat. Season to taste, cook slowly for about fifteen minutes,

Had Your Weeds Today?

Make weeds work for victory! There's precious iron and vitamin A in dandelions, lambs' quarters and mustard that make their appearance well ahead of garden greens. Digging dandelions from lawn or garden will lose half its back-break with visions of a bowl of tasty salad at the end. Picking lambs' quarters or mustard in the warm spring sun, as well as getting rid of the pesky weeds, will provide a wholesome dish of cooked greens with the addition of butter, pepper and salt.

To prepare dandelions, discard the coarse outer leaves, saving the small-leaved clumps or bunches that have not yet flowered. Soak in cold water, and lift out instead of draining to get rid of soil and sand.

Melt the butter and lightly brown the mushrooms (chopped) in it, then add the onion. When cooked remove mushrooms and onion and brown the meat, adding more fat if necessary. When browned add the water, celery soup, mushrooms, onion, and salt and pepper, and cover tightly and let cook slowly for about three quarters of an hour.

Suitable contributions to "The Other Page" will be paid for at regular rates. Short articles, verse, epigrams or cartoons of a humorous or ironical or indignant nature are what the editors are seeking. Preference is for topical comment. Address all contributions to "The Other Page", Saturday Night, 73 Richmond St. W., Toronto.



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