Eat Well

for

Less

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

Some of the photographs used in this publication were made available through the courtesy of Swift & Company, Chicago, Illinois, The Borden Company, New York, N. Y., and American Corn Millers' Federation, Chicago, Illinois.
OD PROBLEMS become more perplexing as food prices remain high. Well planned, balanced meals which are appetizing and equitable and less expensive pose a task for the homemaker, but 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, rot, bruises or other imperfections. Vegetables in season usually cost less.

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

The federal grade stamp on meat provides consumers with a guide to quality. U. S. Prime comes from young, well-fed, top-type cattle. The lean is bright red, firm, fine-textured, and evenly 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 is mostly from older animals and lacks the tenderness of the other grades. The cuts from younger animals have a very thin layer of fat and practically no marbling. They are moderately tender. U. S. Utility is usually from older animals. These cuts lack firmness and juiciness.
The tender cuts of beef as a rule, come from the rib and loin and make up about a fourth of the carcass. The other three-fourths are the less tender, less expensive cuts. Classified according to use in cooking, these less expensive beef cuts are: steaks—chuck, shoulder, flank, round, rump; pot roasts—chuck ribs, cross arm, short 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. Less expensive cans are often better buys.

HOW TO STORE

For Vegetables That Must Be Refrigerated

Clean, trim and store in crisping pan of refrigerator or in 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; it's 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 lycine 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 butter milk 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 baked goods, 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:

- ¼ cup nonfat dry milk solids plus 1 cup water yields 1 cup skim milk
- ½ cup nonfat dry milk solids plus 2 cups water yields 2 cups (1 pints) skim milk
- 1 cup nonfat dry milk solids plus 4 cups water yields 1 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
½ cup flour
1 ¼ teaspoon salt
2 cups water
1 bay leaf
celery seed, marjoram, or thyme to taste
¼ teaspoon pepper
6 medium onions
6 medium sweet potatoes
1 can or package of frozen green beans

Dredge meat in flour. Brown on all sides in shortening. Season. Add water. Cover and simmer 2½ 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.
Stuffed Flank Steak Dinner

2 teaspoons salt
1 1/2 to 2 lb. flank steak
2 tablespoons salad oil or melted fat
1 cup hot water
8 to 12 small onions
10 to 12 medium carrots, halved

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 1/2 teaspoon of the salt; mix thoroughly. Wipe flank steak with damp cloth; then with sharp knife make light gashes diagonally across to cut fibers and make more tender. Do this on both sides. Spread stuffing over 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 1 1/2 teaspoons salt. Cook covered in moderate oven 350°F. for 1 1/2 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 1/2 cup cold water. Cook about 3 minutes. Makes 4 to 6 servings.

Potato Frosted Meat Loaf

1 lb. ground beef
1 lb. ground pork
2 teaspoons salt
1 teaspoon pepper
1 cup corn flakes
1 cup tomato juice
1/4 cup grated onion
1/4 cup chopped green pepper
1 cup grated raw potato
1/4 cup chopped celery

Combine all ingredients and mix thoroughly. Pack in loaf pan (5 x 9-inch). Bake in moderate oven 350°F. 1 1/2 hours. Remove from oven and drain. Invert on baking sheet. To six cooked Irish potatoes add 1/4 cup nonfat dry milk, 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 completely browned. Serve at once to 10 or 12.
MEAT BALLS WITH SPAGHETTI

Meat Balls With Spaghetti

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

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

Barbecued Pot Roast

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

BARBECUED POT ROAST
(BARBECUED POT ROAST CONTINUED FROM PAGE 8.)

In a can tomato sauce
medium onions
times garlic
tablespoons brown sugar
tablespoon paprika

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 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. In 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

Ground beef
1 cup canned tomatoes
1 cup chopped onion
1 cup drained canned kidney beans
tablespoon shortening
1 cup corn bread batter (1/2 package corn muffin mix) or (1/2 standard corn bread recipe)
tablespoon chili powder

Brown meat and chopped onion in melted shortening. Add seasoning and 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

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

Score steak and season with salt and pepper. Fill with bread dressing. 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  
1 cup diced onion  
1 cup diced green pepper  
2 cups tomatoes  
1 teaspoon salt


### Savory Corn and Sausage Pie

1 lb. bulk pork sausage  
4 tablespoons flour  
1 teaspoon salt  
2 1/2 cups tomato juice  
1 cup whole-kernel corn


### Ham Shank With Lima Beans

1 large ham shank  
1 1/2 cups dried lima beans  
2 tablespoons lard or drippings  
2 cups boiling water  
2 teaspoons salt  
1/4 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 to shank and bake in covered casserole for 2 hours in moderately slow oven 300°F. Drain off 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 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  
1/2 cup water  
1 lb. pure pork sausage meat  
1/2 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 coil.
Pork ‘n Prune Rollup

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

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

Lemon Pork Chops with Pepper-Rice Rings

4 thin rib or shoulder pork chops
1 large green pepper, cut crosswise in
4 thick rings
2 1/4 cups (1 No. 2 can) tomato juice
2 teaspoons sugar
1/2 teaspoon chili powder
1 bay leaf, finely crushed
1 teaspoon salt (for tomato juice)

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

Chinese Pork with Vegetables

1 lean pork shoulder, in one piece
2 cups green beans, cut diagonally
2 tablespoons salad oil or melted fat
2 cups celery, cut diagonally
2 tablespoons cold water
1/3 cup boiling water
tablespoons cornstarch
1 tablespoon soy sauce
3 to 4 cups hot cooked rice

Cut pork into thin strips 2 to 3-inches long; add to salad oil or melted fat
large skillet or Dutch oven. Cook slowly until lightly browned, stirring oc-
casionally; takes about 10 minutes. Dissolve bouillon cube in boiling water; add pork with salt, carrots and green beans; mix well and cover. Bring to a 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 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 class. Cheese has a satisfying flavor and staying power. Cheese can be added into meal plans in soups, main dishes, salads and desserts. Cheese belongs in the main class. Cheese combines well 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


**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 about 1 hour 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 mold with a knife. Turn out on a bed of lettuce or other salad greens. Garnish with halved 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 1/4 teaspoon pepper
2 1/2 cups cooked hominy  
2 tablespoons butter or margarine
1/4 teaspoon paprika  
2 eggs

Cut cheese in small pieces. Scald milk; add cooked hominy, seasonings and fat. Add cheese to beaten eggs. Pour into baking dish. Pour hot milk mixture on top. 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

- 2 cups cooked or canned kidney beans
- American cheese
- 2 cups cooked macaroni
- 2 cups cooked tomatoes
- Bacon drippings
- Peppers
- Flour
- Onions
- Salt
- Cups butter or margarine
- Cups milk
- Peanuts
- Cheese
- Bread crumbs
- Eggs
- Canned peas
- Soda
- Butter

1. 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 seasoned macaroni with one cup cheese and seasoning to taste. Place macaroni mound in the center of a buttered baking dish. Pour bean mixture around macaroni; sprinkle with remaining cheese and bake in a moderate oven about 40 minutes. Serves 8 to 10.

Scalloped Cabbage, Spaghetti and Cheese

- Spaghetti, broken in small pieces
- Flour
- Butter or other fat
- Milk
- Shredded cabbage
- Bread crumbs
- Salt

1. Cook the spaghetti in boiling salted water for 20 minutes and drain. Make a white 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

- Grated American cheese
- Green pepper, chopped
- Pimiento, chopped
- Kidney beans
- Catsup
- Salt, pepper, paprika, cayenne
- Toast

1. 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 lightly. Serve hot on buttered toast.

Cottage Cheese Casserole with Peas

- Cottage cheese
- Drained canned peas
- Roasted peanuts
- Bread crumbs
- Eggs
- Salt
- Soda
- Soft butter or margarine

1. Mix ingredients except the peas. Grease a casserole dish generously and unite with bread crumbs. Put in half the mixture, then a layer of the peas. In the balance of the mixture. Grease the top with melted fat; cover and bake 45 minutes.
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 100°F. oven until firm; invert onto a hot platter and serve with cream sauce into which has been stirred one chopped hard-cooked egg and 1 tablespoon minced parsley.

Tomato Cheese Sandwich

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
4 tablespoons margarine or butter chives or both
2 teaspoons prepared mustard 2 eggs, beaten
1/8 teaspoon pepper 1 2/3 cups cracker crumbs (about 20 crackers) or
1 teaspoon salt 1 cup fine bread crumbs

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 1/2 cup chopped onions and 1/4 cup chopped green peppers in 2 teaspoons salad oil or melted fat. Add 1 1/2 cups canned tomatoes, 2 tablespoons chopped pimiento, 2 tablespoons sugar, 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 teaspoon bouillon cube
1 bay leaf
1 green pepper
2 tablespoons butter or margarine
2 tablespoons chopped onions
2 tablespoons chopped green peppers
1 cup salad oil or melted fat
1 1/2 cups canned tomatoes
2 tablespoons catsup
1 tablespoon Worcestershire sauce
1/2 cup brown sugar
3/4 cup water
1 teaspoon salt
1 tablespoon sugar
1/4 teaspoon cayenne

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 let about 1 hour or until beans are tender. Melt butter or margarine and stir in cornstarch smoothly. Add vinegar and water gradually; cook and stir until smooth and thick. Add brown sugar and cook 5 minutes more; then mix in 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
1/2 cup chopped onion
1/2 cup chopped green pepper
3 tablespoons vinegar
1/2 cup brown sugar
1 tablespoon catsup
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon cayenne
1/4 teaspoon nutmeg (optional)
1/4 teaspoon cloves (optional)
1/2 teaspoon vinegar
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chopped green pepper
1 1/2 cups enriched cornmeal
2 tablespoons flour
2 tablespoons sugar
1 teaspoon salt
2 teaspoons baking powder
1 egg
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; simmer 15 minutes. Pour over liver; cover pan and simmer another 15 minutes.


Broiled Liver

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

Liver and Vegetable Stew

1 lb. beef or pork liver
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons drippings or bacon fat
4 medium carrots
4 medium potatoes

4 medium onions
1 1/3 cups boiling water
1 tablespoon Worcestershire sauce
2/3 cup milk (about)
2 cups prepared biscuit mix
2 chopped pimientos

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 heavy skillet, then transfer to a medium size casserole. Put carrots, potatoes, onion water, Worcestershire sauce in same skillet; cover and cook 20 minutes or until vegetables are tender. Add vegetables to liver. Mix remaining flour smoothly 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

6 thin slices beef or pork liver
(about 1 lb.)
2 cups small bread cubes
1/2 cup grated American cheese
1 tablespoon chopped parsley
1/2 teaspoon onion salt
1/4 teaspoon sage
1/4 cup water
4 tablespoons melted bacon drippings

2 tablespoons flour
1/4 teaspoon salt
dash of pepper
2 bouillon cubes
2 cups boiling water
12 small white onions (1 pound)
4 medium-size carrots, scraped and cut into bite-size pieces

Cut out tubes and white membrane from liver slices. Combine bread cubes, cheese, parsley, onion salt and sage in medium-size bowl; sprinkle with and 2 tablespoons bacon drippings over mixture. Spread stuffing over liver slices. Roll up each slice, jelly-roll fashion; fasten rolls securely with wood picks or metal skewers; dust rolls lightly with flour, salt and pepper. Brown...
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; reserve. Strain stock; measure; add water, if needed to make 1/2 cups. Return tablespoons fat to skillet. (If needed, use shortening to make correct amount.) Heat in 2 tablespoons flour. Cook over medium heat, stirring constantly, until flour browns. Gradually stir in stock. Cook, stirring constantly, until gravy thickens and boils 1 minute. Season to taste with salt and pepper. Makes about 3 cups gravy.

**Tasty tongue cakes**

<table>
<thead>
<tr>
<th>cups cooked tongue (tip and thick)</th>
<th>1/4 teaspoon sugar</th>
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<tr>
<td>end</td>
<td>1 egg</td>
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<tr>
<td>large potato</td>
<td>salt and pepper</td>
</tr>
<tr>
<td>medium onion</td>
<td>flour</td>
</tr>
<tr>
<td>clove garlic</td>
<td>tomato sauce</td>
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</table>

This is a good way to use up the tip and thick end of a tongue. Boil the tongue, peel and mash well. Put meat and onion through the food chopper, using medium onion blade. Mince garlic fine; then crush and mix thoroughly with meat, potato, flour and egg. Season with salt and pepper. Then form into cakes and dust well 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**

<table>
<thead>
<tr>
<th>1/2 sliced liver</th>
<th>1 onion, sliced</th>
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<tbody>
<tr>
<td>seasoned flour</td>
<td>1 tablespoon flour or cornstarch</td>
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<tr>
<td>4 tablespoons drippings</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>tablespoons chopped green pepper</td>
<td>3/4 cup cooked tomatoes, sieved or 3/4 cup tomato juice</td>
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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**

<table>
<thead>
<tr>
<th>12 to 12 prunes</th>
<th>2 large apples</th>
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<tbody>
<tr>
<td>2 real hearts</td>
<td>2 tablespoons butter or margarine</td>
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<tr>
<td>2 teaspoons pepper</td>
<td>1 cup water</td>
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<tr>
<td>1/2 cup light cream</td>
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Soak prunes several hours. Meanwhile, cut hearts down one side and open 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 squares. Heat butter or margarine in a heavy pot and brown hearts. Now to apple squares and brown slightly, add more salt and water, cover meat, 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
taste.

**Frankfurter Scallop**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>3 medium potatoes</td>
<td></td>
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<tr>
<td>1/2 lb. frankfurters</td>
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<tr>
<td>2 medium onions</td>
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<tr>
<td>1/4 cup celery leaves</td>
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<tr>
<td>1/4 cup parsley</td>
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<tr>
<td>pepper</td>
<td>1/2 cup grated American cheddar cheese</td>
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<tr>
<td>salt</td>
<td>2 tomatoes</td>
</tr>
<tr>
<td>salt</td>
<td>1/2 can condensed mushroom soup</td>
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</tbody>
</table>

Slice uncooked potatoes thin; slice frankfurters in little rounds; cut onions in 1/2 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 sprinkled 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 about 40 minutes or until potatoes are tender, when pierced with a fork. Serve.

**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


**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 for minutes, basting frequently. Serves 4.
Orange Tuna with Noodles

- 1 8-oz. package noodles

Drain oil from tuna. Put in a saucepan and stir in the flour until smooth. Move 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

- 6 oz. package shell macaroni
- 17-0z. can grated tuna
- 1 teaspoon prepared mustard
- 1/2 cup salad dressing
- 1/3 cup salad dressing
- 1/2 cup sliced radishes
- 1/4 cup chopped green pepper
- 1/4 cup chopped celery
- 1/4 cup chopped parsley (optional)


Salmon Souffle

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

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

Galley Main Dishes

Chicken Spaghetti

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

1/2 lb. packages spaghetti
3 21/2 oz. cans tomato puree
30 medium-sized onions, chopped

Grease a 9x13x2 inch baking dish with 1/2 cup melted butter or margarine. Place onions and green pepper in dish. Cover with beans. Pour sauce over. Cover and bake at 350° F. 45 minutes. Serve with cooked pasta.
Cook chicken in salted water. Remove chicken from bones and cut into 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 small cans of sliced mushrooms, stems and pieces. Season with salt. Cover and simmer over low heat 30 minutes or longer. Fifteen minutes before serving time, range in casserole or serving dish. Add and mix ½ pound grated American Cheddar cheese, or sprinkle on top. Heat until cheese is melted. 20 to 25 servings.

A la Chicken in Cornbread Ring

2 cups cooked chicken
1/2 cup chopped onion
1/3 cup margarine or butter
1/2 cup diced celery
1/3 cup flour
1/4 teaspoon marjoram or thyme
1/4 teaspoon Worcestershire sauce
1/2 teaspoon salt
3/4 cup milk
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 breading 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 in cream sauce, small whole onions in cream sauce, or leftover meats in cream sauce.

Cornbread Ring

1 teaspoon poultry seasoning
1 cup cornmeal
1 cup sifted flour
1/4 cup sugar
1/2 teaspoon salt

4 teaspoons baking powder
1 egg
1 cup milk
1/4 cup shortening

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 cream sauce and cut in squares or in a muffin pan.

PORK IN CORNBREAD RING
Chicken Pie

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 mixture. Pat dough to 1/2-inch thickness. Cut with doughnut cutter into 9 2 1/2-inch donut rings. Cut remaining dough into small biscuits.

Melt fat in sauce pan. Mix flour, pepper, mace, Worcestershire sauce, sugar and cream. Stir into melted fat. Add 2 cups of the chicken broth. Stirring 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 375° F. 25 to 30 minutes.

Cook frozen peas in small amount of water. Season. When pie is done, put 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 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 reserve 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 flour, and then, stirring constantly, pour the mixture into the broth in the saucepan. Cook until slightly thickened. Season to taste with salt and pepper. It is now ready for cooking the dumplings.

Dumplings

Sift the flour, baking powder and salt together. Beat the eggs, add the flour and mix with the dry ingredients. Drop by spoonful into the boiling chicken 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  
½ teaspoon salt  
4 pepper corns  
½ 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 stock, but leave as much as 4 tablespoons to give desired flavor and richness. Heat 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 celery. 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.

## HRFTY 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*
- Hot biscuits  
- Crisp cabbage slaw  
- Butter or margarine  
- Peanut butter cookies  
- Cocoa

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

*Salmon souffle*
- Fluffy Irish potatoes  
- Buttered peas  
- Tomato aspic salad  
- Butter or margarine  
- Apple tapioca  
- Coffee

*Liver and vegetable stew*
- Celery and carrot salad  
- Cornmeal muffins  
- Butter or margarine  
- Fresh apple turnovers  
- Milk

*Thifty meat loaf*
- Baked sweet potatoes  
- Buttered cabbage  
- Cranberry sauce  
- Canned peaches with boiled custard  
- Milk

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

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

*Ham shank with lima beans*
- Buttered carrots  
- Scalloped potatoes  
- Fresh mustard and spinach salad  
- Canned berry cobbler  
- Milk
<table>
<thead>
<tr>
<th>*Barbecued pot roast</th>
<th>*Franksfurter scallop</th>
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<tbody>
<tr>
<td>Turnip greens Hominy</td>
<td>Buttered squash</td>
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<tr>
<td>Homageed combination vegetable salad</td>
<td>Harvard beets</td>
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<tr>
<td>Hot rolls Butter or margarine</td>
<td>Apple and raisin salad</td>
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<tr>
<td>Apple sauce cake</td>
<td>Whole wheat bread</td>
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<tr>
<td>Milk Coffee</td>
<td>Oatmeal drop cookies</td>
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<tr>
<td>Coffee</td>
<td>Cocoa</td>
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<tr>
<td>*Braised pork liver</td>
<td>*Cottage cheese and nut loaf</td>
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<tr>
<td>Baked sweet or Irish potatoes</td>
<td>Blackeye peas</td>
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<tr>
<td>Greens Stewed tomatoes</td>
<td>Creamed potatoes</td>
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<tr>
<td>Onion and green pepper rings</td>
<td>Cabbage and green pepper slaw</td>
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<tr>
<td>Hot biscuits</td>
<td>Corn muffins Butter or margarine</td>
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<tr>
<td>Cranberry crunch</td>
<td>Boiled custard Cookies</td>
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<tr>
<td>Milk Coffee</td>
<td>Milk Coffee</td>
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<tr>
<td>Hot macaroni salad</td>
<td>Hot macaroni salad</td>
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<tr>
<td>Green string beans</td>
<td>*Hot macaroni salad</td>
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<tr>
<td>Stewed tomatoes</td>
<td>Green string beans</td>
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<tr>
<td>Bread Butter or margarine</td>
<td>Stewed tomatoes</td>
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<tr>
<td>Apple crisp</td>
<td>Bread Butter or margarine</td>
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<td>Milk</td>
<td>Apple crisp</td>
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<tr>
<td>*Quick pizza</td>
<td>*Quick pizza</td>
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<tr>
<td>Baked potato</td>
<td>Baked potato</td>
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<td>Tossed salad</td>
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<td>Milk</td>
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<tr>
<td>*Tomato-cheese sandwich</td>
<td>*Tomato-cheese sandwich</td>
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<td>Pickled peaches</td>
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<td>Milk</td>
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<tr>
<td>*Chicken and noodles</td>
<td>*Chicken and noodles</td>
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<tr>
<td>Tossed green salad</td>
<td>Tossed green salad</td>
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<tr>
<td>Biscuits Honey</td>
<td>Biscuits Honey</td>
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<tr>
<td>Milk</td>
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If these main dishes are included on previous pages.
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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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
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 B	extsubscript{1}). 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,

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 ¼ teaspoon pepper
½ green pepper, chopped ½ 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
½ 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 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, 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 ½ pounds lean calf or veal stew meat 1 ½ cups liquid drained from green beans, plus water or juices from other canned vegetables.
½ teaspoon paprika 1 tablespoon vinegar
½ teaspoon salt ¼ cup finely-chopped onion
¼ teaspoon dried dill ½ teaspoon garlic powder or
2 tablespoons flour 1 crushed, small clove garlic
3 tablespoons drippings or shortening
1 No. 303 can cut green beans 2 cups cubed potatoes

Main Dish Recipes with Menu Suggestions

Beef

INDIVIDUAL POT ROASTS

| 2 pounds boneless beef chuck | ½ teaspoon oregano |
| ¼ cup flour | ¼ cup sliced onion |
| 1 ½ teaspoons salt | ¼ cup water |
| ½ teaspoon pepper | 2 tablespoons flour |
| 1 tablespoon fat | ½ 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 ¼ cup water. Cover and simmer for 1½ 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 ½ 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 ½ 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 with 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 ¼ cup water. Cover and simmer for 1½ 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 ½ 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 ½ 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
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 2 tablespoons flour
chuck, neck or shank cut 1 cup tomato puree
into 1-inch cubes 1 cup water
Flour, salt, pepper and 6 small onions
paprika 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
½ cup chopped onion cooked tomatoes
½ cup chopped celery 1 egg, beaten
½ cup chopped parsley ½ teaspoon salt
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
1 cup elbow macaroni butter
Salt and pepper 2 tablespoons flour
2 eggs, separated 2 cups milk
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 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.
**VEGETABLE SOUP WITH MEAT BALLS**

**SOUP**
1 cup chopped celery and celery leaves
1 large onion, chopped
1 cup cooked or canned tomatoes

**MEAT BALLS**
2 slices bread
1/4 cup milk
1/2 pound ground beef
1/4 cup finely chopped onion

Place soup ingredients in a kettle. Bring to a boil and cook 20 minutes. Soak bread in 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
2 pounds ground beef
1 tablespoon minced green peppers, optional

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**
1 1/2 cups dry pinto beans
4 1/2 cups water
1/2 cup diced salt pork
1/2 cup chopped onion
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 1/2 cups cooked hominy
1/4 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons margarine or butter
1/2 pound cheese
2 eggs, beaten

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**
1 1/2 cups spaghetti, broken in small pieces
2 cups milk
1 teaspoon salt
3 tablespoons flour
1/2 pound cheese
3 tablespoons margarine or butter
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
1 1/2 cups chopped onion
1 tablespoon melted margarine
1 1/2 cups grated cheese
6 hamburger buns or pickles

Combine all ingredients except buns. Slice buns and put 1/2 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
4 tablespoons melted margarine or butter
1 cup canned or cooked tomatoes, mashed
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  
2 tablespoons margarine or butter  
1 chopped green pepper, optional  
1 pimento, chopped  
1 can kidney beans  
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 | ⅓ cup grated cheese, sliced or grated |
| 8 small onions, cooked | 2 cups milk | ½ cup milk |
| ⅓ cup dried beans, cooked or canned | 4 eggs, separated | ⅛ teaspoon salt |
| 1 cup peas, cooked or canned | ⅔ cup grated cheese | ⅛ teaspoon pepper |
| 4 tablespoons margarine or butter | 2 hard-cooked eggs | 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 | ⅔ cup milk |
| ⅛ 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 | ⅛ teaspoon salt |
| ⅛ cup milk | ⅛ teaspoon pepper |
| 1 chopped green pepper, optional | 2 tablespoons margarine or butter |
| ⅛ cup dried bread crumbs | ⅛ teaspoon pepper |

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 hard-cooked eggs | ⅛ cup cooked peas |
| 1 ½ cups milk | 2 tablespoons flour |
| 4 eggs, slightly beaten | 1 cup milk |

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.

**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 | ⅛ teaspoon salt |
| 4 eggs | ⅛ 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 90 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 |
| ⅛ cup ground beef | ⅛ 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

\[\frac{1}{4}\text{ cup chopped onion}\]
\[\frac{1}{4}\text{ cup chopped green pepper}\]
\[2\text{ tablespoons fat, melted}\]
\[2\frac{1}{2}\text{ cups canned or cooked tomatoes}\]

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
4 tablespoons milk
\[\frac{1}{4}\text{ teaspoon pepper}\]

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

\[1\text{ tablespoon fat}\]
\[1\text{ tablespoon chopped green pepper}\]
\[\frac{1}{4}\text{ teaspoon celery salt}\]
\[\frac{1}{2}\text{ cup diced celery}\]

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
1 tablespoon salt
\[\frac{1}{4}\text{ cup cooked peas}\]
2 tablespoons flour
\[\frac{1}{2}\text{ teaspoon salt}\]
1 cup milk
1 tablespoon grated onion
1 teaspoon 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
1 teaspoon salt
1/2 cup milk
1 7-ounce can grated tuna
1/2 cup finely sliced onion
1/2 teaspoon pepper
1 teaspoon salt
1 1/2 tablespoons flour
1/4 cup chopped sweet pickle
2 tablespoons flour

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, bread pudding.

Tuna Chowder

1/2 cup finely sliced onion
1/2 cup chopped celery
1/4 cup finely chopped onion
2 tablespoons margarine or butter
1/2 cup cooked peas
2 tablespoons flour
1/2 cup milk
1/2 cup finely chopped onion
1/4 teaspoon salt
1/2 cup milk
1/2 cup milk

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 1 1/2 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**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 tablespoon butter or margarine</td>
<td>1 egg, separated</td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td>1 teaspoon minced onion</td>
</tr>
<tr>
<td>2 slices bread, crumbled</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1/4 cup lemon juice</td>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>1 1-pound can pink salmon drained and flaked</td>
<td>Paprika</td>
</tr>
</tbody>
</table>

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. Serve with rich cheese sauce. Serves four.

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

**SALMON LOAF**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 1-pound can pink salmon, drained and flaked</td>
<td>2 teaspoons finely chopped onions</td>
</tr>
<tr>
<td>1 cup bread crumbs</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>2 eggs</td>
<td>Dash cayenne pepper</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 tablespoons butter or margarine</td>
<td>1/4 teaspoon dry mustard</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>1/4 teaspoon salt</td>
</tr>
<tr>
<td>1 1/2 cups milk</td>
<td>1/2 teaspoon Worcestershire sauce</td>
</tr>
<tr>
<td>1 cup grated sharp Cheddar cheese</td>
<td>Dash cayenne pepper</td>
</tr>
</tbody>
</table>

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**

**BARBEQUED FRANKFURTERS**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 pound frankfurters</td>
<td>1 teaspoon prepared mustard</td>
</tr>
<tr>
<td>1 tablespoon margarine or butter</td>
<td>4 teaspoons Worcestershire sauce</td>
</tr>
<tr>
<td>1/4 cup chopped onion</td>
<td>1/2 cup catsup</td>
</tr>
<tr>
<td>Dash of pepper</td>
<td>1/2 cup water</td>
</tr>
<tr>
<td>4 teaspoons sugar</td>
<td>1/4 cup vinegar</td>
</tr>
</tbody>
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Cut 5 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 WITH HOT POTATO SALAD**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>4 cups sliced cooked potatoes</td>
<td>1 tall can evaporated milk</td>
</tr>
<tr>
<td>about 1 1/2 pounds</td>
<td>1 1/2 teaspoons salt</td>
</tr>
<tr>
<td>3 slices bacon</td>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>1 cup finely chopped onion</td>
<td>2 tablespoons chopped parsley, optional</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>1 cup prepared mustard diagonally</td>
</tr>
<tr>
<td>1/2 cup vinegar</td>
<td>1 pound Frankfurters, cut</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 cups flour</td>
<td>2 teaspoons caraway seed</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1 1/2 teaspoons vinegar plus</td>
</tr>
<tr>
<td>1/2 cup shortening</td>
<td>milk to make 1/2 cup</td>
</tr>
<tr>
<td>1/4 cup grated cheese</td>
<td>8 Frankfurters, about 1 pound</td>
</tr>
</tbody>
</table>

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 1/8 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 |
| 1/2 cup flour | 1/4 cup vinegar |
| 1/4 teaspoon pepper | 1/2 teaspoon salt |
| 1 teaspoon salt | 2 tablespoons Worcestershire sauce |
| 1/4 cup shortening | |
| 3 medium-sized onions, sliced | 1 teaspoon mustard |
| 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 | 1/4 teaspoon pepper |
| 2 tablespoons flour | 1/4 cup currant jelly |
| 1 teaspoon salt | 1/4 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, 1/2 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 | 1/2 teaspoon pepper |
| 1 pound small cubed lean lamb breast or shoulder | 1/2 teaspoon allspice |
| 1/2 cup minced onion | Bayleaf |
| 1 teaspoon salt | 1 1/2 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 coconuts sprinkled over lamb curry, bread and beverage.

**LITTLE LAMBBURGERS**

| 2 pounds finely ground lamb | 2 teaspoons salt |
| 2 egg yolks | 1/2 teaspoon coarse-grind pepper |
| 2 tablespoons minced parsley | 1/4 teaspoon powdered thyme |
| 1/2 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 1/4 inches in diameter and 1/4 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

| 1 1/2 pound cubed lamb shoulder | 3 cups stock or bouillon |
| 1 cup sliced onions | Salt and pepper to taste |
| 1 1/2 cups sliced beets | 1 1/2 cups biscuit mix |
| 1 1/2 cups cut green beans | 1/2 cup yellow cornmeal |
| 2 cups diced tomatoes | 1/2 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 1/2-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 | 1/2 teaspoon celery salt |
| 1 cup dry bread crumbs | 1 egg |
| 6 tablespoons peanut butter | 3/4 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 beans, 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 | 1/2 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 1/2 cup water or 1 1/2 cups cooked or canned tomatoes |
| 1 cup sliced onions | 1/2 teaspoon hot sauce |
| 3/4 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**

<table>
<thead>
<tr>
<th>1/4 cup bread crumbs</th>
<th>2 eggs, slightly beaten</th>
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</thead>
<tbody>
<tr>
<td>1 cup hot milk</td>
<td>2 cups cooked macaroni</td>
</tr>
<tr>
<td>1 cup chopped cooked ham</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons melted fat</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped green pepper, optional</td>
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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**

<table>
<thead>
<tr>
<th>2 tablespoons minced onions</th>
<th>1 cup diced, cooked ham</th>
</tr>
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<tbody>
<tr>
<td>2 tablespoons ham drippings</td>
<td>1 tablespoon minced parsley, optional</td>
</tr>
<tr>
<td>3 eggs</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>1 cup whole-kernel corn</td>
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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**

<table>
<thead>
<tr>
<th>2 tablespoons minced onion</th>
<th>3 cups cooked rice</th>
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<tbody>
<tr>
<td>1 tablespoon margarine or butter</td>
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</tr>
<tr>
<td>11/2 cups chopped leftover or canned meat (ham, chicken, beef)</td>
<td>1 10 1/2-ounce can creamed soup</td>
</tr>
<tr>
<td>Salt, as desired</td>
<td>Chili sauce or Worcestershire sauce, optional</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>1 1/2 cups dried lima beans</th>
<th>6 medium onions</th>
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<tbody>
<tr>
<td>3 cups water</td>
<td>6 carrots</td>
</tr>
<tr>
<td>1 large ham shank</td>
<td>1/4 cup flour</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td>1 teaspoon chili powder</td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
<td>1/2 cup water</td>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>1 pound lean pork shoulder</th>
<th>2 cups diagonally cut green beans</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons soy sauce</td>
<td>2 cups diagonally cut celery</td>
</tr>
<tr>
<td>1 chicken bouillon cube</td>
<td>1/2 cup cold water</td>
</tr>
<tr>
<td>1 1/2 cups of boiling water</td>
<td>2 tablespoons cornstarch</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1 tablespoon soy sauce</td>
</tr>
<tr>
<td>2 cups thinly sliced carrots</td>
<td>3 to 4 cups hot cooked rice</td>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>1 pound bulk pork sausage</th>
<th>1 teaspoon salt</th>
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<tbody>
<tr>
<td>1 cup diced onion</td>
<td>2 cups buttermilk</td>
</tr>
<tr>
<td>1 cup diced green pepper, optional</td>
<td>2 cups uncooked macaroni</td>
</tr>
<tr>
<td>2 cups cooked or canned tomatoes</td>
<td>2 tablespoons sugar</td>
</tr>
<tr>
<td>1 tablespoon chili powder tomatoes</td>
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</table>

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**

<table>
<thead>
<tr>
<th>1 pound bulk pork sausage</th>
<th>1 1/2 cups cooked or canned cut green beans</th>
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</thead>
<tbody>
<tr>
<td>4 tablespoons flour</td>
<td>1 package corn muffin mix or</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1 recipe of corn muffins</td>
</tr>
<tr>
<td>2 1/2 cups tomato juice</td>
<td>(approximately 1 1/2 to 2 cups)</td>
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<tr>
<td>1 cup cooked or canned whole-kernel corn</td>
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</table>


Serve with fruit salad and milk.
TANGY LIMA CASSEROLE
1 pound bulk sausage
1 tablespoon shortening
3 cups cooked dry lima beans
2 cups canned or cooked tomatoes
1 green pepper, sliced
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
Salt and pepper
1 teaspoon paprika
1/2 cup fat
1 cup water
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
1/2 cup flour
11/2 tablespoons salt
1/4 teaspoon pepper
1/2 teaspoon ginger
1/2 teaspoon poultry seasoning

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
1 1/2 cups water
3 celery tops
1 tablespoon salt
1 bay leaf
2 cups biscuit mix

About 1/2 cup milk
7 tablespoons chicken fat
7 tablespoons flour
1/4 teaspoon pepper
1 cup milk
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 1/4-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, 1/4 teaspoon salt, 1/4 cup chicken fat or shortening and 2 or 3 tablespoons of cold water instead of biscuits using 2 cups biscuit mix and 1/2 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 1/4 cup chopped onions, 1/4 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
1 1/2 cups flour
2 eggs
5 teaspoons baking powder
1/2 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
Salt

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

BRAISED PORK LIVER
1 pound sliced liver
Seasoned flour
2 to 4 tablespoons bacon drippings
3 tablespoons chopped green pepper, optional

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
⅛ pound liver
Water
2 medium onions
6 hard-cooked eggs
Salt
Pepper
3 tablespoons melted butter or margarine
Salad greens

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
1/4 pounds liver
Boiling water to cover
2 cups corn bread crumbs
3/4 cup grated onion
4 tablespoons bacon drippings
Bacon slices

Simmer liver in water about 5 minutes. Slice onion and cut pepper in ¼ inch strips. Cook 5 minutes in shortening; remove from heat. Pour off liquid of liver into onion, pepper mixture. Cut liver in ¼ 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 1/4 cup milk
3 tablespoons bacon drippings 3/4 teaspoon salt
6 eggs 1/4 teaspoon pepper

Wash brains and soak in cold water for 1/2 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 pre-cooking, 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 2 tablespoons flour
or 3/4 teaspoon salt
4 lamb hearts 1/2 teaspoon pepper
2 cups buttermilk 1/4 cup bacon drippings or fat

Wash hearts and cut into 1/2 inch slices. Soak in buttermilk overnight. Dip slices into mixture of flour, salt and pepper. Brown in hot drippings. Add 1/2 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.

References

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