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Eat Well

for

Less



MARKETING



PARING

TEXAS AGRICULTURAL EXTENSION SERVICE
G. G. Gibson, Director, College Station, Texas

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Eat Well for Less

EXTENSION FOODS AND NUTRITION SPECIALISTS

Texas A. & M. College System

FOOD PROBLEMS become more perplexing as food prices remain high. Well planned, balanced meals which are appetizing and adequate and less expensive pose a task for the homemaker, but they are possible with wise buying, careful storing, clever planning and imaginative cooking.

HOW TO BUY

Vegetables

Select vegetables with little waste; avoid those showing wilt, bruises or other imperfections. Vegetables in season usually cost less.

Fresh Fruits

Buy fruits in season; handle carefully—avoid decayed, shriveled or soft spots. Good citrus fruit is heavy for its size; smoother, thinner skin usually means more juice. "The bigger the better" isn't always true.

The federal grade stamp on meat provides consumers with a reliable guide to quality. U. S. Prime comes from young, well-fed, beef-type cattle. The lean is bright red, firm, fine-textured, and generally marbled with fat. These characteristics are associated with tenderness and fine flavor. U. S. Choice cuts contain less fat than Prime. They are high in eating quality. More of this grade beef is offered on the market than any other grade. U. S. Good has a higher ratio of lean to fat than does Prime and Choice. It is not as tender as the higher grades but relatively tender. U. S. Commercial comes mostly from older animals and lacks the tenderness of the other grades. The cuts from younger animals have a very thin covering of fat and practically no marbling. They are moderately tender. U. S. Utility is usually from older animals. These cuts lack tenderness and juiciness.

The tender cuts of beef as a rule, come from the rib and make up about a fourth of the carcass. The other three-fourths are the less tender, less expensive cuts. Classified according to their use in cooking, these less expensive beef cuts are: *steaks*—chuck, shoulder, flank, round, rump; *pot roasts*—chuck ribs, cross arm, chuck round, rump; *stews*—neck, plate, brisket, flank, shank, heel of round.

Eggs

Buy graded eggs in cartons from refrigerated cases with grade and size labeled. Grade B eggs are good and are cheaper than Grade A. While they are not suitable for frying or poaching, they are desirable in general food preparation. White or brown shells do not affect flavor or food value.

Canned Foods

Read labels for weight, can size, number of cups and servings. Compare price and quality (grade) and then select product best suited to your needs; top grades are not necessary for all purposes. Low priced cans are often better buys.

HOW TO STORE

For Vegetables That Must Be Refrigerated

Clean, trim and store in crisper pan of refrigerator or in plastic food bag.

For Vegetables Not Needing Refrigeration

Store potatoes, onions, topless carrots, beets and winter squash in a cool, dry, ventilated place.

Dairy Products

Store fresh milk and cream in their container in the coldest part of the refrigerator. Do not let milk stand in the sun. Store butter and margarine in covered dishes; cheese, in its own package, tightly covered.

Meat and Poultry

Cover meat loosely with waxed paper and store in meat compartment or coldest part of refrigerator. Clean, wash and dry fresh poultry inside and out. Store as you would meat.

Fish

Keep frozen fish in unopened package in freezing unit. Clean and wrap fresh fish in waxed paper or place in covered dish before storing in refrigerator. Cook soon after buying.

HOW TO SAVE PENNIES

Plan meals and make out a marketing list before a grocery shopping trip.

Check the newspaper for weekend specials. Check for unadvertised "specials" in the store.

Meat generally takes the largest part of the food dollar, so cook it properly to prevent shrinkage.

Choose flaked or grated tuna; its a penny saver, and the flavor is the same.

Packaged, quick-frozen fish fillets are a thrifty buy. They are boneless, hence there is no waste.

Use evaporated or nonfat dry milk solids for drinking and cooking. One pound of nonfat dry milk solids makes 5 quarts of milk for approximately 40 cents.

Take advantage of vegetables and fruits in three forms—fresh, canned and frozen. Often times some portion of the fresh ones may have to be discarded. There is no waste in canned and frozen vegetables.

Save money and food value by refrigerating perishable fruits and vegetables.

Select the canned fruit or vegetable to fit the dish. The choicest ingredients are not always necessary.

Buy staples in large, economical sizes if storage space is available.

Commercial mixes for breads and cakes are often more expensive than homemade mixes.

Prepared foods (ready cooked) are more expensive than unprepared foods.

Consider cheaper versus more expensive foods of similar composition and food value. In many instances the food value of a cheaper food is as good as that of more expensive forms of the same food. For example: canned English peas are cheaper than frozen English peas; dried peaches, than a good grade of canned peaches; peanuts, than pecans or almonds; pink salmon, than red salmon; fancy-packed fruits and vegetables, than less fancy-packed; pork liver, than calf liver; canned or nonfat dried milk solids, than whole fresh milk; unprepared cereals, than prepared cereals; mild-flavored cheese, than the sharp-flavored cheese.

NONFAT DRY MILK SOLIDS

Nonfat dry milk solids, commonly called dry milk, have a place in the thrifty homemaker's meals.

1. Dry milk has a high food value since all of the food value of whole milk is present, except the fat, Vitamin A and most of the amino acid lysine content.
2. It is convenient, since it does not require refrigeration in the dry form.
3. It is inexpensive in comparison with whole fresh milk.
4. It whips easily and can be used as a dessert topping.
5. It makes delicious buttermilk by converting the dry form to liquid and adding a small amount of cultured buttermilk. This buttermilk can be used as a "starter" for several makings.
6. It may be used in any recipe that calls for milk. Use it in the dry form in preparing cakes, cookies, biscuits, muffins, other quick breads and cereals. In such recipes mix the nonfat dried milk solids with the other dry ingredients and use water as the liquid.

Convert dry milk solids into liquid form for uses in beverages, soups, sauces, custards and dishes such as scrambled eggs and creamed vegetables.

Use these proportions for mixing or follow directions on package:
 $\frac{1}{4}$ cup nonfat dry milk solids plus 1 cup water yields 1 cup skim milk
 $\frac{1}{2}$ cup nonfat dry milk solids plus 2 cups water yields 2 cups (1 pint) skim milk; 1 cup nonfat dry milk solids plus 4 cups water yields 4 cups quart skim milk. The package may call for less dry milk; however, the amount given above improves flavor and increases food value.

PENNY SAVERS

Beef Main Dishes

Meat Stew

2-lb. shoulder cut into 2-inch cubes	celery seed, marjoram, or thyme to taste
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon pepper
$1\frac{1}{4}$ teaspoon salt	6 medium onions
3 tablespoons shortening	6 medium sweet potatoes
2 cups water	1 can or package of frozen green beans
1 bay leaf	

Dredge meat in flour. Brown on all sides in shortening. Season. Add water. Cover and simmer $2\frac{1}{2}$ hours or until tender. About 45 minutes before the end of cooking time, add onions and sweet potatoes. Cook beans separately and serve with stew. Thicken liquid for gravy.

POTATO FROSTED MEAT LOAF



Stuffed Flank Steak Dinner

3 tablespoons margarine or drippings	2 teaspoons salt
1 cup chopped onion	1½ to 2 lb. flank steak
1 cup chopped celery	2 tablespoons salad oil or melted fat
1 cup day-old bread, cut in ¼-inch cubes	1 cup hot water
2 tablespoons chopped parsley	8 to 12 small onions
2 tablespoons water	10 to 12 medium carrots, halved length-wise

Melt margarine or drippings in Dutch oven or heavy kettle; add onion and celery; cook slowly until soft, about 5 minutes. Remove from heat, add bread cubes, parsley, water and ½ teaspoon of the salt; mix thoroughly. Wipe flank steak with damp cloth; then with sharp knife make light gashes diagonally across meat to cut fibers and make more tender. Do this on both sides. Spread stuffing on meat to within 1 inch of edges. Roll like a jelly roll, starting at narrow end; then with skewers or tie with string in 3 or 4 places. Heat oil or fat in Dutch oven or heavy kettle, add rolled steak and brown on all sides over moderate heat. Add the hot water and remaining ½ teaspoon salt. Cook covered in moderate oven 350°F. for 1½ hours. After first half-hour add onions; at end of second half-hour add carrots and continue cooking 30 minutes more, until vegetables are tender. To make gravy, skim off excess fat, measure liquid and add water to make 1½ cups. Bring to boil. Stir in 3 tablespoons flour mixed with 1 cup cold water. Cook about 3 minutes. Makes 4 to 6 servings.

Potato Frosted Meat Loaf

1 lb. ground beef	1 cup tomato juice
1 lb. ground pork	¼ cup grated onion
2 teaspoons salt	¼ cup chopped green pepper
1 teaspoon pepper	1 cup grated raw potato
1 cup corn flakes	¼ cup chopped celery

Combine all ingredients and mix thoroughly. Pack in loaf pan (5 x 9-inch). Bake in moderate oven 350°F. 1½ hours. Remove from oven and drain. Invert loaf on baking sheet. To six cooked Irish potatoes add ¼ cup nonfat dry milk solids, water and seasonings. Mash and beat until fluffy. Spread over top and sides of meat loaf. Return to oven for 12 to 15 minutes or until potatoes are delicately browned. Serve at once to 10 or 12.



MEAT BALLS WITH SPAGHETTI

Meat Balls With Spaghetti

- | | |
|-----------------------------------|---------------------------------|
| 1 chopped onion | 1/4 lb. ground pork |
| 3 tablespoons fat | 1 cup fine, dry bread crumbs |
| 1 No. 2 can (2 1/2 cups) tomatoes | 1/2 cup grated Parmesan cheese |
| 2 6-ounce cans tomato paste | 1 sprig chopped parsley |
| 2 cups water | 1 clove minced garlic |
| 1 teaspoon salt | 1/2 cup milk |
| 1/2 teaspoon pepper | 2 well-beaten eggs |
| 1 tablespoon sugar | Salt and pepper to taste |
| 1 bay leaf | 1 8-oz. package long spaghetti, |
| 3/4 lb. ground beef | cooked |

Brown onion in hot fat; add tomatoes, tomato paste, water and seasonings. Cook slowly 1 hour. Combine remaining ingredients, except spaghetti, thoroughly. Form in small balls; brown in hot fat. Add to sauce and cook on low heat 15 minutes. Serve over spaghetti. Serves 6.

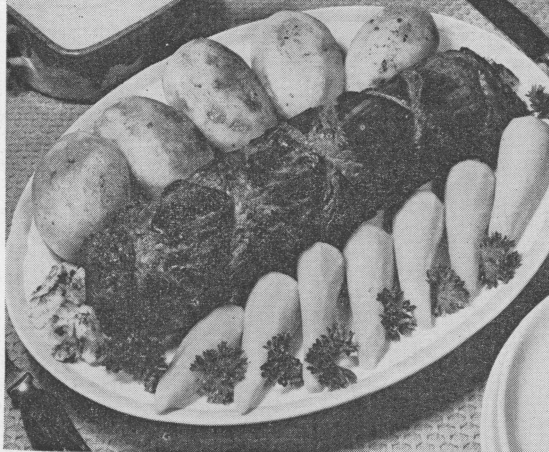
Barbecued Pot Roast

- | | |
|---|---------------------|
| 3 lb. beef pot roast (blade or arm cut) | 1/4 teaspoon pepper |
| 2 teaspoons salt | 3 tablespoons fat |
| | 1/2 cup water |



BARBECUED POT ROAST

STUFFED FLANK STEAK



(BARBECUED POT ROAST CONTINUED FROM PAGE 8.)

1/2 can tomato sauce	1/2 teaspoon dry mustard
2 medium onions	1/4 cup lemon juice
3 cloves garlic	1/4 cup catsup
2 tablespoons brown sugar	1/4 cup vinegar
1/2 teaspoon paprika	1 tablespoon Worcestershire sauce

Rub meat with salt and pepper; brown in hot fat. Add water, tomato sauce, minced or thinly sliced onions and minced garlic. Cover and cook over low heat 1 1/2 hours. Combine remaining ingredients and pour over meat; cover and continue cooking about 1 hour, or until tender. Remove meat to hot platter. Trim most of fat from gravy, dilute with water to suit taste, then thicken with 2 tablespoons flour mixed to smooth paste with a little water. Serves 4 or 5.

Hamburger Corn-Pone Pie

1 lb. ground beef	1 cup canned tomatoes
1/2 cup chopped onion	1 cup drained canned kidney beans
2 tablespoons shortening	1 cup corn bread batter (1/2 package corn muffin mix) or (1/2 standard corn bread recipe)
2 teaspoons chili powder	
1/2 teaspoon salt	
1/2 teaspoon Worcestershire sauce	

Brown meat and chopped onion in melted shortening. Add seasoning and tomatoes. Cover and simmer over low heat for 15 minutes, then add kidney beans. Pour meat mixture into a greased 1 or 1 1/2-quart casserole (or other baking dish of same capacity). Top with cornbread batter, spreading carefully with a knife. Bake in hot oven 425°F. for 20 minutes. Serves 4.

Stuffed Flank Steak

1 flank steak (approximately 1 1/2 lb.)	1/8 teaspoon pepper
1/2 teaspoon salt	1/4 cup fat

Score steak and season with salt and pepper. Fill with bread dressing. Roll and tie steak. Brown in 1/4 cup fat. Add 1 cup water, cover and bake in moderate oven 350°F. for 1 1/2 hours or until tender.

Pork Main Dishes

Mexican Luncheon

1 lb. bulk pork sausage	2 cups sour cream or buttermilk
1 cup diced onion	2 cups uncooked macaroni
1 cup diced green pepper	2 tablespoons sugar
2 cups tomatoes	1 tablespoon chili powder
1 teaspoon salt	

Brown sausage, onions and green pepper. Add tomatoes, sour cream, macaroni and seasonings. Cover. Simmer 20 minutes. Makes 8 servings.

Savory Corn and Sausage Pie

1 lb. bulk pork sausage	1½ cups cut green beans
4 tablespoons flour	1 package corn muffin mix or
1 teaspoon salt	1 recipe of corn muffins (approximate)
2½ cups tomato juice	1½ to 2 cups)
1 cup whole-kernel corn	

Brown sausage in preheated skillet. Drain off excess fat. Stir in flour, salt, blending well. Gradually add tomato juice; blend and let thicken. Add vegetables and mix well. Heat to steaming. Drop corn muffin batter in 5 places around edge of skillet and 1 in center. Cover skillet, and cook slowly 20 minutes. If desired, quickly brown under broiler. Makes 6 servings.

Ham Shank With Lima Beans

1 large ham shank	6 medium onions
1½ cups dried lima beans	6 carrots
2 tablespoons lard or drippings	½ cup water
2 cups boiling water	¼ cup flour
2 teaspoons salt	1 teaspoon chili powder
¼ teaspoon pepper	

Select 1 large ham shank. Cover lima beans with water and soak overnight. Add lima beans, which have been drained, salt, pepper, and boiling water. Bake in covered casserole for 2 hours in moderately slow oven 300°F. Add whole onions and carrots and continue cooking 30 minutes longer or until meat is tender. Remove meat and vegetables. Combine flour, chili powder and water, add to liquid and boil 2 to 3 minutes. Slice ham shank. Pour gravy over meat and vegetables. Makes 4 to 6 servings.

Quick Pizza

2 cups basic quick or biscuit mix	½ clove garlic, finely chopped
½ cup water	1 cup shredded cheese
1 lb. pure pork sausage meat	1 cup drained, cooked, whole tomatoes
⅛ teaspoon thyme	

Brown sausage meat in a skillet. Pour off drippings. Add thyme and garlic to sausage. Combine mix and water to make a dough. Turn out on lightly floured pastry cloth. Knead 6 times. Roll out dough to fit a shallow 9-inch pan.

pie pan. Spread filling over dough. Cover with cheese, then top with tomatoes. Bake in a hot oven, 450°F. for about 25 minutes. Serve hot, cut into wedges. Serves 6.

Pork 'n Prune Rollup

1 cup oats (quick or old-fashioned uncooked)	1/2 teaspoon pepper
1 cup water	1/2 teaspoon nutmeg
2 teaspoons salt	2 lb. ground pork
1 cup cooked pitted prunes	2 tablespoons minced onion

Add water to rolled oats and mix well. Add remaining ingredients except prunes and knead to blend thoroughly. Flatten meat mixture into 20 3 x 4-inch rectangles on waxed paper, using a wet spatula. Put a spoonful of prunes on each. Roll up with the help of a wet spatula. Seal edges by moistening with water. Roll lightly in flour. Brown meat rolls in small amount of fat. Bake in shallow pan in moderate oven 350°F. for 30 minutes. Makes 20 rolls.

Lemon Pork Chops with Pepper-Rice Rings

1 lb. rib or shoulder pork chops (about 1 1/2 lb.)	1 large green pepper, cut crosswise in 4 thick rings
1 teaspoon paprika	2 1/4 cups (1 No. 2 can) tomato juice
1 teaspoon salt (for chops)	2 teaspoons sugar
1/2 teaspoon pepper	1/2 teaspoon chili powder
1 cup raw rice	1 bay leaf, finely crushed
1 medium onion	1 teaspoon salt (for tomato juice)
1 thin lemon slices	

Trim excess fat from chops; slash fat edges 1 inch apart. Rub with paprika, salt (for chops) and pepper. Rub heated large skillet with piece of cut-off fat; brown chops slowly on both sides. While chops brown, parboil rice in boiling salted water for 5 minutes; drain. Reserve for filling pepper rings. Cut one slice from center of onion; separate into rings. Reserve for garnishing chops. Chop remaining onion, combine with reserved parboiled rice. Add lemon slices and onion rings to chops in skillet. Arrange green pepper rings around chops; fill with rice-onion mixture. Season tomato juice with sugar, chili powder, bay leaf and salt; pour into skillet to depth of 1/4 inch. Simmer, covered, 1 hour, or until chops are tender. Add remaining tomato juice, as needed, to keep liquid 1/2 inch deep during entire cooking time. Arrange chops on heated platter; transfer rice-stuffed pepper rings to platter with pancake turner; spoon tomato gravy over chops and rice.

Chinese Pork with Vegetables

1 lb. lean pork shoulder, in one piece	2 cups green beans, cut diagonally
2 tablespoons salad oil or melted fat	2 cups celery, cut diagonally
1 chicken bouillon cube	1/3 cup cold water
1 cup of boiling water	2 tablespoons cornstarch
1 teaspoon salt	1 tablespoon soy sauce
1 cup carrots, sliced thin	3 to 4 cups hot cooked rice

Cut pork into thin strips 2 to 3-inches long; add to salad oil or melted fat in large skillet or Dutch oven. Cook slowly until lightly browned, stirring oc-

asionally; takes about 10 minutes. Dissolve bouillon cube in boiling water; to pork with salt, carrots and green beans; mix well and cover. Bring to reduce heat; simmer 5 minutes. Add celery; cover and cook 10 minutes. Combine water, cornstarch and soy sauce; stir until smooth; add to pork and vegetables. Continue cooking for 2 minutes, stirring constantly. Serve with hot cooked rice and additional soy sauce. Makes 4 generous servings.

Cheese Main Dishes

Cheese is a complete animal protein food that may be used to make a main dish. It is not necessary to serve a meat dish with a cheese dish. An egg and cheese combination, macaroni and cheese or any dish having a good measure of cheese belongs in the main dish class. Cheese has a satisfying flavor and staying power. Cheese is used in meal plans in soups, main dishes, salads and desserts. Cook cheese with low heat; otherwise, the cheese becomes tough and stringy.

Spaghetti De Luxe

2 cups spaghetti	1/4 cup stuffed olives, sliced
1 tablespoon butter or margarine	1 teaspoon sugar
1 onion, finely cut	1 No. 1 can tomato soup
1 green pepper, finely cut	2 cups American cheese, grated

Cook spaghetti. Melt fat in pan, add onion, pepper, sugar, olives and soup; heat. Add cheese; stir until melted. Pour over spaghetti. Bake in buttered casserole in a moderate oven 350°F. 30 minutes. Serves 8.

Macaroni and Cheese Salad Ring

2 cups cooked elbow macaroni	1/4 cup diced green pepper
1/4 cup French dressing	2 tablespoons finely chopped onion
2 cups cottage cheese	2 tablespoons chopped parsley
1/4 cup diced pimiento	

Cook macaroni according to package directions. Rinse with cold water and drain well. Add French dressing to macaroni; mix well. Let stand a few minutes to marinate. Add the cottage cheese, pimiento, green pepper, onion and parsley. Mix gently but thoroughly. Press mixture lightly into 9-inch ring mold. Chill for several hours. Unmold by loosening sides of salad from the mold with a knife. Turn out on a bed of lettuce or other salad greens. Garnish with olives and radishes. Makes 6 to 8 servings.

Scalloped Cheese and Hominy

1/2 lb. American cheese	1 1/4 teaspoon salt
2 cups milk	1/4 teaspoon pepper
2 1/2 cups cooked hominy	2 tablespoons butter or margarine
1/8 teaspoon paprika	2 eggs

Cut cheese in small pieces. Scald milk; add cooked hominy, seasoning and fat. Add cheese to beaten eggs. Pour into baking dish. Then pour in the milk mixture. Set the dish in a pan of hot water and bake in a moderate oven 325°F. for one hour. Makes 6 to 8 servings.

Macaroni and Kidney Beans au Gratin

1 lb. American cheese	2 cups cooked or canned kidney beans
2 tablespoons bacon drippings	salt
2 tablespoons flour	pepper
1/2 cup chopped onion	2 cups cooked macaroni
1/2 cup cooked tomatoes	

Allow American cheese to stand at room temperature until softened. Force through a sieve. Melt the bacon drippings; add flour, chopped onion and tomatoes. Cook until slightly thickened. Then add beans and cook slowly, stirring occasionally until mixture is thickened. Season well. Mix together cooked and drained macaroni with one cup cheese and seasoning to taste. Place macaroni in mound in the center of a buttered baking dish. Pour bean mixture around macaroni; sprinkle with remaining cheese and bake in a moderate oven at 350° F. about 40 minutes. Serves 8 to 10.

Scalloped Cabbage, Spaghetti and Cheese

1 cup spaghetti, broken in small pieces	1 teaspoon salt
1/2 cup flour	1/2 lb. cheese
1 cup butter or other fat	1 quart shredded cabbage
1 cup milk	1 cup bread crumbs

Cook the spaghetti in boiling salted water for 20 minutes and drain. Make sauce of the flour, fat, milk and salt. Shave the cheese; add to the hot sauce and stir until melted. Put the cabbage, spaghetti and sauce in a buttered baking dish in layers and cover the top with the bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

Mexican Relish

1 cup grated American cheese	1 can kidney beans
2 tablespoons butter or margarine	2 tablespoons catsup
1/2 cup green pepper, chopped	salt, pepper, paprika, cayenne
1/2 cup pimiento, chopped	hot-buttered toast

Melt the cheese in the fat, stirring constantly over a low flame. Add the chopped green pepper, pimiento, kidney beans and catsup; mix well and season to taste. Serve hot on buttered toast.

Cottage Cheese Casserole with Peas

1 cup cottage cheese	2 eggs, beaten
1/2 cup drained canned peas	1 teaspoon salt
1/2 cup roasted peanuts	1/2 teaspoon soda
1/2 cup bread crumbs	2 tablespoons soft butter or margarine

Mix ingredients except the peas. Grease a casserole dish generously and sprinkle with bread crumbs. Put in half the mixture, then a layer of the peas. Repeat in the balance of the mixture. Grease the top with melted fat; cover and bake 45 minutes.



CHEESE CHOPS

Cottage Cheese and Nut Loaf

- | | |
|----------------------------------|---|
| 1 cup cottage cheese | 1 tablespoon lemon juice |
| 1 cup chopped nuts | 1 tablespoon melted butter or margarine |
| 1/2 cup dried bread crumbs | 1 tablespoon chopped green pepper |
| 1 egg, beaten | 1 teaspoon salt |
| 1/2 cup strained canned tomatoes | 1/2 teaspoon onion juice |

Mix ingredients, pour into a well-buttered baking dish and bake in a oven 400°F. until firm; invert onto a hot platter and serve with cream sauce into which has been stirred one chopped hard-cooked egg and 1 tablespoonful minced parsley.

Tomato Cheese Sandwich

- | | |
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| 2 tablespoons butter or margarine | 1/4 teaspoon paprika, if desired |
| 2 tablespoons flour | 1 tablespoon grated onion |
| 1 cup canned tomatoes, mashed | 1 tablespoon finely chopped celery |
| 1/4 teaspoon salt | 1 to 3 cups grated cheese |

Melt fat and add flour. Mix well; add seasonings and tomatoes. Cook slowly stirring constantly until mixture thickens. Remove from fire and add grated cheese. Stir until cheese is melted. Serve hot on toast or chill and spread on bread for sandwiches.

NOTE: When larger amount of cheese is used in spread it makes a more nutritious sandwich.

Cheese Chops

- | | |
|---|---|
| 1/2 lb. coarsely grated American cheese | 1 tablespoon finely chopped parsley or chives or both |
| 4 tablespoons margarine or butter | 2 eggs, beaten |
| 2 teaspoons prepared mustard | 1 2/3 cups cracker crumbs (about 20 crackers) or |
| 1/8 teaspoon pepper | 1 cup fine bread crumbs |
| 1 teaspoon salt | |

Combine ingredients in order given. Shape mixture to look like meat chops. Fry in small amount of grease over low heat until golden brown on both sides. Serve with creole sauce.

Creole Sauce

Brown $\frac{1}{2}$ cup chopped onions and $\frac{1}{4}$ cup chopped green peppers in 2 tablespoons salad oil or melted fat. Add $1\frac{1}{2}$ cups canned tomatoes, 2 tablespoons chopped pimiento, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, dash cayenne, 1 tablespoon vinegar, 1 tablespoon catsup and 1 tablespoon Worcestershire sauce. Bring to the boiling point and then simmer 20 minutes.

Variety Meat Main Dishes

Sweet-and-Sour Casserole

1 cup dried lima beans	1 tablespoon cornstarch
1 bouillon cube	$\frac{1}{2}$ cup vinegar
1 bay leaf	$\frac{1}{2}$ cup water
1 salt and pepper	$\frac{1}{2}$ cup brown sugar
2 tablespoons butter or margarine	6 frankfurters

Cover beans with water and soak overnight. Next day drain, add bouillon cube (dissolved in 2 cups boiling water), bay leaf, salt and pepper. Cover and cook about 1 hour or until beans are tender. Melt butter or margarine and stir in starch in smoothly. Add vinegar and water gradually; cook and stir until smooth and thick. Add brown sugar and cook 5 minutes more; then mix beans, sauce and cut frankfurters together; pour into a medium casserole; cover and bake 1 hour in oven 350°F . Serves 4.

Savory Liver Mexicana

1 pound pork liver
 $\frac{1}{2}$ cup chopped onion

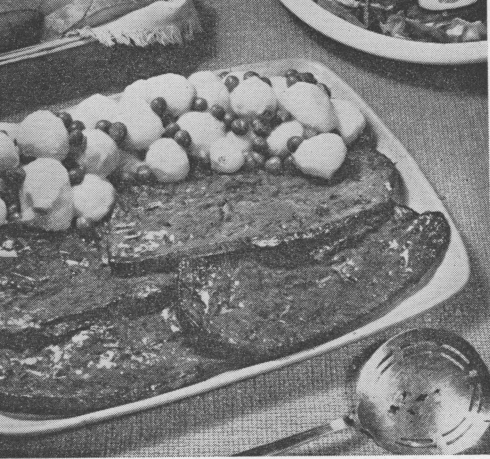
Barbecue Sauce:	Cornbread Topping:
1 cup tomato juice	$1\frac{1}{2}$ cups enriched cornmeal
1 tablespoon Worcestershire sauce	2 tablespoons flour
1 cup brown sugar	2 tablespoons sugar
1 teaspoon nutmeg (optional)	1 teaspoon salt
1 teaspoon cloves (optional)	2 teaspoons baking powder
1 teaspoon salt	1 egg
2 tablespoons vinegar	$\frac{1}{2}$ cup milk
	2 tablespoons shortening, soft

Cut liver in small pieces; dredge in flour. Brown with onion in small amount bacon drippings in large frying pan. Combine ingredients for barbecue sauce and simmer 15 minutes. Pour over liver; cover pan and simmer another 15 minutes.

Cornbread Topping: Sift together dry ingredients. Add egg, milk and shortening. Beat with rotary eggbeater for 1 minute. Pour over barbecued liver in frying pan. Bake in moderately hot oven 400°F . 20 to 25 minutes. Makes 6 servings.

Broiled Liver

Dip slices of liver in melted butter or margarine or in a French dressing made with 1 part vinegar or lemon juice to 2 parts salad oil. Broil at low heat until brown on both sides and the center is just done. Never overcook liver.



BROILED LIVER

Liver and Vegetable Stew

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|--------------------------------------|-----------------------------------|
| 1 lb. beef or pork liver | 4 medium onions |
| 3 tablespoons flour | 1 1/3 cups boiling water |
| 1 teaspoon salt | 1 tablespoon Worcestershire sauce |
| 1/4 teaspoon pepper | 2/3 cup milk (about) |
| 2 tablespoons drippings or bacon fat | 2 cups prepared biscuit mix |
| 4 medium carrots | 2 chopped pimientos |
| 4 medium potatoes | |

Cut liver in thin, finger-length strips and dust with 2 tablespoons flour which salt and pepper have been added. Brown liver in drippings in skillet, then transfer to a medium size casserole. Put carrots, potatoes, onions, water, Worcestershire sauce in same skillet; cover and cook 20 minutes or until vegetables are tender. Add vegetables to liver. Mix remaining flour smooth in cup cold water and stir into liquid in skillet for gravy. Pour over casserole mixture. Stir milk into biscuit mix and roll into a rectangle on slightly floured board. Scatter pimiento over top and roll as for jelly roll. Cut into 1-inch slices, space around outer rim of casserole and bake 12 to 15 minutes at 425° F. Serve immediately to 4.

Stuffed Liver Rolls with Carrots and Onions

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|---|---|
| 6 thin slices beef or pork liver
(about 1 lb.) | 2 tablespoons flour |
| 2 cups small bread cubes | 1/4 teaspoon salt |
| 1/2 cup grated American cheese | dash of pepper |
| 1 tablespoon chopped parsley | 2 bouillon cubes |
| 1/2 teaspoon onion salt | 2 cups boiling water |
| 1/4 teaspoon sage | 12 small white onions (1 pound) |
| 1/4 cup water | 4 medium-size carrots, scraped and
into bite-size pieces |
| 4 tablespoons melted bacon drippings | |

Cut out tubes and white membrane from liver slices. Combine bread cubes, cheese, parsley, onion salt and sage in medium-size bowl; sprinkle with water and 2 tablespoons bacon drippings over mixture. Spread stuffing over liver slices. Roll up each slice, jelly-roll fashion; fasten rolls securely with wooden picks or metal skewers; dust rolls lightly with flour, salt and pepper. Brown rolls

quickly on all sides in 2 tablespoons drippings in large skillet. Dissolve bouillon cubes in boiling water; pour around rolls in skillet; add onions and carrots. Cover skillet tightly; simmer gently 30 to 35 minutes, or until vegetables are tender. Transfer rolls and vegetables to heated platter; keep hot while making pan gravy. Makes 6 servings.

Pan Gravy

(To Serve with Liver Rolls)

Let stock stand in skillet a few minutes until fat rises to top; skim off fat; serve. Strain stock; measure; add water, if needed to make 1½ cups. Return 2 tablespoons fat to skillet. (If needed, use shortening to make correct amount.) Add in 2 tablespoons flour. Cook over medium heat, stirring constantly, until brown. Gradually stir in stock. Cook, stirring constantly, until gravy thickens and boils 1 minute. Season to taste with salt and pepper. Makes about 1½ cups gravy.

Tasty Tongue Cakes

1 cup cooked tongue (tip and thick end)	¼ teaspoon sugar
1 large potato	1 egg
1 medium onion	salt and pepper
1 clove garlic	flour
	tomato sauce

This is a good way to use up the tip and thick end of a tongue. Boil the potato; peel and mash well. Put meat and onion through the food chopper, using the blade. Mince garlic fine; then crush and mix thoroughly with meat, potato, sugar and egg. Season with salt and pepper. Then form into cakes and dust lightly on both sides with flour. Melt shortening in a skillet and brown cakes very well on both sides. Serve with hot tomato sauce to 4 people.

Braised Pork Liver

1 lb. sliced liver	1 onion, sliced
seasoned flour	1 tablespoon flour or cornstarch
1 to 4 tablespoons drippings	½ teaspoon salt
2 tablespoons chopped green pepper (optional)	¾ cup cooked tomatoes, sieved or ¾ cup tomato juice

Remove skin and veins from liver. Dip in seasoned flour. Brown lightly with the onions in the drippings. Blend salt with 1 tablespoon flour or cornstarch and a little of the tomato. Add to the rest of the tomato and pour over the liver. Cover the pan and cook slowly about 15 minutes, stirring the sauce occasionally. Serves 4 to 5.

Fruit-Stuffed Heart

1 to 12 prunes	2 large apples
2 real hearts	2 tablespoons butter or margarine
	1 cup water
	½ cup light cream

Soak prunes several hours. Meanwhile, cut hearts down one side and open them up like a book. Trim away tubes and fat; sprinkle with salt and pepper

and sew up sides. Split prunes in half; cut 1 apple into thin slices (unpeeled) and mix together. Stuff hearts and sew up tops. Chop second apple into 1/2-inch squares. Heat butter or margarine in a heavy pot and brown hearts. Now add apple squares and brown slightly, add more salt and water, cover meat tight and cook slowly for about an hour or until a fork pierces meat easily. Remove hearts, add cream to gravy, sprinkle in a pinch of sugar (to step up flavor) and cook gently for a few minutes. Serve hearts cut in slices, with sauce to 6.

Frankfurter Scallop

3 medium potatoes	pepper
1/2 lb. frankfurters	1/2 cup grated American cheddar
2 medium onions	cheese
1/4 cup celery leaves	2 tomatoes
1/4 cup parsley	1/2 can condensed mushroom soup
salt	

Slice uncooked potatoes thin; slice frankfurters in little rounds; cut onions in 1/2-inch slices and chop celery leaves and parsley fine. Now start putting scallop together: In a Dutch oven or heavy skillet (one that has a tight cover), put a layer of potatoes seasoned with salt and pepper, add frankfurter layer and sprinkle with cheese, a layer of onion sprinkled with celery and parsley and lastly, a layer of tomatoes. Spoon mushroom soup over the top. Cover and cook slowly for about 40 minutes or until potatoes are tender, when pierced with a fork. Serves 6.

Heart Andalouse

1 lb. beef or veal heart	1 tablespoon Worcestershire sauce
1 cup water	1/4 cup flour
1 teaspoon salt	1/2 cup milk
1 No. 1 can tomato soup	1/2 cup rice
1/4 pound cheddar cheese, grated	1 package frozen peas

Wash heart and remove hard parts. Cut in 3/4-inch cubes. Add water and salt. Cover. Simmer 1 hour. Add soup, cheese and Worcestershire sauce. Continue cooking until cheese is melted. Combine flour and milk and thicken mixture. Cook rice and peas separately and combine. Serve heart mixture over rice and peas. 6 servings.

Canned Fish Main Dishes

Barbecued Tuna

1 7-oz. can grated tuna fish	salt and pepper
2 chopped cloves garlic	few grains cayenne
1 bay leaf	1/2 cup chili sauce
1/4 teaspoon dry mustard	1/3 cup vinegar
1/2 teaspoon chili powder	2 teaspoons Worcestershire sauce

Set oven at 350° F. or moderate. Then remove tuna from can in one solid piece. Pour the oil into a jar; add remaining ingredients; cover tightly and shake briskly. Place tuna in a shallow baking dish; add sauce and bake 15 minutes, basting frequently. Serves 4.

Orange Tuna with Noodles

1/2 cup milk	3/4 cup milk
1 7-oz. can grated tuna	1 7-oz. can grated tuna
1 8-oz. package noodles	1 8-oz. package noodles

Drain oil from tuna. Put in a saucepan and stir in the flour until smooth. Remove from heat; add grated orange and lemon rind, salt and milk. Return to heat and cook slowly, stirring constantly, for about 5 minutes. Add the tuna and cook gently for another 5 minutes. Serve over cooked, hot noodles or macaroni to 4. A little more grated orange rind sprinkled over the top looks pretty and tastes fine.

Hot Macaroni Salad

1/2 teaspoon prepared mustard	1/2 teaspoon prepared mustard
1/3 cup salad dressing	1/3 cup salad dressing
1/2 cup sliced radishes	1/2 cup sliced radishes
1/4 cup chopped green pepper	1/4 cup chopped green pepper
1/4 cup chopped celery	1/4 cup chopped celery
1/4 cup chopped parsley (optional)	1/4 cup chopped parsley (optional)

Cook macaroni in boiling, salted water. Add vinegar, onion and seasonings. Add 1 tablespoon bacon fat. Heat to boiling. Add drained macaroni and remaining ingredients. Toss. Serves 6.

Salmon Souffle

3/4 cup flaked pink canned salmon	3/4 cup flaked pink canned salmon
1/4 cup chopped parsley	1/4 cup chopped parsley
1/2 teaspoon paprika	1/2 teaspoon paprika
1 teaspoon baking powder	1 teaspoon baking powder
2 egg whites, stiffly beaten	2 egg whites, stiffly beaten

Add cornmeal to scalded milk. Stir in beaten egg yolks and fat. Cook on low heat until mixture thickens. Add remaining ingredients, folding in the stiffly beaten egg whites last. Pour into six individual greased casseroles. Pour 1/2 teaspoon melted butter or margarine over each. Bake in a slow oven 325° F. for 35 minutes. Serve at once with cream pea sauce or white sauce.

Multry Main Dishes

Chicken Spaghetti

1 green pepper	1 green pepper
1 stalk celery	1 stalk celery
3 tablespoons sugar	3 tablespoons sugar
1 small hot pepper	1 small hot pepper
salt	salt
1 bay leaf	1 bay leaf
2 4-oz. cans mushrooms, stems and pieces (optional)	2 4-oz. cans mushrooms, stems and pieces (optional)

Cook chicken in salted water. Remove chicken from bones and cut up large pieces. Let stock cool and skim off fat. Add all ingredients except spaghetti to stock and cook until well done. Cook spaghetti separately in a large quantity of salted water until partially done. Combine spaghetti, chicken, sauce and 1/2 small cans of sliced mushrooms, stems and pieces. Season with salt. Cook over low heat 30 minutes or longer. Fifteen minutes before serving time, range in casserole or serving dish. Add and mix 1/2 pound grated American aged Cheddar cheese, or sprinkle on top. Heat until cheese is melted. 20 servings.

A la Chicken in Cornbread Ring

2 cups cooked chicken	1/4 teaspoon marjoram or thyme
1/2 cup chopped onion	1/4 teaspoon Worcestershire sauce
1/3 cup margarine or butter	1/2 teaspoon salt
1/2 cup diced celery	3/4 cup milk
1/3 cup flour	2 cups chicken broth

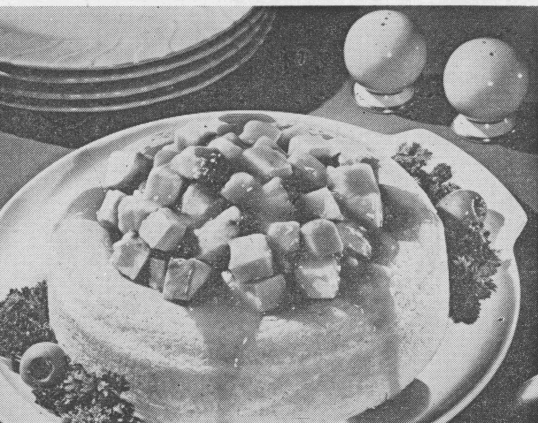
Melt fat over low heat; saute onion and celery until lightly browned. Add flour and seasonings, blend until smooth. Add milk and chicken broth gradually. Cook, stirring constantly until sauce is thick and smooth. Add Worcestershire sauce. Add chicken to sauce and heat thoroughly. Pour into hot cornbread ring. Serve immediately.

Other foods to serve in the cornbread ring are English peas in cream sauce, English peas and carrots in cream sauce, English peas and canned ham loaf in cream sauce, small whole onions in cream sauce, or left-over meats in cream sauce.

Cornbread Ring

1 teaspoon poultry seasoning	4 teaspoons baking powder
1 cup cornmeal	1 egg
1 cup sifted flour	1 cup milk
1/4 cup sugar	1/4 cup shortening
1/2 teaspoon salt	

Sift together dry ingredients into medium-sized bowl. Add egg, milk and shortening. Beat with rotary egg beater until smooth, about 1 minute. Do not overbeat. Bake in a greased 8-inch ring mold in hot oven 425° F. 20 to 25 minutes. Turn out onto a platter. Fill center of cornbread ring with creamed chicken. Makes 8 servings. (The cornbread may be cooked in a bread pan and cut in squares or in a muffin pan.)



PORK IN CORNBREAD RING

Chicken Pie

1 lb. dressed fowl	7 tablespoons flour
2 cups water	1/4 teaspoon pepper
1 cup celery tops	1/4 teaspoon mace
1 tablespoon salt	1/2 teaspoon Worcestershire sauce
1 bay leaf	pinch dried tarragon
1 cup biscuit mix	1 cup light cream or top milk
1 cup medium, grated raw carrot	12 small onions
1/2 cup milk	1 package frozen peas
2 tablespoons butter or margarine or chicken fat	

Place fowl in pressure saucepan with water, celery, salt and bay leaf. Cook at 15 pounds pressure for 40 minutes or as manufacturer directs. Fowl may be cooked by placing in pot, adding water to half cover, and simmering 3 to 4 hours or until tender. Cool. Pour up broth. Remove skin and bones from fowl and cut meat into large pieces.

Mix biscuit mix with grated carrots and enough of the milk to make a soft dough. Pat dough to 1/2-inch thickness. Cut with doughnut cutter into 9 2 1/2-inch biscuits. Cut remaining dough into small biscuits.

Melt fat in sauce pan. Mix flour, pepper, mace, Worcestershire sauce, tarragon and cream. Stir into melted fat. Add 2 cups of the chicken broth. Stir constantly, over medium heat until thickened.

Cook onions in a small amount of water in a saucepan until tender. Drain. Arrange chicken and onions in 2 quart casserole; then pour sauce over all. Arrange biscuit rings around top of pie, brushing each with cream. Bake in oven at 350 F. 25 to 30 minutes.

Cook frozen peas in small amount of water. Season. When pie is done, place peas in centers of biscuit rings. Put remaining peas in center of pie.

Chicken and Dumplings

Disjoint a 4 to 5-pound chicken hen into pieces for serving. Place the pieces in a pan, add lightly salted water to cover. Cover the pan and cook the chicken until tender. Simmer; do not boil. Allow 3 to 4 hours. When done, skim fat and pour off the broth. For each cup of broth, mix 1 tablespoon of the fat with 1 tablespoon flour. Blend well. Stir several spoonful of the hot broth into the blended fat and flour, and then, stirring constantly, pour the mixture into the broth in the pan. Cook until slightly thickened. Season to taste with salt and pepper. It is now ready for cooking the dumplings.

Dumplings

1 cup sifted flour	2 eggs
2 teaspoons baking powder	2/3 cup milk
1/2 teaspoon salt	

Sift the flour, baking powder and salt together. Beat the eggs, add the milk and mix with the dry ingredients. Drop by spoonful into the boiling chicken and gravy mixture. Cover tightly, and cook for 15 minutes. The cover must not be removed while the dumplings are cooking, for if the steam escapes they will be light.

Chicken and Noodles

1 4 to 5-pound disjointed hen
 3 cups water
 1 small carrot
 1 small onion

1 cup chopped celery
 1/2 teaspoon salt
 4 pepper corns
 1/2 pound noodles

Combine all ingredients with hen except the noodles. Simmer until tender. Remove meat to plate to cool slightly. Strain stock. Skim excess fat from surface but leave as much as 4 tablespoons to give desired flavor and richness. Measure 3 cups stock into pan and bring to a boil. Add noodles. Cover and simmer until noodles are tender, 8 to 10 minutes. By this time the stock should be almost absorbed. During the cooking stir gently 2 or 3 times as liquid is being absorbed to prevent sticking. Add chicken meat which has been pulled from bones but left in good-sized pieces and 2 to 4 tablespoons finely chopped onion. Heat thoroughly. Add additional salt and pepper, if necessary. Serve very hot. Makes 6 to 8 servings.

If the noodles are a little dry, moisten with top milk, cream or chicken stock. If gravy is desired, increase the stock to 4 cups; thin the liquid when the noodles are tender and before the meat is added.

7 THRIFTY MEALS

Appetites do not lag even with the high prices of food. Satisfying appetites may present a problem in many a household. These suggested menus for the main meal of the day may help solve the problem.

*Dinner in a skillet
 Crisp cabbage slaw
 Hot biscuits Butter or margarine
 Peanut butter cookies
 Cocoa

*Salmon soufflé
 Fluffy Irish potatoes Buttered peas
 Tomato aspic salad
 Whole wheat muffins Butter or margarine
 Apple tapioca
 Milk Coffee

*Thrifty meat loaf
 Baked sweet potatoes Buttered cabbage
 Cranberry sauce
 Cornmeal muffins Butter or margarine
 Canned peaches with boiled custard
 Milk

*Hamburger corn pone pie
 Lettuce, apple and celery salad
 Gingerbread squares Lemon sauce
 Milk Hot Tea

*Meat balls with spaghetti
 Apple and carrot salad
 Garlic bread
 Prune whip
 Milk Coffee

*Liver and vegetable stew
 (Vegetables are in the stew)
 Celery and carrot salad
 Cornmeal muffins
 Butter or margarine
 Fresh apple turnovers
 Milk

*Meat stew
 (Vegetables are in the stew)
 Beet salad
 Whole wheat muffins Butter or margarine
 Rice pudding
 Milk

*Ham shank with lima beans
 Buttered carrots
 Scalloped potatoes
 Fresh mustard and spinach salad
 Corn pone Butter or margarine
 Canned berry cobbler
 Milk

*Barbecued pot roast
Turnip greens Hominy
Frogealed combination vegetable salad
Hot rolls Butter or margarine
Apple sauce cake
Milk Coffee

*Braised pork liver
Baked sweet or Irish potatoes
Greens Stewed tomatoes
Onion and green pepper rings
Hot biscuits
Cranberry crunch
Milk Coffee

*Hot macaroni salad
Green string beans
Stewed tomatoes
Bread Butter or margarine
Apple crisp
Milk

*Quick pizza
Baked potato
Tossed salad
Milk

Cream of potato soup
*Tomato-cheese sandwich
Pickled peaches
Milk

*Chicken and noodles
Tossed green salad
Biscuits Honey
Milk

*Frankfurter scallop
Buttered squash
Harvard beets
Apple and raisin salad
Whole wheat bread
Oatmeal drop cookies
Cocoa

*Cottage cheese and nut loaf
Blackeye peas
Creamed potatoes
Cabbage and green pepper slaw
Corn muffins Butter or margarine
Boiled custard Cookies
Milk Coffee

*Savory liver mexicana
Baked Irish potatoes
Turnip greens
Cornbread Butter or margarine
Peanut butter cookies
Milk Hot tea

*Savory corn pie
Fruit salad
Milk

*Chicken in cornbread ring
Tossed vegetable salad
Pickled peaches
Boiled custard
Cookies
Milk

*Creamed chicken on cornbread squares
String beans
Fruit salad
Lemon pie
Milk

Recipes for these main dishes are included on previous pages.

Have You Met

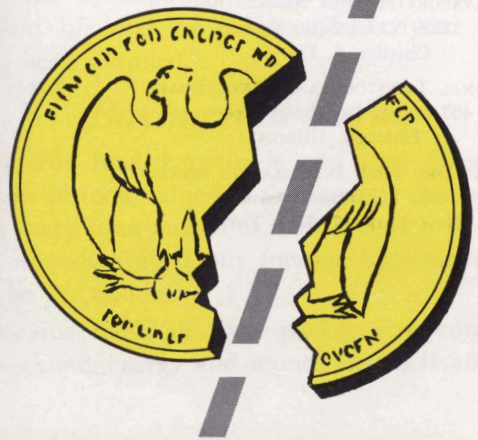


. **YOUR COUNTY EXTENSION AGENTS?**
If not, drop by to see them soon. They represent both the United States Department of Agriculture and The Texas A. & M. College System in your county and they can furnish the latest information on farming, ranching and homemaking.

Most county extension agents have their offices in the county courthouse or agriculture building. Get to know them and take advantage of their services.

This publication is one of many prepared by the Texas Agricultural Extension Service to present up-to-date, authoritative information, based on results of research. Extension publications are available from your local agents or from the Agricultural Information Office, College Station, Texas.

Eat Well...



...FOR LESS

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Acknowledgment

The authors express appreciation to the following for photographs used in this publication:

EVAPORATED MILK ASSOCIATION
228 N. La Salle Street
Chicago 1, Illinois

NATIONAL LIVESTOCK AND MEAT BOARD
407 South Dearborn Street
Chicago, Illinois

NONFAT DRY MILK INFORMATION SERVICE
285 Madison Avenue
New York 17, New York

Eat Well for Less

MARIE TRIBBLE

LOUISE MASON

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Extension Foods and Nutrition Specialists

Texas A&M University

GOOD MEALS THAT GO EASY on the budget don't just happen. They result from careful planning, buying, storing and cooking of foods by the homemaker. Meals that meet the nutritional needs of each family member and also are satisfying, colorful, tasteful and economical are the goals of each good homemaker.

Planning

Improve your use of time, energy and money by planning meals several days in advance.

Plan meals that give good returns in food value for the money. Use L-424, *Food for Fitness Guide*, USDA, B-824, *Good Meals Every Day*, and B-1030, *Good Nutrition Is A Treasure*, as guides.

Study food advertisements in local papers, on television and over radio to determine best buys.

Select foods in season and on the plentiful food list. These foods usually are lower in cost.



Plan to prepare most of your food at home because partially prepared and ready-to-eat food may cost more.

Make a shopping list giving the kind and amount of food to purchase after your menus have been planned.

Buying and Storing

A true food bargain is one that gives good returns in food value for the money. "Good food buys" vary from month to month, season to season, and what is a good buy for one homemaker may not be for another.

Buying foods in large packages or containers means time, energy and money saved, if adequate

storage space is available and what is bought is used before it deteriorates.

Careful storage of food helps retain the nutrients.



Following are suggestions for buying and storing various foods that may help you have "nutritional" bargains.

Milk

Buy milk in various forms according to use. Plain fluid skim milk, buttermilk and canned evaporated milk are cheaper than fresh whole milk, as a rule. Nonfat dry milk is the least expensive and furnishes about the same food value as whole milk. All forms are good sources of calcium, protein and riboflavin.

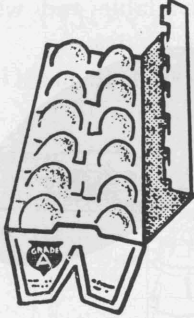
Store fresh milk in containers in the refrigerator after rinsing the outside of the container with cold running water. Store immediately since milk in clear-glass containers loses riboflavin and may develop an off-flavor if allowed to stand in a sunny place for as long as 30 minutes.



Keep dry milk packages closed tightly and store them on the kitchen cabinet shelf. Refrigerate the milk after reconstituting if not used immediately. Store canned milk on cabinet shelf until opened; then store in refrigerator.

Eggs

Buy refrigerated eggs by grade and size. Grade A and AA eggs are desirable for frying and poaching. Grade B eggs can be used in baking and general food preparation, and are less expensive. In summer and early fall, small eggs are sometimes a better buy by weight than larger eggs. White or brown shells do not affect flavor or food value. Eggs are a good source of protein and iron.



Store eggs in a covered container or hydrator of the refrigerator without washing. Eggs absorb off-flavors if stored near citrus fruits, cantaloupes, bananas, garlic or onions.

Cheese

Cottage, Swiss and cheddar cheeses often are bargains for certain essential nutrients. Cottage cheese contains good amounts of protein and riboflavin. Swiss cheese and cheddar cheese generally are more economical sources of calcium than cottage cheese.

Store cheese either in its package, wrapped in wax paper, aluminum foil, transparent plastic wrapping material or place it in a tightly covered container in the refrigerator.



Meats

Buy meats according to cut, grade and kind. The lean (muscle) parts of beef, lamb, pork and poultry are good sources of protein and other nutrients. Pork is outstanding for thiamine (Vitamin B₁). Cuts lower in demand may be cheaper. The less tender cuts of beef, such as shoulder, rump, chuck, round, brisket, flank, plate, shank and neck are usually lower in price. About three-fourths of the beef carcass makes up the less tender cuts. Buy a large cut of beef and divide it into several smaller pieces, each to be cooked in a different way at a different time. For example: A large

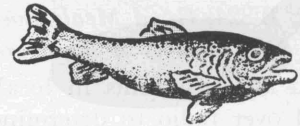
pot roast may be cut into stew meat, a roast and Swiss steaks.

Variety meats are usually good nutritional buys. Liver is rich in iron, vitamin A, certain B vitamins and protein. Pork liver is the richest in iron and usually is less expensive than calf or beef liver.

Cut-up, ready-to-cook fryers are more expensive than whole ready-to-cook fryers. A large size ready-to-cook turkey has more meat in proportion to bone than a smaller one. It is more economical to buy a large turkey provided left-over portions can be used. A large turkey may be cut into parts before cooking. In this way, it meets the family needs better.

Compare the cost per pound of fresh, frozen and canned fish before deciding on the most economical buy.

Before purchasing meats compare them on the basis of cost per serving of the lean or meaty portion to decide which is more economical.



Store raw meat (beef, pork, lamb, poultry) loosely covered in the refrigerator. Store fresh fish in store wrapping, in plastic bags or in a covered container in the refrigerator. Store frozen meats, if not to be used immediately, in the home freezer or freezing compartment of the refrigerator. Store cooked meats in covered containers in the refrigerator. Store canned meats on the kitchen cabinet shelf until opened; then refrigerate.

Fruits and Vegetables

Compare the cost of different fruits and vegetables that have about the same food value and the same use in meals. Consider the number of servings possible from a certain amount of the different foods and see which is most economical. For instance, dark-green leafy vegetables are much alike in food value and are good nutritional buys. But some greens cost less per serving than others.

Many fruits and vegetables are available in different forms, such as fresh, canned, frozen and dried, and the food value is about the same. Compare costs of the different forms and buy the one that sells for less.

Buy by grade or quality according to intended use. For example, water-pack fruit for a pie;

syrup-pack for dessert or salad; buy asparagus spears for salads and chopped asparagus for casseroles.

When buying frozen foods, check the package for complete seal and buy no more than can be used at once or stored at 0° F.



Wash, trim and store perishable vegetables and fruits in a hydrator or in plastic bags in refrigerator. Refrigerate berries without washing or handling until just before serving. Store bananas at comfortable room temperature until fully ripened — flecked with brown. The usefulness of ripe bananas may be extended for several days by placing them in the refrigerator. Store potatoes, onions, winter squash, cushaw and pumpkins in cool, dark, dry ventilated places; not in the refrigerator.

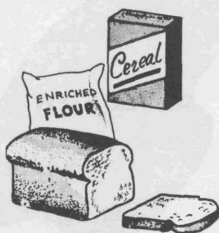
Store frozen fruits and vegetables in the home freezer or refrigerator freezing compartment until ready to use.

Store canned fruits and vegetables in dark, dry, cool places. After canned food is opened, store unused portions in the can in the refrigerator.

Cereals and Bread

Read labels and select whole grain, enriched or restored cereals because they offer more food value in vitamins and minerals.

Compare the cost per serving of ready-to-eat cereals with to-be-cooked cereals. Compare the cost of prepared mixes with home-made mixes, and home-prepared yeast bread with bakery bread. In some markets, day-old bakery products sell at a reduced price.



Cool home-baked yeast breads thoroughly and store them in a cool, well-ventilated bread box or drawer, or wrap them in moisture-vapor-resistant material and freeze. Research shows that storing

bread in the refrigerator retards mold growth but hastens staling.

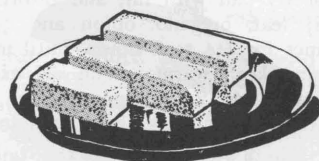
Store cakes and cookies in covered containers or wrap them in moisture-vapor-proof material and freeze.

Store ready-to-eat cereals, to-be-cooked cereals, flour, corn meal, rice, noodles, macaroni and ready mixes in closed containers in preparation center of kitchen cabinet.

Fats and Sweets

As a group, fats and sweets are economical sources of calories for energy. Margarine is less expensive than butter and food value is the same. Lard is apt to be less expensive than other shortenings.

Refined sugar is less expensive than brown sugar; molasses is less expensive than maple syrup.



Store butter or margarine in a covered container in the refrigerator.

Food Accessories

Food accessories such as sauces, pickles and spices add little nutritive value to meals but they do add interest and flavor. Selecting a few that your family prefers, rather than a large variety, will not add greatly to the food cost.

Preparation

Proper preparation and cooking will help keep the food bill down and retain the food nutrients.

Pare potatoes and carrots thinly or cook without paring.

Use outside leaves of lettuce and cabbage unless they are badly bruised.

Use tops of green onions in salads or soups and cook beet and radish tops with other greens.

Cook fresh and frozen vegetables in a small amount of water quickly and until just tender.

Cook meat at low temperature and until tender according to cut. Cook tough cuts in moist heat; tender cuts, in dry heat. High heat toughens protein and causes shrinkage which results in fewer servings per pound.

If crackers become soft, heat in the oven to crisp again.

Toast heels of bread and stale bread and make them into bread crumbs to use in various ways; for example, to top casserole dishes and to coat croquettes.

Stretch meat flavor and animal protein by combining meat with vegetables; for example,

chili with dry beans.

Save the liquid from canned foods. Use vegetable liquids in soups or stews and syrup from fruits in punch or to sweeten desserts such as rice and bread pudding.

Use economical main dishes to cut cost.

Main Dish Recipes with Menu Suggestions

Beef

INDIVIDUAL POT ROASTS

2 pounds boneless beef chuck	1/2 teaspoon oregano
1/4 cup flour	1/2 cup sliced onion
1 1/2 teaspoons salt	1/4 cup water
1/8 teaspoon pepper	2 tablespoons flour
1 tablespoon fat	1/2 cup water
1 bay leaf, crumbled	

Cut meat into six individual pieces. Mix flour, salt and pepper in paper sack, add meat and shake. Melt fat in heavy pot or fry pan with lid, and brown meat on all sides. Add bay leaf, oregano, onion and 1/4 cup water. Cover and simmer for 1 1/2 to 2 hours, until meat is tender. Remove meat and keep warm. Skim off excess fat. For each cup of liquid add 2 tablespoons flour with 1/2 cup cold water. Cook over low heat, stirring constantly, until thickened.

Arrange meat in nests of rice or buttered noodles on large chop plate. Serve gravy separately. Serves six.

Serve with greens, celery curls, cornbread, butter or margarine, fruit cup, cookies and milk.

POT ROAST OF BEEF

4 to 5 pounds of beef chuck, shoulder, rump or round	1/2 cup water
Salt	Carrots
Pepper	Potatoes
Flour	Onions
Shortening	

Rub meat with salt, pepper and flour. Brown meat on all sides in a heavy pot; use suet or fat if meat is very lean. When browned, slip a low rack under the meat to keep it from sticking to pot. Add water; cover with a close-fitting lid and cook slowly over low heat until tender, about 3 hours.

Add potatoes, onions and carrots during the last part of the cooking. Allow about 1/2 hour for quartered vegetables; about 1 hour for whole vegetables. When vegetables are tender, place vegetables and meat on serving platter and keep hot. Make gravy with the drippings. Serves 10 to 12.

Serve with tossed vegetable salad, whole wheat bread, custard pie and milk.

BEEF AND POTATO PUFF

2 tablespoons chopped onion	3 cups mashed potatoes
2 tablespoons chopped parsley	1 cup gravy or milk
2 tablespoons fat	Salt and pepper
3 cups cooked ground beef	3 eggs, separated

Cook onions and parsley for a few minutes in fat; mix thoroughly with meat, potatoes and gravy or milk. Season

to taste. Add the beaten egg yolks; then fold in the beaten whites. Pile lightly into a greased baking dish and bake at 350° F. 1 hour or until set in the center and lightly browned. Serve in the dish, with tomato sauce if desired. Serves six.

Serve with green beans, harvard beets, sliced onions, bread, fruit and milk.

MEAT BALLS WITH SPAGHETTI

SAUCE

1 tablespoon shortening	1 8-ounce can tomato sauce
1 clove garlic, minced	1 teaspoon salt
1 onion, chopped	1/4 teaspoon pepper
1/2 green pepper, chopped	1/2 teaspoon oregano
1 No. 303 can tomatoes	

SPAGHETTI

1 8-ounce package spaghetti	3 quarts or 12 cups boiling water
1 tablespoon salt	

MEAT BALLS

1/2 cup fresh bread crumbs	1 teaspoon salt
2 tablespoons milk	2 tablespoons shortening
1 pound ground beef	Grated Parmesan cheese

To make sauce:

Melt shortening in large skillet, cook garlic, onion and green pepper about 5 minutes, or until tender. Add tomatoes, tomato sauce, salt, pepper and oregano. Simmer 15 minutes, uncovered.

To cook spaghetti:

Add spaghetti and salt to boiling water and cook until tender. Drain.

To make meat balls:

Soften bread crumbs with milk. Toss with beef and salt. Shape into 24 balls. Melt fat in skillet and brown meat balls. Add meat balls, with pan drippings to sauce after it has simmered 15 minutes and cook 5 minutes longer.

Serve meat balls and sauce with drained hot spaghetti. Sprinkle with Parmesan cheese. Serves six.

Serve with tossed vegetable salad, toasted bread, peaches and milk.

SUPPER STEW

1 to 1 1/2 pounds lean calf or veal stew meat	1 1/2 cups liquid drained from green beans, plus water or juices from other canned vegetables.
1/2 teaspoon paprika	1 tablespoon vinegar
1/2 teaspoon salt	1/4 cup finely-chopped onion
1/4 teaspoon dried dill	1/8 teaspoon garlic powder or 1 crushed, small clove garlic
2 tablespoons flour	
3 tablespoons drippings or shortening	
1 No. 303 can cut green beans	2 cups cubed potatoes

Trim excess fat from meat; fry out and use drippings to brown meat. Combine paprika, salt, dill and flour; add to meat and toss until well coated. Brown meat well in heated drippings. Blend in remaining seasoned flour. Add liquid, vinegar, onion and garlic. Cover and simmer until meat is almost tender, about 1 hour. Add potatoes and drained beans and cook 10 minutes or until potatoes are tender. Serves five to six.

NOTE: There should be sufficient gravy of medium thickness to serve with meat and vegetables. If gravy is too thick, stir in a small amount of water.

Serve with cornbread, apple-celery salad and milk.

OVEN MEAT STEW

- | | |
|---|--|
| 2 pounds lean raw beef
chuck, neck or shank cut
into 1-inch cubes | 2 tablespoons flour
1 cup tomato puree
1 cup water |
| Flour, salt, pepper and
paprika | 6 small onions
6 small potatoes |
| 4 to 6 tablespoons shortening | 6 small carrots |

Sprinkle meat cubes with flour, salt, pepper and paprika and brown in hot fat. Transfer meat to a greased casserole. To the remainder of fat, add 2 tablespoons flour and blend. Add tomato puree and water. Pour over beef, cover and cook 1 to 1½ hours at 350° F. until beef is nearly tender. Then add whole onions, potatoes and carrots and cook until tender, about an hour longer. Serves six.

Serve with cole slaw, garlic bread, rice pudding and milk.

MEAT LOAF

- | | |
|-------------------------|--|
| 2 pounds ground beef | 1 cup milk or canned or
cooked tomatoes |
| ½ cup chopped onion | 1 egg, beaten |
| ¼ cup chopped celery | 1 teaspoon salt |
| ¼ cup chopped parsley | ¼ teaspoon pepper |
| 1 cup soft bread crumbs | |

Mix ingredients thoroughly. Pack mixture in greased loaf pan. Bake about 1½ hours at 350° F. Serve hot or cold. Serves eight to ten.

Serve with yellow squash, blackeye peas, fruit salad, biscuits and milk.

VARIATIONS

Potato Frosted Meat Loaf

When meat loaf is done, remove from oven and drain. Turn out, inverted, on baking sheet. To six cooked Irish potatoes, add ¼ cup nonfat dry milk solids and seasonings. Mash and beat until fluffy. Add hot water if necessary. Spread over top and sides of meat loaf. Return to oven 12 to 15 minutes or until potatoes are delicately browned.

Cheeseburger Loaf

Place raw meat loaf mixture on shallow baking pan and shape into loaf about 8 by 3½ by 2 inches. Mark into 8 servings, cutting down almost to bottom of loaf with knife. Tuck one slice of cheese in each cut before baking.

CUSTARD MACARONI AND GROUND BEEF

- | | |
|----------------------|--------------------------------------|
| ½ pound ground beef | 2 tablespoons margarine or
butter |
| 1 cup elbow macaroni | 2 tablespoons flour |
| Salt and pepper | 2 cups milk |
| 2 eggs, separated | ½ cup grated cheese |

Brown meat in skillet, crumbling with fork. Remove from heat. Cook macaroni according to directions on package; drain. Combine with meat. Season with salt and pepper. Add unbeaten egg whites and mix well. Turn into individual baking dishes or 8-inch square shallow baking dish. Melt margarine or butter in top of double boiler; stir in flour, and gradually add milk, stirring constantly until slightly thickened. Pour a little at a time into slightly beaten egg yolks. Return to top of double boiler and cook over boiling water until thickened. Add cheese, and cook until melted. Pour custard over meat-macaroni mixture. Do not mix. Place under broiler for about 15 minutes, or until the custard becomes firm and lightly browned. Serves four to six.

Serve with carrot-raisin salad, bread and milk.



Meat loaf

VEGETABLE SOUP WITH MEAT BALLS

SOUP

- | | |
|--|--------------------------|
| 1 cup chopped celery and celery leaves | 2 medium carrots, sliced |
| 1 large onion, chopped | 1 cup diced potatoes |
| 1 cup cooked or canned tomatoes | 3 cups water |
| | 1 teaspoon salt |

MEAT BALLS

- | | |
|----------------------------|-------------------|
| 2 slices bread | 2 tablespoons fat |
| ¼ cup milk | 1 egg |
| ½ pound ground beef | ½ teaspoon salt |
| ¼ cup finely chopped onion | Parsley, chopped |

Place soup ingredients in a kettle. Bring to a boil and cook 20 minutes. Soak bread in the milk and add to ground beef. Brown onion in fat. Add onion, egg and salt to meat mixture. Shape into 1-inch balls. Drop the balls into the boiling soup. Cover and simmer 10 minutes. Serve hot in soup bowls, topped with chopped parsley. Serves four.

Serve with cornbread, butter or margarine, cottage cheese-pineapple salad and milk.

SALISBURY STEAK

- | | |
|---|-----------------------------------|
| 10 strips bacon | 1 tablespoon chopped parsley |
| 2 pounds ground beef | 1 tablespoon Worcestershire sauce |
| 1 tablespoon chopped onion | 1 tablespoon salt |
| 1 tablespoon minced green peppers, optional | ¼ teaspoon pepper |

Chop 2 strips of bacon and mix with rest of ingredients. Shape mixture into patties. Wrap a strip of bacon around each meat patty; fasten with toothpick. Place on cold broiler grid. Broil 3 inches from heat 10 minutes, turn and broil 6 minutes longer. Serves eight.

Serve with baked potato, spinach, onion beet salad, biscuits, ice cream and cookies.

CHILI CON CARNE

- | | |
|-------------------------|-------------------------------|
| 1½ cups dry pinto beans | ½ pound lean beef |
| 4½ cups water | 2 to 4 teaspoons chili powder |
| ½ cup diced salt pork | 3 cups canned tomatoes |
| ½ cup chopped onion | Salt and pepper to taste |
| 1 clove garlic, minced | |

Boil beans in water 2 minutes, remove from heat and soak 1 hour or overnight if preferred. After soaking cook until tender about 2 hours or at 15 pounds pressure for 10 minutes. In another pan fry salt pork until crisp, remove salt pork and brown onion and garlic in fat. Add ground beef, stir, and cook slowly for five minutes. Add chili powder to meat mixture. Combine crisp salt pork, meat mixture and tomatoes with the cooked beans. Add salt and pepper to taste and simmer until meat is tender and flavors are well blended. Serves six to eight.

Serve with crackers or cornbread, carrot sticks, dessert and beverage.

Cheese

SCALLOPED CHEESE AND HOMINY

- | | |
|-----------------------|-----------------------------------|
| 2 cups milk | 2 tablespoons margarine or butter |
| 2½ cups cooked hominy | ½ pound cheese |
| ⅙ teaspoon paprika | 2 eggs, beaten |
| ¼ teaspoon salt | |
| ¼ teaspoon pepper | |

Scald milk; add cooked hominy, seasonings and fat. Cut cheese in small pieces and add to eggs; pour into greased baking dish. Pour in milk mixture. Set the dish in a pan of hot water and bake 1 hour at 325° F. Serves six to eight.

Serve with carrots, fruit salad, bread and milk.

SCALLOPED CABBAGE, SPAGHETTI AND CHEESE

- | | |
|---|--------------------------|
| 1½ cups spaghetti, broken in small pieces | 2 cups milk |
| 3 tablespoons flour | 1 teaspoon salt |
| 3 tablespoons margarine or butter | ½ pound cheese |
| | 1 quart shredded cabbage |
| | 1 cup bread crumbs |

Cook the spaghetti in boiling salted water for 20 minutes and drain. Make a sauce of the flour, fat, milk and salt. Grate cheese; add to the hot sauce and stir until melted. Put the cabbage, spaghetti and sauce in a greased baking dish in layers and cover the top with the bread crumbs. Bake 20 to 30 minutes at 350° F. Serves six to eight.

Serve with English peas, tossed vegetable salad, cornbread and fresh fruit.

CHEESE BARBECUE

- | | |
|------------------------------------|---|
| 3 tablespoons chopped green pepper | 3 tablespoons catsup |
| ½ cup chopped onion | 1 tablespoon melted margarine or butter |
| 2 hard-cooked eggs, chopped | 1½ cups grated cheese |
| 3 tablespoons chopped olives | 6 hamburger buns |
| or pickles | |

Combine all ingredients except buns. Slice buns and put ½ cup cheese mixture on each bun. Place on a cookie sheet and broil about 5 minutes. Serve at once. Serves six.

Serve with tossed green salad, apple betty and coffee.

TOMATO CHEESE SANDWICH

- | | |
|---|------------------------------------|
| 2 tablespoons margarine or butter | 1 tablespoon finely chopped celery |
| 2 tablespoons flour | ¼ teaspoon salt |
| 1 cup canned or cooked tomatoes, mashed | ¼ teaspoon paprika, if desired |
| 1 tablespoon grated onion | 1 to 3 cups grated cheese |

Melt margarine or butter, add flour and mix well. Add tomatoes, onion, celery and seasonings. Cook slowly stirring constantly until mixture thickens. Remove from heat and add grated cheese. Stir until cheese is melted. Serve hot on toast or chill and spread on bread for sandwiches. When using 3 cups of cheese, the yield is 1 pint or 2 cups.

When larger amount of cheese is used in spread the sandwich is more nutritious.

Serve with celery sticks, pickles, fruit cup, cookies and milk.

MEXICAN RELISH

- | | |
|-----------------------------------|--------------------------------|
| 2 cups grated cheese | 1 pimento, chopped |
| 2 tablespoons margarine or butter | 1 can kidney beans |
| 1 chopped green pepper, optional | 2 tablespoons catsup |
| | Salt, pepper, paprika, cayenne |
| | Hot-buttered toast |

Melt cheese in the margarine or butter, stirring constantly over low heat. Add the chopped green pepper, pimento, kidney beans and catsup; mix well and season highly. Serve hot on buttered toast. Serves four.

Serve with carrot sticks, radishes, fruit pie and milk.

CHEESE VEGETABLE CASSEROLE

- | | |
|---------------------------------------|---|
| 8 small carrots, cooked | 4 tablespoons flour |
| 8 small onions, cooked | 2 cups milk |
| 1½ cups green beans, cooked or canned | ½ pound cheese, sliced, diced or grated |
| 1 cup peas, cooked or canned | ½ teaspoon salt |
| 4 tablespoons margarine or butter | Pepper |
| | Biscuits |

Place cooked vegetables into a casserole. Make cream sauce by melting margarine or butter, blending in flour and slowly adding milk, stirring until it thickens. Add cheese, salt and pepper and stir until cheese is melted. Pour sauce over vegetables. Make biscuits and arrange around edge of casserole. Bake at 425° F. 15 minutes or until biscuits are lightly browned. Serves four.

Serve with tomato juice, pineapple-cabbage slaw, lemon pudding, coffee.

CHEESE AND RICE SOUFFLE

- | | |
|-----------------------------------|---------------------------------|
| 1 cup hot cooked rice | ½ pound or 2 cups grated cheese |
| 2 tablespoons margarine or butter | 4 eggs, separated |
| 3 tablespoons flour | ½ teaspoon salt |
| ¾ cup milk | Dash of pepper |

Cook rice according to kind used. Grease a 6-cup casserole. Melt fat; add flour and milk. Stir until sauce thickens; add cheese and stir occasionally until melted. Beat yolks, add salt and pepper and combine with cheese mixture. Remove from heat, fold in cooked rice. Pour over stiffly beaten egg whites slowly. Cut and fold in the mixture. Turn into casserole. Bake for 40 minutes at 325° F. Serve at once. Serves five.

Serve with broccoli, tomato wedges, prune cake and milk.

VARIATION

Add 1 cup cooked, chopped broccoli or green beans to cheese and rice mixture just before folding it into egg whites.

VEGETABLE, CHEESE AND EGG CASSEROLE

- | | |
|----------------------------------|-----------------------------------|
| 1 egg, beaten | ½ pound or 2 cups grated cheese |
| 2 cups cream-style corn | ¼ teaspoon salt |
| ¾ cup milk | ½ teaspoon pepper |
| 1 chopped green pepper, optional | 2 tablespoons margarine or butter |
| ½ cup dried bread crumbs | |

Combine ingredients except margarine or butter. Pour into greased baking dish. Dot the top with margarine or butter. Bake 35 minutes at 350° F. Serves four.

Serve with carrots, green onions, rolls, fruit tapioca and tea.

Eggs

ESCALLOPED EGGS DELUXE

- | | |
|-----------------------------------|-------------------------|
| 6 tablespoons margarine or butter | ⅛ teaspoon pepper |
| 2 tablespoons flour | 1 cup cooked peas |
| 1½ cups milk | 8 hard-cooked eggs |
| ½ teaspoon salt | 4 eggs, slightly beaten |

Melt 4 tablespoons margarine or butter; blend in flour; slowly add milk, stirring constantly until thickened. Add salt and pepper to sauce. Grease 1½ quart baking dish with remaining margarine or butter. Arrange peas in a layer on the bottom of baking dish; cover with slices of hard-cooked eggs. Sprinkle with salt and pepper. Add sauce to beaten eggs slowly, stirring constantly. Pour over hard-cooked eggs and peas. Bake at 375° F. 40 to 50 minutes or until firm. Let stand in the pan for several minutes before unmolding. Garnish and serve hot with or without a sauce. Serves eight.

Serve with tossed green salad, rye bread, baked apple and milk.

VARIATION

Use vegetables other than peas, such as cut green beans, lima beans, whole-grain corn and diced carrots.

DEVILED EGG TUNA

- | | |
|------------------------------------|------------------------------|
| 8 deviled egg halves | 1 cup milk |
| 1 7-ounce can grated tuna, drained | ½ cup mayonnaise |
| 2 tablespoons margarine or butter | 2 tablespoons chopped pickle |
| 2 tablespoons flour | ½ teaspoon salt |
| | ¼ teaspoon pepper |
| | Paprika |

Place deviled egg halves, stuffed side up, in greased shallow baking dish. Scatter tuna over eggs. Make sauce by blending flour in melted margarine or butter, adding milk slowly, stirring constantly. Add mayonnaise and cook until thickened. Add pickle, salt and pepper. Pour sauce over deviled eggs and tuna. Sprinkle with paprika. Bake 30 minutes at 375° F. Serves four.

Serve with English peas, fruit salad, bread, boiled custard and tea.

EGGS IN HASH NESTS

- | | |
|-----------------------|--------------------|
| 1 tablespoon fat | ⅛ teaspoon pepper |
| ½ pound ground beef | ½ teaspoon paprika |
| 1 cup mashed potatoes | 4 eggs |
| 2 teaspoons salt | |

Melt fat in a skillet, add meat and cook until brown. Combine with potato, salt, pepper and paprika. Mix well and cook until thoroughly heated. With a tablespoon, arrange meat-potato mixture in four mounds. Make an indentation in center of each mound. Slip egg in center. Turn off heat. Cover tightly for 5 minutes or until eggs are set. Serves four.

Serve with tomato juice, biscuits, jelly, coffee or milk.

EGG CREOLE

- | | |
|-----------------------------------|---------------------|
| ¼ cup chopped onion | 2 cups water |
| ¼ cup chopped green pepper | 1 cup uncooked rice |
| 2 tablespoons fat, melted | Salt and pepper |
| 2½ cups canned or cooked tomatoes | 6 eggs |

Cook the onion and green pepper in fat until onion is lightly browned. Pour in tomatoes and water; bring to boiling. Add the rice and cook slowly until rice is tender, 25 to 30 minutes. Add more water if rice becomes dry. Season with salt and pepper. Drop in the eggs, cover and simmer about 10 minutes or until eggs are firm. Serves six.

Serve with greens, corn pone, boiled custard, oatmeal cookies and milk.

VARIATION

While rice mixture is cooking, hard-cook eggs by covering with cold water and simmering 25 to 30 minutes. Plunge into cold water, remove shells and cut in quarters. Place rice mixture in serving dish or on individual plates and place egg quarters on top.

FLUFFY OMELET

- | | |
|--------------------|-------------------------|
| 4 eggs, separated | ½ teaspoon salt |
| 4 tablespoons milk | 1 tablespoon shortening |
| ⅛ teaspoon pepper | |

Beat egg yolks well; add milk and pepper and beat until well blended. Add salt to egg whites and beat until stiff but not dry. Gradually fold beaten egg yolks into the whites. Add shortening to frying pan and melt over low heat. Spread melted shortening over bottom and sides of pan. Pour egg mixture into pan; spread evenly. Place over low heat and cook slowly until lightly browned on the bottom. Cover and cook until set, or bake at 350° F. 10 to 15 minutes or until browned on top.

Crease omelet through the center, fold over and roll onto hot platter. Serve with or without Spanish sauce. Serves four.

Serve with hash-browned potatoes, green salad, bread and milk.

SPANISH SAUCE

- | | |
|-----------------------------------|---------------------------------|
| 1 tablespoon fat | 1½ teaspoons flour |
| 1 tablespoon chopped green pepper | ¼ teaspoon salt |
| | Dash of pepper |
| ¼ teaspoon celery salt or | 1 cup canned or cooked tomatoes |
| ½ cup diced celery | |

Melt fat; add pepper and celery or celery salt. Cook slowly a few minutes. Add flour and seasonings. Mix

well. Add tomatoes and simmer gently until sauce thickens. Spread half of the sauce over half of Fluffy Omelet before folding over. Put remaining sauce on omelet after it is on platter.

Fish

FISH PIE

- | | |
|-------------------------------------|----------------------------------|
| 2 tablespoons margarine or butter | ¼ teaspoon salt |
| 2 tablespoons flour | ¾ cup cooked peas |
| ½ teaspoon salt | 1 tablespoon grated onion |
| 1 cup milk | 1 tablespoon minced green pepper |
| 2 cups cooked or canned fish flakes | 1 cup seasoned mashed potatoes |

Blend margarine or butter, flour and salt. Add milk slowly, stirring until smooth. Add other ingredients except potatoes and heat thoroughly. Place mixture in a greased baking pan; cover with mashed potatoes and bake about 12 minutes at 400° F. or until the peaks of the potatoes are browned. Serves four.

Serve with seasoned squash, cornbread and fruit compote.

CRISP TUNA PANCAKES

- | | |
|-------------------------------------|--------------------------|
| 2 cups finely shredded raw potatoes | 2 eggs, slightly beaten |
| 1 7-ounce can grated tuna | 1 tablespoon flour |
| 1 tablespoon chopped sweet pickle | ¼ teaspoon baking powder |
| 1 teaspoon scraped onion | 1 teaspoon salt |
| | ¼ teaspoon pepper |

Put shredded potatoes in wire strainer; drain well. Drain tuna and place into a large bowl. Add potatoes and other ingredients; mix well. Drop by tablespoonsful onto hot greased grill or griddle; spread ¼-inch thick. Brown on one side; turn, brown other side. Makes about 1½ dozen pancakes.

Serve with creamed English peas, head lettuce salad, bread pudding.

TUNA CHOWDER

- | | |
|-----------------------------------|----------------------------|
| ½ cup finely sliced onion | 1 teaspoon salt |
| ½ cup chopped celery | Dash of pepper |
| 2 tablespoons margarine or butter | 1 7-ounce can tuna, flaked |
| 2 tablespoons flour | 4 cups milk |

Lightly brown onions and celery in margarine or butter in large saucepan. Remove from heat. Blend in flour, salt and pepper. Add tuna and milk. Cook over low heat until thoroughly heated. Do not boil. Serves four.

Serve with crackers, tossed green salad, gingerbread squares, lemon sauce.

SALMON SHELL BAKE

- | | |
|-----------------------------------|------------------------------|
| 8 cups water | ¼ cup finely chopped onion |
| 1½ teaspoons salt | 1 tablespoon flour |
| 1½ cups shell macaroni, uncooked | 1 cup milk |
| 1 8-ounce can pink salmon | ¼ teaspoon salt |
| 2 tablespoons butter or margarine | 2 teaspoons lemon juice |
| | 2 tablespoons minced parsley |
| | 1 cup grated cheese |

Add salt to water and bring to rapid boil. Add macaroni and cook until tender. Drain salmon and break into bite-size pieces. Melt butter or margarine in saucepan. Add onions and cook until tender. Blend in flour; slowly add milk stirring constantly. Cook until thick and then

Tuna chowder



stir in salt, lemon juice and parsley. Arrange macaroni, salmon and cheese in layers in greased 1½ quart casserole. Pour sauce over layers. Bake 15 minutes at 375° F. Serves four.

Serve with string beans, carrot and raisin salad, bread slices.

SALMON FONDUE

- | | |
|--|-------------------------|
| 1 tablespoon butter or margarine | 1 egg, separated |
| ¼ cup milk | 1 teaspoon minced onion |
| 2 slices bread, crumbled | ½ teaspoon salt |
| 1 tablespoon lemon juice | ¼ teaspoon pepper |
| 1 1-pound can pink salmon drained and flaked | Paprika |

Melt butter or margarine in saucepan and add milk, bread crumbs and lemon juice. Mix well. Stir in salmon, egg yolk, onion, salt and pepper. Beat egg white stiffly and fold in mixture. Pour into greased 1-quart baking dish. Sprinkle with paprika. Bake 40 minutes at 350° F. Serves four.

Serve with spinach, hash browned potatoes, bread and baked apple.

SALMON LOAF

- | | |
|---|-----------------------------------|
| 1 1-pound can pink salmon, drained and flaked | 2 teaspoons finely chopped onions |
| 1 cup bread crumbs | 1 teaspoon salt |
| ½ cup milk | ¼ teaspoon pepper |
| 2 eggs | |

Mix ingredients well. Pack into well-greased 9" x 5" x 3" loaf pan. Bake 40 minutes at 350° F. Serve with rich cheese sauce. Serves four.

Serve with mashed potatoes, peas, tomato aspic salad, bread and apple tapioca.

RICH CHEESE SAUCE

- | | |
|-----------------------------------|---------------------------------|
| 2 tablespoons butter or margarine | ⅛ teaspoon dry mustard |
| 2 tablespoons flour | ¼ teaspoon salt |
| 1¼ cups milk | ½ teaspoon Worcestershire sauce |
| 1 cup grated sharp Cheddar cheese | Dash cayenne pepper |

Melt butter in saucepan. Add flour and stir until smooth. Add milk gradually and cook until smooth and thick, stirring constantly. Mix in cheese and seasonings; cook over low heat until cheese is melted and well blended. Yield: about 2 cups.

Frankfurters

BARBECUED FRANKFURTERS

- | | |
|----------------------------------|----------------------------------|
| 1 pound frankfurters | 1 teaspoon prepared mustard |
| 1 tablespoon margarine or butter | 4 teaspoons Worcestershire sauce |
| ¼ cup chopped onion | ½ cup catsup |
| Dash of pepper | ½ cup water |
| 4 teaspoons sugar | ¼ cup vinegar |

Cut 3 inch slits in each frankfurter. Place in flat pan. Cook chopped onion in margarine or butter until tender. Add rest of ingredients to onions and pour over frankfurters. Bake 20 minutes at 400° F. basting frequently. Serves four.

Serve with oven-browned potatoes, green beans, rolls, fresh or canned fruit and milk.



Frankfurters in hot potato salad

FRANKFURTERS WITH HOT POTATO SALAD

- | | |
|--|---|
| 4 cups sliced cooked potatoes, about 1½ pounds | 1 tall can evaporated milk |
| 3 slices bacon | 1½ teaspoons salt |
| 1 cup finely chopped onion | ¼ teaspoon pepper |
| 2 tablespoons flour | 2 tablespoons chopped parsley, optional |
| ⅓ cup vinegar | 1 pound frankfurters, cut diagonally |
| ¼ cup prepared mustard | |

Boil potatoes in jackets until tender. Drain. Peel and slice potatoes while sauce is cooking, so potatoes are still warm. Fry bacon until crisp and lightly browned, turning frequently. Drain bacon on paper toweling. Save 1 tablespoon bacon fat in skillet for frying sliced frankfurters. Turn the remaining fat into a saucepan. Add onions and cook gently until onions are tender. Stir in flour, vinegar and mustard. Blend in milk, salt and pepper. Heat to serving temperature, stirring frequently. Add sliced frankfurters to the bacon fat in fry pan and cook until frankfurters are nicely browned. Add sauce to potatoes and stir gently until all potato slices are coated with sauce. Spoon potatoes onto serving plates or salad bowls and garnish with parsley, bacon crumbled and browned frankfurters. Serves six.

Serve with green beans, tomato and onion rings, peach short cake, milk.

FRANKS IN CHEESE CARAWAY PASTRY

- | | |
|---------------------|--|
| 2 cups flour | 2 teaspoons caraway seed |
| ½ teaspoon salt | 1½ teaspoons vinegar plus milk to make ½ cup |
| ⅔ cup shortening | 8 frankfurters, about 1 pound |
| ¼ cup grated cheese | |

Sift flour with salt. Cut in shortening with two knives or pastry blender until the size of small peas. Stir in cheese and caraway seeds. Make a well in the mixture; add liquid all at once, then stir with a fork to moisten quickly but thoroughly. Gather mixture together and place on floured board or pastry cloth. Divide pastry in half. Roll the first half to ⅛ inch thickness in a square 12 x 12 inches. Cut rolled pastry into four squares. Place a frankfurter diagonally on each square, rolling one half the pastry over frankfurters, then folding in the ends and rolling over other side of pastry square so that frankfurter is completely wrapped. Make several small diagonal slashes on top of roll. Repeat with remaining pastry and frankfurters. Place wrapped frankfurters on shallow baking pan or baking sheet. Bake at 425° F. 10 to 15 minutes or until pastry is lightly browned. Serves four.

Serve with corn and tomato chowder, relish tray of vegetables and fruit.

Lamb

LAMB SHANKS IN BARBECUE SAUCE

4 lamb shanks, cut in half	1 cup water
½ cup flour	¼ cup vinegar
¼ teaspoon pepper	½ teaspoon salt
1 teaspoon salt	2 tablespoons Worcestershire sauce
¼ cup shortening	1 teaspoon mustard
3 medium-sized onions, sliced	1 12-ounce bottle chili sauce

Dredge lamb shanks in flour, salt and pepper. Melt shortening and add lamb shanks. Cook until browned on all sides. Combine remaining ingredients and add to lamb. Cover and simmer 2 hours or until tender. Serves four to six.

Serve with steamed rice, green beans, bread, fruit and milk.

ROLLED LAMB SHOULDER ROAST

with currant glaze

1 4-5 pound boned lamb shoulder, rolled and tied	¼ teaspoon pepper
2 tablespoons flour	¾ cup currant jelly
1 teaspoon salt	¼ cup water

Place lamb on rack in shallow roasting pan. Bake in 300° F. oven. Combine rest of ingredients and cook until thick. After lamb has cooked one hour baste with jelly mixture at intervals until roast is done, 1½ to 2 hours, or until meat thermometer registers 170°-180°, depending upon desired degree of doneness. Serves six to eight.

Serve with buttered carrots and onions, pear halves, hot biscuits and milk.

LAMB CURRY

1 tablespoon shortening	⅛ teaspoon pepper
1 pound small cubed lean lamb breast or shoulder	½ teaspoon allspice
½ cup minced onion	Bayleaf
1 teaspoon salt	1½ cups water
2 teaspoons curry powder	2 cups cooked rice
	1 teaspoon cinnamon

Melt shortening; add meat and brown on all sides. Add remaining ingredients, cover and cook over medium heat about 1 hour or until meat is tender. Stir occasionally. Serve over cooked rice. Serves four.

Serve with peanuts, raisins, and/or coconut sprinkled over lamb curry, bread and beverage.

LITTLE LAMBURGERS

2 pounds finely ground lamb	2 teaspoons salt
2 egg yolks	½ teaspoon coarse-grind pepper
2 tablespoons minced parsley	¼ teaspoon powdered thyme
½ cup minced onions	Butter or margarine
1 cup dry bread crumbs	

Mix all ingredients together lightly and allow to stand in refrigerator 1 hour. Form into patties 1½ inches in diameter and ½ inch thick. Brown in butter or margarine on griddle or in fry pan, turning once. Put browned patties in chafing dish or food warmer. Serve piping hot in miniature sandwich buns. Makes about 50.

Serve with corn chips, pickles, carrot and celery sticks, lettuce, fresh fruit, cookies and milk.

BAKED LAMB STEW

with cornmeal biscuits

1½ pound cubed lamb shoulder	3 cups stock or bouillon
1 cup sliced onions	Salt and pepper to taste
1½ cups sliced beets	1½ cups biscuit mix
1½ cups cut green beans	½ cup yellow cornmeal
2 cups diced tomatoes	½ cup milk

Combine lamb and onions. Cook over low heat until lamb is browned on all sides. Add beets, green beans, tomatoes, stock or bouillon, salt and pepper; mix well. Turn into 3-quart casserole. Cover and bake at 350° F. 1 hour, or until lamb and beets are tender. Combine biscuit mix and cornmeal. Add milk and mix lightly. Turn out on lightly floured surface and knead gently 10 times. Roll out to ½-inch thickness. Cut into rounds, using floured cutter. Arrange biscuits over stew. Bake at 400° F. about 15 minutes, or until biscuits are done. Serves six.

Serve with carrot salad, ice cream and beverage.

Peanut Butter

PEANUT BUTTER LOAF

2 cups cooked or canned lima beans	1 teaspoon grated lemon rind
2 cups cooked carrots	½ teaspoon celery salt
1 cup dry bread crumbs	1 egg
6 tablespoons peanut butter	¾ cup milk
2 tablespoons bacon drippings	Salt and pepper

Chop beans and carrots; mix with crumbs. Mix peanut butter with drippings; add seasonings. Mix with beaten egg and milk. Combine with bean, carrot mixture. Pour into greased loaf pan and bake 30 minutes at 350° F. Serves 6.

Serve with tomato sauce, cabbage slaw, bread and milk.

PEANUT BUTTER SOUP

1 tablespoon flour	4 slices onion, minced
1 teaspoon salt	Bit of bay leaf, optional
Dash of pepper	½ cup peanut butter
4 cups milk	

Mix flour, salt and pepper with part of the cold milk. Scald the remainder of the milk with the onion and bay leaf. Add the flour mixture and cook until slightly thick. Stir to prevent lumping. Add part of the hot sauce to the peanut butter, stirring until the mixture is smooth. Add the peanut butter mixture to the remainder of the sauce and mix well. Remove the bay leaf. Add more milk, if too thick. Serves four.

Serve with whole wheat cheese sandwich, carrot strips, celery curls, tea or milk.

Pork

PORK-CHOP SKILLET DINNER

6 pork chops	2 teaspoons salt
4 cups sliced potatoes	1 can condensed tomato soup
6 carrots, quartered lengthwise	and ½ cup water OR 1½ cups cooked or canned tomatoes
1 cup sliced onions	¼ teaspoon hot sauce
⅔ cup coarsely diced green pepper, optional	

Brown pork chops over high heat in skillet. Cover; cook over low heat 15 minutes. Remove chops; spoon out fat. Starting with potatoes, put vegetables in layers in skillet; each layer salted. Place pork chops on top; sprinkle with remaining salt. Combine tomatoes or soup, and hot sauce; pour over meat and vegetables. Cover; cook over medium heat 45 minutes or until tender.

To cook in a pressure saucepan—brown chops and drain off fat, add vegetables. Cook 5 minutes at 10 pounds pressure. Serves six.

Serve with fruit salad, bread and milk.

HAM AND MACARONI CASSEROLE

¼ cup bread crumbs	2 eggs, slightly beaten
1 cup hot milk	2 cups cooked macaroni
1 cup chopped cooked ham	1 tablespoon finely chopped onion
3 tablespoons melted fat	¼ teaspoon salt
1 tablespoon chopped green pepper, optional	

Mix crumbs and milk; add to remaining ingredients. Turn into a greased baking dish and bake 1 hour at 350° F. Serves four.

Serve with apple and carrot salad; garlic bread, custard pie and milk.

HAM AND CORN CUSTARD

2 tablespoons minced onions	1 cup diced, cooked ham
2 tablespoons ham drippings	1 tablespoon minced parsley, optional
3 eggs	Salt and pepper
1 cup milk	
1 cup whole-kernel corn	

Cook onions in drippings until tender. Beat eggs; add milk, corn, ham, parsley, salt and pepper to taste. Stir in onions. Pour into a greased casserole and bake at 350° F. 30 to 40 minutes, or until custard is firm. Serves four to six.

Serve with green beans, tossed salad, fruit, cookies and milk.

SKILLET DINNER

2 tablespoons minced onion	3 cups cooked rice
1 tablespoon margarine or butter	1 10½-ounce can creamed soup
1½ cups chopped leftover or canned meat (ham, chicken, beef)	Salt, as desired
	Chili sauce or Worcestershire sauce, optional
	Grated cheese

Cook onion in margarine or butter in skillet until tender. Add meat, cooked rice, soup and salt, if needed. Combine thoroughly. If extra moistness is desired, add small amount of milk or water. Cover and simmer over very low heat about 10 minutes. Serve from skillet or turn onto a warm platter; sprinkle with grated cheese. Garnish with parsley. Serves four to five.

Serve with green limas, relish tray of vegetables, bread, chocolate pudding and cookies.

HAM SHANK WITH LIMA BEANS

1½ cups dried lima beans	6 medium onions
3 cups water	6 carrots
1 large ham shank	¼ cup flour
2 teaspoons salt	1 teaspoon chili powder
¼ teaspoon pepper	½ cup water

Soak beans in water over night. Drain water from beans into measuring cup; add water to make 2 cups. Pour into saucepan and heat to boiling. Place ham shank in casserole. Add drained beans, salt, pepper and boiling water. Cover. Bake 2 hours at 300° F. Add whole onions and carrots and continue cooking 30 minutes or until meat and vegetables are tender. Remove meat and vegetables. Combine flour, chili powder and water; add slowly to hot liquid, stirring constantly and boil 2 to 3 minutes. Slice ham shank. Pour gravy over meat and vegetables. Serves four to six.

Serve with scalloped potatoes, fresh mustard and spinach salad, corn pone, canned berry cobbler and milk.

CHINESE PORK WITH VEGETABLES

1 pound lean pork shoulder	2 cups diagonally cut green beans
2 tablespoons salad oil or melted fat	2 cups diagonally cut celery
1 chicken bouillon cube	⅓ cup cold water
1½ cups of boiling water	2 tablespoons cornstarch
1 teaspoon salt	1 tablespoon soy sauce
2 cups thinly sliced carrots	3 to 4 cups hot cooked rice

Cut pork into 2 to 3-inch long thin strips; add to salad oil or melted fat in large skillet or Dutch oven. Cook slowly until lightly browned, about 10 minutes stirring occasionally. Dissolve bouillon cube in boiling water; add to pork with salt, carrots and green beans; mix well and cover. Bring to boil; reduce heat; simmer 5 minutes. Add celery; cover and cook 10 minutes longer. Combine water, cornstarch and soy sauce; stir until smooth; add to pork and vegetables. Continue cooking for 2 minutes, stirring constantly. Serve at once over hot cooked rice with additional soy sauce. Serves four to six.

Serve with apple and celery salad, crackers and baked custard.

MEXICAN LUNCHEON

1 pound bulk pork sausage	1 teaspoon salt
1 cup diced onion	2 cups buttermilk
1 cup diced green pepper, optional	2 cups uncooked macaroni
2 cups cooked or canned tomatoes	2 tablespoons sugar
	1 tablespoon chili powder

Brown sausage, onions and green pepper. Add remaining ingredients. Cover and simmer 20 minutes. Serves 8.

Serve with glazed carrots, cole slaw, cornbread muffins and ice cream.

SAVORY CORN AND SAUSAGE PIE

1 pound bulk pork sausage	1½ cups cooked or canned cut green beans
4 tablespoons flour	1 package corn muffin mix or
1 teaspoon salt	1 recipe of corn muffins (approximately 1½ to 2 cups)
2½ cups tomato juice	
1 cup cooked or canned whole-kernel corn	

Brown sausage in preheated skillet. Drain off excess fat. Stir in flour and salt, blending well. Gradually add tomato juice; blend and thicken. Add vegetables and mix well. Heat to steaming. Drop corn muffin batter in five places around edge of skillet and one in center. Cover skillet, and cook slowly 20 minutes. If desired, quickly brown in broiler. Serves six.

Serve with fruit salad and milk.

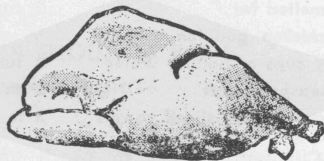
TANGY LIMA CASSEROLE

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|----------------------------------|----------------------------|
| 1 pound bulk sausage | 1 teaspoon salt |
| 1 tablespoon shortening | ¼ teaspoon pepper |
| 3 cups cooked dry lima beans | 1 green pepper, sliced |
| 2 cups canned or cooked tomatoes | 1 onion, sliced |
| | 3 tablespoons bread crumbs |

Form sausage meat into small cakes and brown lightly in skillet with shortening. Combine lima beans, tomatoes, salt and pepper and place a layer in a greased casserole. Add a layer of pepper and onion slices, then a layer of sausage cakes. Repeat layering until casserole is filled. Sprinkle top with bread crumbs and bake 1 hour at 350° F. Serves six to eight.

Serve with cabbage slaw, cornbread, butter or margarine, cookies, pudding and milk.

Poultry



CHICKEN BARBECUE IN A SKILLET

- | | |
|---------------------------------|-----------------------------------|
| 3 pound chicken, cut for frying | 2 tablespoons lemon juice |
| Salt and pepper | ¼ cup finely minced onion |
| 1 teaspoon paprika | 1 tablespoon Worcestershire sauce |
| ½ cup fat | Dash of nutmeg |
| 1 cup water | ½ cup chili sauce |
| 2 tablespoons brown sugar | |

Season chicken with salt, pepper and paprika; then brown slowly in hot fat. Turn the pieces as they brown; remove from pan and pour off fat. Return chicken to the skillet and add remaining ingredients. Cook covered over low heat, turning occasionally, until tender, about 30 to 35 minutes. For extra crustiness remove lid and put skillet with chicken in broiler for a few minutes. Serve on fluffy rice. Serves six.

Serve with carrot-raisin salad, bread, fruit, cookies and milk.

SMOTHERED CHICKEN

- | | |
|--------------------------------------|------------------------------|
| 3 or 4-pound chicken, cut for frying | ¼ teaspoon ginger |
| ½ cup flour | ¼ teaspoon poultry seasoning |
| 1 ½ teaspoons salt | ½ cup fat |
| ¼ teaspoon pepper | 2 cups milk |

Combine flour and seasonings in paper bag; add few pieces of chicken at a time and shake until coated. Brown chicken in hot fat, then put pieces in a casserole. Pour milk over top of chicken. Cover and bake at 350° F. about an hour, or until tender. Serves five to six.

Serve with baked potato, baked carrots, cole slaw, cranberry sauce, biscuits and milk.

CHICKEN PIE

- | | |
|-----------------------------|---------------------------|
| 1 4-pound ready-to-cook hen | About ½ cup milk |
| 1 ½ cups water | 7 tablespoons chicken fat |
| 3 celery tops | 7 tablespoons flour |
| 1 tablespoon salt | ¼ teaspoon pepper |
| 1 bay leaf | 1 cup milk |
| 2 cups biscuit mix | 2 cups chicken broth |

Place hen in pressure saucepan with water, celery, salt and bay leaf. Cook at 15 pounds pressure for 40 minutes, or as manufacturer directs. Hen may be cooked by placing in pot, adding water to half cover, placing lid on pot and simmering until tender. Cool.

Pour off broth; skim off excess fat. Remove meat from bones, cut into pieces and place in 2 quart greased casserole.

Make a soft dough by mixing biscuit mix with milk. Roll or pat dough to ½-inch thickness. Cut with doughnut or biscuit cutter.

Melt fat in saucepan. Blend in flour and pepper. Add milk and chicken broth slowly, stirring constantly. Cook until thickened. Pour sauce while hot over meat in casserole and arrange biscuits on top, brushing each with melted fat. Bake at 425° F. 25 minutes or until biscuits are done on bottom and brown on top. Serves eight.

Serve with tossed green salad, rice pudding and milk.

VARIATIONS

Chicken pie with pastry topping: Make pastry using 1 cup flour, ½ teaspoon salt, ⅓ cup chicken fat or shortening and 2 or 3 tablespoons of cold water instead of biscuits using 2 cups biscuit mix and ½ cup milk, in the above recipe. Roll out pastry dough and lay over top of chicken and sauce in casserole. Turn edge under and crimp by pressing firmly against edge of casserole. Make several cuts for a design near the center to allow steam to escape. Bake at 450° F. 10 to 15 minutes or until browned.

Chicken and Vegetable Pie: Cook ½ cup chopped onions, ½ cup sliced carrots and 1 cup cubed potatoes until done. Combine vegetables, chicken and sauce and pour into casserole. Top with biscuits or pastry.

CHICKEN AND DUMPLINGS

Disjoint a 4 to 5-pound chicken into pieces for serving. Place the pieces in a pan, add lightly salted water to cover. Cover the pan and cook the chicken until tender. Simmer; do not boil. When done, skim fat and measure broth. For each cup of broth, mix 1 tablespoon of the fat with 1 tablespoon flour. Blend well. Stir several spoonfuls of the hot broth into the blended fat and flour; then, stirring constantly, pour the mixture into the broth in the pan. Cook until slightly thickened. Season to taste with salt and pepper. It is now ready for cooking the dumplings.

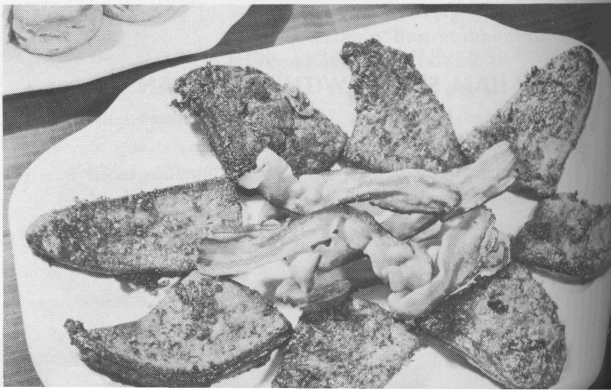
DUMPLINGS

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| 1 ½ cups flour | 2 eggs |
| 5 teaspoons baking powder | ⅔ cup milk |
| 1 teaspoon salt | |

Sift together flour, baking powder and salt. Beat the eggs, add the milk and mix with the dry ingredients. Drop by spoonfuls into the boiling chicken and gravy mixture. Cover tightly, and cook for 15 minutes. The cover must not be removed while the dumplings are cooking for if the steam escapes, they will not be light.

Serve with broccoli, spiced peaches, carrot sticks, celery curls, gelatin dessert and milk.

Pan-cooked beef liver



Variety Meats

PAN-COOKED BEEF LIVER

Dip sliced calf or beef liver in seasoned flour. Fry in 2 to 3 tablespoons bacon drippings of other fat to brown both sides. Reduce heat and cook about 10 minutes until pink color disappears. Do not overcook.

Serve with fried bacon, onion rings, French-fried potatoes, cabbage and raisin salad, bread and milk.

FRENCH-FRIED LIVER

1 pound liver, sliced thin	Pepper
Flour	Shortening
Salt	

Cut liver into strips $\frac{3}{8}$ inch wide, using kitchen shears. Roll in flour seasoned with salt and pepper. Drop into 350° F. deep fat and cook until brown. Drain on absorbent paper. Serves six.

Serve with baked potatoes, green beans, bread, fruit pie and milk.

BRAISED PORK LIVER

1 pound sliced liver	1 onion, sliced
Seasoned flour	1 tablespoon flour or cornstarch
2 to 4 tablespoons bacon drippings	$\frac{1}{2}$ teaspoon salt
3 tablespoons chopped green pepper, optional	$\frac{3}{4}$ cup cooked tomatoes, sieved, or $\frac{3}{4}$ cup tomato juice

Remove skin and veins from liver. Dip in seasoned flour. Brown lightly with the onions in the drippings. Blend salt with 1 tablespoon flour or cornstarch and a little of the tomato. Add to the rest of the tomato and pour over the liver. Cover pan and cook slowly about 15 minutes, stirring the sauce occasionally. Serves four to five.

Serve with mashed potatoes, turnip greens, corn bread, apple crisp and milk.

BROILED CALF OR BEEF LIVER

Dip slices of liver in melted butter or margarine or in a French dressing made with one part vinegar or lemon juice to two parts salad oil. Broil at low heat until brown on both sides and the center is done. Never overcook liver.

CHOPPED LIVER SPREAD

$\frac{1}{2}$ pound liver	Pepper
Water	3 tablespoons melted butter or margarine
2 medium onions	Salad greens
6 hard-cooked eggs	
Salt	

Simmer liver in water until tender. Drain. Chop in chopping bowl or put through food chopper with fine knife. Chop onions and five hard-cooked eggs. Combine liver, onion and eggs with salt and pepper to season and melted butter or margarine to make a thick paste. Pack into mold and chill thoroughly. Turn onto chilled platter and garnish with sliced hard-cooked egg and salad greens. Makes 2 cups.

Serve as a luncheon meat or spread on toast or crackers, or make into sandwiches.

CORN BREAD LIVER PATTIES

$1\frac{1}{2}$ pounds liver	$\frac{1}{4}$ teaspoon powdered sage or
Boiling water to cover	$\frac{1}{8}$ teaspoon marjoram
2 cups corn bread crumbs	1 teaspoon salt
$\frac{1}{4}$ cup grated onion	$\frac{1}{4}$ teaspoon pepper
4 tablespoons bacon drippings	Bacon slices



Cornbread liver patties

Pour boiling water over liver and let stand 5 minutes. Remove liver from water and grind, using fine blade. Combine with corn bread crumbs, grated onion, bacon drippings, sage or marjoram, salt and pepper, adding meat broth or hot water to moisten if needed. Shape into thick patties. Wrap with bacon slices and fasten ends with a toothpick. Bake at 400° F. 20 to 25 minutes or until bacon is crisp. Serves six.

Serve with green lima beans, lettuce and tomato salad, bread and milk.

LIVER AND SAUSAGE LOAF

1 pound liver	$1\frac{1}{2}$ tablespoons lemon juice
Boiling water to cover	1 teaspoon salt
$\frac{1}{2}$ pound bulk pork sausage	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ cups soft bread crumbs	1 teaspoon celery salt
2 tablespoons minced onions	2 eggs, slightly beaten
1 teaspoon Worcestershire sauce	Bacon drippings

Pour boiling water over liver and let stand 5 minutes. Remove liver from water and grind. Reserve $\frac{1}{2}$ cup of water in which liver stood. Combine ground liver, the $\frac{1}{2}$ cup water and other ingredients except bacon drippings. Place in a greased loaf pan and brush with bacon drippings. Bake 45 minutes to 1 hour at 350° F. Serves six.

Serve with tomato sauce, yellow squash, biscuits, peach preserves and milk.

LIVER SKILLET MEAL

1 pound liver	1 No. 303 can
1 cup water	or
1 onion	1 package frozen peas
$\frac{1}{2}$ green pepper	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{4}$ cup shortening	$\frac{1}{4}$ pound uncooked noodles,
	2 cups

Simmer liver in water about 5 minutes. Slice onion and cut pepper in $\frac{1}{4}$ inch strips. Cook 5 minutes in shortening; remove from heat. Pour off liquid of liver into onion, pepper mixture. Cut liver in $\frac{1}{2}$ inch strips. Add to onion, pepper mixture. Add remaining ingredients; cover and cook for 10 minutes, stirring occasionally. Serves four.

Serve with tossed vegetable salad, cornbread sticks and tea.

BRAINS SCRAMBLED WITH EGGS

1 pound brains	½ cup milk
3 tablespoons bacon drippings	¾ teaspoon salt
6 eggs	¼ teaspoon pepper

Wash brains and soak in cold water for ½ hour. Remove blood vessels and membrane. Place bacon drippings in skillet; when hot, add brains and cook until tender and brown, stirring occasionally to break into small pieces. Reduce heat. Beat eggs with rest of ingredients. Add egg mixture to brains and cook slowly, stirring constantly until eggs are done. Serve immediately. Serves eight.

If brains are not to be used soon after purchase, pre-cook them because they do not keep well. Simmer in water 20 minutes to which 1 tablespoon vinegar and 1 teaspoon salt have been added for each 4 cups of water.

After precooking, brains may be: 1. Scrambled with eggs by browning in fat and then adding eggs. 2. Diced in omelet. 3. Reheated in cream or tomato sauce. 4. Dipped in melted fat and broiled.

Serve with half grapefruit, hot biscuits, butter or margarine and coffee.

BRAISED HEART SPECIAL

2 hearts, pork or veal or	2 tablespoons flour
4 lamb hearts	¾ teaspoon salt
2 cups buttermilk	⅛ teaspoon pepper
	¼ cup bacon drippings or fat

Wash hearts and cut into ½ inch slices. Soak in buttermilk overnight. Dip slices into mixture of flour, salt and pepper. Brown in hot drippings. Add ½ cup buttermilk in which heart was soaked; cover and cook slowly for 1 hour or until tender. Serves four to six.

Serve with spiced beets, cabbage, grapefruit and lettuce salad, bread and Brown Betty.

JELLIED TONGUE

1 tongue, beef or veal	1 tablespoon whole cloves
Water	2 bay leaves
1 large onion	2 tablespoons gelatin

Wash tongue and cover with water. If fresh tongue, add 2 teaspoons of salt. Add onion, cloves and bay leaves. Cover and simmer until tender, allowing 1 hour per pound. Remove skin and trim. Place in mold. Strain liquid and dissolve gelatin in it. Bring liquid to boiling point and pour over tongue. Allow to cool. A 4-pound tongue serves 12.

Serve with whipped potatoes, okra and tomato gumbo, rolls and canned fruit with custard sauce.

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