

MEAT DISHES

AND

VEGETABLE DISHES

SOUPS

SALADS

DRIED BEEF SOUTHERN

With creamed hominy

- 3 to 4 ounces dried beef
- 4 tablespoons shortening
- 2 tablespoons flour
- 1½ cups milk
- 1 No. 2½ can or 3 cups cooked whole hominy
- ½ cup dry bread crumbs
- 2 tablespoons melted butter

Frizzle torn dried beef in 2 tablespoons heated shortening. Make white sauce by melting remaining 2 tablespoons shortening, blending in flour, and adding milk gradually. Cook until thick, stirring constantly. In well greased casserole, arrange alternate layers of hominy and beef; pour white sauce over mixture; and combine bread crumbs and melted butter and sprinkle on top. Bake in moderate oven (350° F.) for 30 minutes. Serves 6.

CORN CREOLE

Excellent for buffet supper

- 1 small onion
- 1 bud garlic
- 1 small green pepper or 4 tablespoons chopped parsley
- 2 tablespoons shortening
- 1 pound ground beef
- 1 teaspoon chili powder
- 2 teaspoons salt
- 1½ cups cooked tomatoes
- 1 cup cream style corn
- ½ cup yellow corn meal
- 1 cup milk
- ½ cup minced ripe olives

Saute finely chopped onion, garlic, and green pepper or parsley in hot shortening

until limp but not brown. Add ground beef and seasonings; cook slowly for 10 minutes. Add tomatoes and corn; boil briskly; stir in corn meal; and add milk and minced olives. Pour into well greased baking dish or casserole; bake uncovered in moderately slow oven (325° F.) for 1 hour. Serves 6.

SWEDISH CABBAGE ROLLS

A different note

- 1 pound ground pork
- 1 pound ground veal
- ½ cup dry bread crumbs
- 2 tablespoons grated onion
- 2 teaspoons salt
- ½ teaspoon sage
- ¼ teaspoon pepper
- 1 egg
- ½ cup milk
- 12 cabbage leaves
- 1 cup tomato puree

Have ground inexpensive cuts of pork and veal. Combine meat, bread crumbs, onion, salt, sage, and pepper; add egg and milk; and mix well. Wash and dry cabbage leaves; place 4 to 6 tablespoonfuls of the meat mixture in the center. Roll leaves around meat; fasten with toothpicks. Place cabbage rolls in baking dish; add tomato puree; cover; and bake in moderate oven (350° F.) for 45 minutes, or until done. Makes 12 rolls. Serves 6.

MACEDOINE CASSEROLE

Meal-in-one

- 2 cups cooked lima beans
- 2 cups grated raw carrots
- 2 cups thinly sliced onion
- 2 cups thinly sliced celery
- 2 cups grated American cheese
- 3 hard-cooked eggs
- Seasonings
- 1 cup tomato juice

In a well greased casserole, place alternate layers of cooked lima beans (either canned or dried), carrots, onion, celery, cheese, sliced hard-cooked eggs, and seasonings to

taste. Pour tomato juice over vegetables; cover and bake in moderate oven (350° F.) for 1 hour, or until all vegetables are done. Serves 8.

SALMON PUFFS

Serve with cream or tomato sauce

- 1 pound can or 2 cups flaked salmon
- ½ cup fresh bread crumbs
- 2 tablespoons grated onion
- 1 tablespoon lemon juice
- 1 tablespoon melted shortening
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 egg
- ½ cup milk

Remove skin and bones from canned salmon; flake; and add bread crumbs, onion, lemon juice, shortening, and seasonings. Beat egg; add milk; and combine with salmon mixture. Pack in well greased muffin tins; bake in moderate oven (350° F.) for 30 to 45 minutes, or until golden brown. Makes 6 large puffs.

GERMAN SAUERKRAUT

With dumplings

- 1 medium-size onion
- 3 tablespoons shortening
- 3 cups sauerkraut
- ½ cup brown sugar, firmly packed
- 3 medium-size apples
- 1 pound wieners
- Dumplings (recipe follows)

Dice onion; saute in hot shortening in heavy kettle until limp but not brown; add sauerkraut, brown sugar, and peeled, quartered apples; and cover and cook slowly 15 minutes, adding water as needed. Drop dumplings by tablespoonfuls on gently boiling mixture. Cover and cook 12 to 15 minutes without removing cover. Heat wieners in boiling water for 10 to 15 minutes. Arrange dumplings around edge of hot platter; fill center with sauerkraut mixture; and place wieners on top. Serves 6 to 8.

DUMPLINGS

- 1½ cups flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- ¾ cup milk

Sift flour; measure; and sift again with baking powder and salt. Add milk all at once; mix only enough to moisten flour. Follow cooking directions given above.

OLD-FASHIONED LEMON SAUCE

Brings out flavor in puddings

- 1 cup water
- ½ cup sugar
- 1½ tablespoons cornstarch
- ½ teaspoon salt
- 3 to 5 tablespoons lemon juice

Combine water, in top of double boiler with sugar, cornstarch, and salt mixed together. Cook over hot water until thick and transparent, 10 to 15 minutes, stirring occasionally. Add strained lemon juice. Serve hot. Serves 6 to 8.

BAKED STUFFED TOMATOES

- 4 large tomatoes
- 1½ tablespoons butter
- 1 onion, minced
- ½ green pepper, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ teaspoons curry powder
- ¾ cup chopped cooked meat

Scoop out centers of tomatoes, melt butter in skillet, add onion and green pepper, cook 3 minutes. Add tomato pulp and seasonings, simmer 7 minutes, add meat. Fill tomato shells and bake in a moderate oven, 350° F., for 30 minutes.

SUMMER SQUASH FRITTERS

- 1½ cups cooked summer squash
- 1 egg, well-beaten
- ½ cup sifted flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon baking powder

Scrape squash (white, green or yellow), cut in inch pieces, steam until tender, mash. Add squash to well-beaten egg and combine with sifted dry ingredients. Drop by spoonfuls onto hot greased skillet, and sauté in bacon fat or butter until golden brown.

CREAM OF VEGETABLE SOUP

- 1 tablespoon butter
- 1 onion, minced
- 1 cup vegetable water or meat stock
- 1 cup cooked vegetables
- 1 tall can White House Evaporated milk
- Salt and pepper

Cook onion in butter for a few minutes, do not brown. Add vegetable water and vegetables, bring to boiling point; force through a coarse sieve. Add evaporated milk, season to taste with salt and pepper, heat thoroughly and serve. Garnish with salted whipped cream and chopped parsley if desired.

COOKED VEGETABLE SALAD

Left-over cooked vegetables that are firm, not mushy, may be used for salad. Green peas, spiced beets, lima beans, carrots and string beans were used for the salad pictured. Marinate vegetables in a little well-seasoned French dressing and chill thoroughly. Arrange vegetables in large salad bowl lined with crisp lettuce leaves. Serve with any desired salad dressing.

DIRECTIONS:

This condiment may be used with any food with which pepper or spices blend. Hundreds of dishes are given new flavor by simply adding *Gebhardt's EAGLE CHILI POWDER*. Keep the top screwed tight on the bottle and do not allow the contents to get wet. The essential oils that give *Gebhardt's EAGLE CHILI POWDER* its flavor and wholesomeness also keep it moist and compact in the bottle. Before taking any from the bottle, loosen the upper portion so as to make the powder pour easily.

A Few Choice Gebhardt Eagle Chili Powder RECIPES:

GLOSSARY—*t.* teaspoon; *T.* tablespoon; *c.* cup; *lbs.* pounds; *qt.* quart.

Chili con Carne

- 2 lbs. beef.
- 3 T. Gebhardt Chili Powder
- 2 small garlic cloves, minced
- 4 T. fat
- 2 T. suet, chopped
- 1 large onion, chopped
- 3 T. flour
- 2 t. salt
- 1½ qt. hot water
- 1 can Gebhardt's beans

Cut the beef in small chunks (do not grind); add the Chili Powder, minced garlic, salt and flour; mix thoroughly. Use a large deep pot; fry the onion in the fat and suet until tender; then add meat mixture; fry about 15 minutes; gradually pour on the hot water. Let simmer for 45 minutes or until meat is tender. Add additional Chili Powder and salt to suit individual taste. Add the beans just before serving.

NOTE: Above recipe offers an excellent homemade Chili con Carne; quickly and easily prepared. However, the native dish requires special equipment and long hours of cooking. Such ideal Chili con Carne may be had ready-prepared in Gebhardt cans. The home recipe below is even simpler than that above; a quick dish, easily prepared, using left-over meats.

Chili con Carne No. 2

(With Left-Over Meats)

A wholesome Chili con Carne may be prepared from meats left over from previous meals, such as steaks, roast, etc. Chop the meat fine, add finely chopped onions and salt. Place in a pan in which has been heated a quantity of lard, and cook 10 minutes. Then add enough hot water to make a sauce and tablespoonful of Gebhardt's Eagle Chili Powder for each quart of the finished dish. Other seasoning—rice, macaroni or beans—may be added as suits your pleasure.

Hot Tamale Pie

- 2 c. ground cooked meat
- ½ c. tomatoes
- 1 c. gravy or meat stock
- 1 T. Gebhardt's Chili Powder
- 1 t. salt
- ½ small garlic clove, minced
- 1 qt. cooked mush, very stiff

The meat from a cold roast is good for this. Mix with the tomatoes, gravy or meat stock, Gebhardt's Chili Powder, salt and garlic. Line a casserole—sides and bottom with the cold mush. Fill with meat mixture, then put mush over the top in broken pieces. Bake from 20 to 30 minutes in hot oven. Serve from casserole.

Corn and Tomatoes

- 1 c. corn
- 1 c. tomatoes
- 1 t. sugar
- 1 t. salt
- 2 t. Gebhardt's Chili Powder
- ½ c. bread crumbs
- 2 T. butter

Mix the corn, tomatoes, sugar, salt and Chili Powder. Pour into buttered casserole; cover with bread crumbs and dot with butter. Bake in moderate oven until crumbs are brown.

Mexican Salad

- 3 large green sweet peppers
- 1 medium onion
- 4 medium ripe tomatoes
- 1 t. Gebhardt's Chili Powder
- 4 slices bacon
- ½ c. mild vinegar
- Salt to taste

Chop the vegetables and mix. Cut bacon in small pieces and cook crisp in hot skillet. Stir in Chili Powder, salt and add vinegar as it boils up. Pour over the vegetables and serve in lettuce cups.

All Purpose Mexican Sauce

Here is indeed magic with which to work miracles in all manner of cookery; a sauce that adds unbelievable succulence to chops, roasts, steaks, meat balls, loaves, etc.; a marvelous gravy in which to reheat all manner of left-over meats; a juice, laden with flavor, to pour over rice, spaghetti, noodles, etc. Make it in quantities; keep it in the ice-box. Its uses are myriad.

- 2 T. butter
- 1 small onion, chopped
- 1 green pepper, chopped
- 1 clove of garlic, chopped
- 2 T. flour
- ½ t. salt
- 2 t. Gebhardt's Chili Powder
- ½ c. meat stock
- 1 c. tomatoes

Cook onion, pepper and garlic slowly in the butter until soft, stirring often; add flour, salt and Chili Powder and stir until smooth. Add meat stock and tomatoes. Cook until thick and smooth. Strain, if desired.

Toasted Tomato-Cheese Canape

- 6 slices bread, toasted
- 6 slices tomato
- 6 slices cheese
- Butter
- Salt
- Gebhardt's Chili Powder

Place a slice of tomato on each slice of buttered toast. Sprinkle with salt and a dash of Chili Powder. Lay a thin slice of cheese on top of the tomato and dash liberally with Chili Powder. Heat in oven until cheese melts, serve immediately.

Recipes on this page are but a few of the many which are given in the famous Gebhardt recipe book shown above. The uses of Chili Powder are almost unlimited. A little familiarity and experience leads to many delightful culinary adventures that will challenge the ingenuity and originality of every American housewife.

OVEN HASH

- 2 cups chopped cooked meat.
- 4 medium-sized potatoes, diced.
- 1 cup stewed tomatoes.
- 2 stalks celery, diced.
- ½ cup left-over gravy or meat stock.

1 egg, beaten.
1 medium-sized onion, grated.
Salt and pepper.
Mix the meat, potatoes, celery and onion. Combine with beaten egg, gravy and tomatoes. Season with salt and pepper and put in a greased baking dish. Bake in a moderate oven (350 deg. F.) until the hash is thoroughly heated.

MEAT SALAD

- 1 cup cooked pork, lamb, or veal, diced.
- ½ cup asparagus, diced.
- ½ cup celery, diced.
- ½ teaspoon vinegar.
- Mayonnaise.

1 hard-cooked egg.
1 tablespoon salad oil.
Asparagus tips.
Celery tips.
Salt and pepper.
Lettuce.

Mix the meat, celery, and asparagus. Add the salad oil, vinegar and seasonings. Moisten with the mayonnaise. Arrange on lettuce, and garnish with the celery and asparagus tips and sliced egg.

CASSEROLE OF LAMB

- 2 pounds breast of lamb, boned and cut in small pieces.
- 2 tablespoons flour.
- 2 tablespoons bacon drippings.
- 2 cups diced potatoes.
- 2 cups diced carrots.
- 1 finely chopped onion.
- 1 cup canned tomatoes.
- Salt.
- Pepper.

Roll lamb in flour and brown together with the onion in hot bacon drippings. Put in a greased casserole with the tomatoes and 1 cup hot water. Bake in a moderate oven (350 deg. F.) until done. Add the potatoes and carrots as nearly as possible a half to three-quarters of an hour before serving. Add a little more water from time to time and thicken the gravy if it is too thin.

HAM AND POTATOES EN CASSEROLE

Place a layer of potatoes in the casserole dish, then a layer of

sliced ham, and a second layer of potatoes. Season with salt and pepper, add 1 cup meat stock and bake at a moderate temperature (350 deg. F.) until done. Just before serving, sprinkle the top with grated cheese, and return to the oven long enough to melt the

SWISS STEAK

Really should be international 1 pound round steak.

- ½ cup flour.
- ¼ teaspoon pepper.
- 1½ teaspoons salt.
- 1½ tablespoons shortening.
- 2 tablespoons onion.

Have round steak cut from 1 to 2 inches thick. Pound flour into steak, using the edge of a saucer or a steak hammer. Brown steak and onion in a hot frying pan to which the shortening has been added. Season. Cover with hot water and cook VERY slowly in a tightly covered frying pan for 1½ to 2 hours, or put in greased casserole or baking dish, pour hot water over meat and bake in a moderate oven (350 degrees F.) for 1½ to 2 hours. When done the gravy should be thick enough to serve without adding additional thickening. Add more water if needed—Serves 4.

NOTE: 1 cup of tomatoes fresh or canned may be poured over steak instead of water.

COTTAGE CHEESE RING

(Illustrated on cover)

- | | |
|-------------------------------------|-------------------|
| 1 tablespoon gelatin | 1 slice pineapple |
| ¼ cup cold water | 1 orange |
| 2 cups Kraft Creamed Cottage Cheese | 1 banana |
| ½ cup milk | 6 dates |
| ⅛ teaspoon paprika | Kraft Mayonnaise |
| Salt, pepper | Curly endive |
| | 1 avocado |

• Soften the gelatin in the cold water; dissolve over hot water. Blend with the cottage cheese and milk to which seasonings have been added. Pour into a ring mold and chill until firm. Unmold, and fill the center with the diced pineapple, orange, banana and dates. Pipe a border of mayonnaise around the inner edge of the ring, using a pastry tube.

Garnish the platter with curly endive on which sections of orange and slices of avocado are placed.



COTTAGE CHEESE PIE

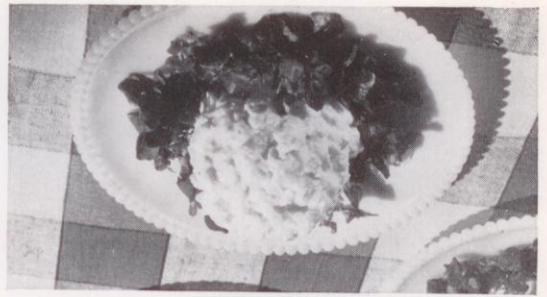
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| ½ cup Kraft Creamed Cottage Cheese | ½ cup cream |
| 2 tablespoons sugar | ¼ cup chopped blanched almonds |
| Dash of salt | ½ cup currants |
| 3 eggs | Pastry |

• Mix cottage cheese, sugar and salt. Beat 1 whole egg and 2 yolks; add to the cheese. Add the cream, with the almonds and currants. Mix well. Fold in the stiffly whipped whites of 2 eggs. Pour into an unbaked pie shell. Bake first 10 minutes in a hot oven, 450°; reduce heat to 325°, or a very moderate oven, and bake until filling is done.

TOMATO ASPIC RING

- | | |
|------------------------------------|-----------------------------|
| 3 cups tomato juice | 2 tablespoons gelatin |
| 1 onion, sliced | ½ cup cold water |
| 1 bay leaf | Kraft Chive Cheese |
| ¼ cup lemon juice | Lettuce |
| Salt, pepper, cayenne | Kraft Mayonnaise, or |
| 1 ½ teaspoons Worcestershire sauce | Miracle Whip Salad Dressing |

• Cook the tomato juice, onion and bay leaf a few minutes. Strain, add lemon juice, seasonings, Worcestershire sauce and gelatin softened in the cold water. Pour into a ring mold. When firm, unmold and fill the center with Kraft Chive Cheese. Garnish with small lettuce cups filled with mayonnaise or salad dressing.



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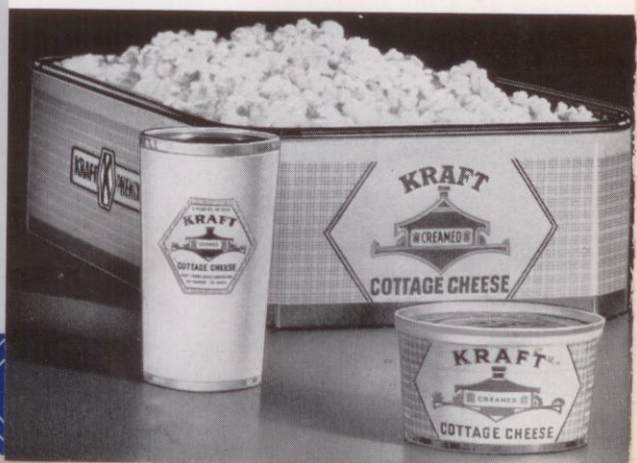
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22 Hot soup on cold days produces that tropical feeling. For something different, add a little rice to good consommé or chicken soup. Simmer until the rice is cooked. Just before it goes to the table stir in the yolks of two eggs beaten with some warm stock. Then add the juice of one and one half lemons. It's Greek—and they had a word for it. Mine is simply "good."

28 Then there is that one made from ripe old cheese and minced onion. Work into a paste and spread on crackers. This is called Father's Day!

27 A new canapé for holiday parties? Surely, and you'll need some cans of tuna. Shred the fish, mix it with mustard sauce and spread on toast rounds. Heat in the oven.



PINEAPPLE SALAD

Curly endive
Pineapple spears, or fingers
Kraft Creamed Cottage Cheese

Maraschino cherries
Kraft or Miracle French Dressing

● Place endive on a salad plate. Add two spears of pineapple; spread them with cottage cheese. Garnish each with a cherry, and serve with French dressing.

BRAN MUFFINS

Cottage Cheese—Preserves

$\frac{3}{4}$ cup milk
1 cup whole bran flakes
 $\frac{1}{4}$ cup brown sugar
1 egg

1 cup flour
 $\frac{1}{4}$ teaspoon salt
3 teaspoons baking powder
 $\frac{1}{4}$ cup butter

● Pour milk on bran flakes and sugar; let stand 10 minutes. Beat the egg, add the bran, and mix. Add the sifted dry ingredients, and the melted butter. Mix again. Pour into buttered muffin tins and bake in a hot oven, 450°, 15 to 18 minutes.

Serve hot, with Kraft Creamed Cottage Cheese and strawberry preserves, or raspberry jelly.



FROZEN CHEESE DE LUXE

1 cup whipped cream
2 cups Kraft Creamed Cottage Cheese

$\frac{1}{4}$ cup maple syrup
1 $\frac{1}{2}$ cups diced pineapple
1 cup chopped dates

● Fold whipped cream into cottage cheese. Carefully add remaining ingredients. Turn into a refrigerator tray and freeze until firm. Serve either as a dessert, or as a salad on crisp lettuce.

RYE SANDWICH

Kraft Chive Cheese
Salt, pepper

Rye bread
Miracle Whip Salad Dressing

● Season the cheese with salt and pepper, and spread it between slices of rye bread spread with Miracle Whip Salad Dressing.



PUFFY OMELET

With Cottage Cheese and Jelly

4 eggs
 $\frac{1}{4}$ cup milk
Salt, pepper
2 tablespoons butter

Kraft Creamed Cottage Cheese
Currant jelly

● Beat two whole eggs and two yolks. Add milk and seasonings. Fold in stiffly beaten egg whites. Cook very slowly in a skillet in which the butter has been melted. Place in a moderate oven, 350°, a few minutes to dry the top. Spread half of the omelet with cottage cheese and the other half with jelly. Fold, and serve immediately.

BAKED POTATO SPECIAL

Baked potatoes
Butter, salt, pepper

Kraft Creamed Cottage Cheese
Chopped parsley, or paprika

● Cut each hot baked potato in half lengthwise. Into each half chop a generous amount of butter, with a dash of salt and pepper. Then cover each half with a heaping tablespoon of cottage cheese. Return to the oven just long enough to heat the cheese slightly, but not cook it. Sprinkle each portion with chopped parsley or paprika. Serve at once.

As a variation, use Kraft Chive Cheese in place of Kraft Creamed Cottage Cheese.

KRAFT RED ROCK SOUR CREAM RECIPES

SOUR CREAM PIE

2 eggs	Grated rind $\frac{1}{2}$ lemon or orange
$\frac{2}{3}$ cup sugar	Pastry shell
Dash of salt	2 tablespoons powdered sugar
2 tablespoons cornstarch	
$1\frac{1}{2}$ cups Kraft Red Rock Sour Cream	

• Beat egg yolks, add sugar, salt and cornstarch. Add sour cream and grated rind. Pour into an unbaked pastry shell. Bake 10 minutes in a hot oven, 450° , and remaining time in a moderate oven, 350° . Cover with a meringue made with the stiffly beaten egg whites and the powdered sugar. Bake in a very moderate oven, 300° to 325° , until meringue is lightly browned.

MUFFINS

With Apple Butter

1 egg	2 tablespoons sugar
1 cup Kraft Red Rock Sour Cream	$\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter	$\frac{1}{2}$ teaspoon soda
	2 teaspoons baking powder

$1\frac{1}{2}$ cups flour

• Beat the egg. Add sour cream and melted butter; mix well. Add sifted dry ingredients and mix thoroughly. Pour into buttered muffin tins and bake in a hot oven, 450° , about 20 minutes. Serve hot, with spicy apple butter.

COLESLAW

$\frac{1}{4}$ teaspoon dry mustard	Salt, cayenne
$1\frac{1}{2}$ tablespoons sugar	Shredded cabbage
3 tablespoons vinegar	Shredded green pepper
1 cup Kraft Red Rock Sour Cream	Shredded pimiento

• Blend the mustard, sugar and vinegar. Add sour cream and mix well. Season to taste with salt and cayenne. Use a generous amount of the dressing to moisten and season the shredded cabbage. Garnish with shredded green pepper and pimiento, or toss them lightly into the slaw.

TOMATO CRAB SALAD

- 4 large tomatoes.
- ½ cupful of diced celery.
- ½ cupful of diced cucumber.
- 1 green pepper.
- ½ cupful of crab meat.
- ¾ cupful of mayonnaise.

Remove the skins and cut a slice from the stem end of each tomato. With a spoon or curved knife hollow out the inside to form a shell. Dice the tomato pulp with celery, cucumber, and what remains of the green pepper after four ¼-inch rings have been cut from the center section. Mix the diced vegetables with the crab meat and ½ cupful of the mayonnaise. More salt and pepper may be needed, depending on the seasoning of the salad dressing. Refill the tomato shells, and garnish the top of each with mayonnaise and a green pepper ring. Serves four persons. Bridge luncheon hostesses will find a stuffed tomato crab salad a delightful main dish, to be accompanied by hot bread of some sort, and coffee.

SALMON SALAD MOLD

- 2 tablespoons gelatin.
- ½ cup cold water.
- 1-3 cup lemon juice.
- 2 cups canned or cooked fresh salmon, flaked.
- 1 cup double-whipped mayonnaise.
- 1 cup celery, finely cut.
- ¼ cup green pepper, finely chopped.
- 1 teaspoon onion, finely chopped.
- ½ teaspoon salt.
- Dash of pepper.

Soften gelatin in cold water. Dissolve over hot water. Add lemon juice. Chill slightly. Add remaining ingredients in order given. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with thin strips of pimiento or sliced stuffed olives and additional mayonnaise. Serves 8 to 10.

MOLDED SALMON DE LUXE

- 1 tablespoon gelatin.
- 2 tablespoons cold water.
- 2 tablespoons boiling water.
- 2 tablespoons vinegar.
- ¼ teaspoon salt.
- 1 cup canned or cooked fresh salmon, flaked.
- 1 cup cucumber, diced and salted.
- ½ cup double-whipped mayonnaise.
- ½ cup cream, whipped.

Soften gelatin in cold water. Add boiling water and dissolve. Add vinegar and salt. Chill. Add salmon and cucumber. Blend mayonnaise and whipped cream and fold them into salmon mixture. Turn into mold. Chill until firm. Unmold on crisp lettuce. Serve with additional mayonnaise. Serves eight.

MAYONNAISE CREAM SAUCE*

(Hot Sauce to be used for creamed fish)

- 2 tablespoons butter or Nucoa.
- 2 tablespoons flour.
- 1 cup milk.
- ½ teaspoon salt.
- Dash of white pepper.
- ¼ cup double-whipped mayonnaise.

Melt shortening in double boiler and blend in the flour. Then add milk gradually, stirring constantly. Cook until entirely smooth. Add salt and pepper. Remove from fire and slowly add mayonnaise. Continue stirring. Makes 1 cup sauce. Serve in place of Cream Sauce.

FROZEN SALMON LOAF

(Main dish salad)

- 2 cups cold cooked rice.
- 1½ cups canned or fresh cooked salmon, drained and flaked.
- 1 cup cooked small peas.
- ½ teaspoon salt.
- ½ teaspoon paprika.
- 1 tablespoon lemon juice.
- ¼ cup double-whipped mayonnaise.

Combine ingredients in order given. Freeze in tray of automatic refrigerator about 2 hours. Unmold on crisp lettuce. Garnish with lemon slices. Serve with additional mayonnaise thinned with a little lemon juice. Serves eight.

This mixture should not be frozen at too low a temperature.

SALMON AND CELERY SALAD

- ½ cupful of diced cucumber.
- ½ cup double-whipped mayonnaise.
- 1¼ cups canned or cooked fresh salmon, flaked.
- 1 tablespoon vinegar.
- 1½ teaspoons salt.
- 1 cup celery, finely cut.

To mayonnaise add remaining ingredients. Serve on crisp lettuce with additional mayonnaise. Serves six.

SALMON IN CASSEROLE

- 2 cups canned salmon, flaked.
- 1 cup Mayonnaise Cream Sauce.*
- Dash of cayenne.
- 2 cups mashed potatoes.

Fold salmon into Mayonnaise Cream Sauce,* to which cayenne has been added. Place in buttered or Nucoaed casserole. Spread mashed potatoes on top and dot with butter or Nucoa. Bake in moderate oven about 12 minutes or until brown. Serves six.

Small baking powder biscuits may be substituted for mashed potatoes.

HERE'S ANSWER TO PROBLEM OF USING HAM ENDS

What to do with the end of a ham may seem a perplexing problem, but, according to Inez S. Willson, home economist, there need be no difficulty—it is good to the very last.

A whole ham may be baked, and when it is decorated with whole cloves and red maraschino cherries, it is a meat which any hostess would be proud to serve. A modern cured ham does not need to be soaked. It is simply put on a rack in an uncovered roaster and baked in a slow oven (300 deg. F.) until done. A ten to twelve pound ham requires twenty-five minutes per pound; a larger one requires only twenty minutes per pound; and a half ham requires thirty minutes per pound. Forty-five minutes before the ham is done, it is removed from the oven, and the rind taken off, all except a collar around the shank bone. The fat is then cut in diagonals, stuck with whole cloves and brown sugar sprinkled over the top. It is returned to the oven to finish baking and brown the top.

The ham is usually used "as is" as long as the slices are regular, and then the remaining bits ground or chopped to combine with other foods.

HAM SOUFFLE WITH NEW POTATOES

- 1 cup minced cooked ham.
- 4 tablespoons butter.
- 3 eggs.
- 4 tablespoons flour.
- 1 cup milk.
- Salt and pepper.
- Paprika.

Melt the butter, and add the flour, then the milk. Cook until thick and season with salt, pepper and paprika. Add the minced ham, then the well-beaten egg whites. Pour into a buttered ring form, set in a pan of hot water and bake until firm. Unmold onto a platter and fill the center of ring with new potatoes which have been rolled in parsley butter.

BAKED HAM AND PINEAPPLE

- 2 cups cooked ham, ground.
- 1 egg, slightly beaten.
- 2 cups mashed sweet potatoes.
- 2 tablespoons butter.
- 6 slices pineapple.
- ½ pound bacon, cut in long thin strips.

Salt and pepper.

Mix the ham with slightly beaten egg and form into cakes the size of pineapple rings. Season the sweet potatoes with butter and salt and pepper and shape into cakes the same size as the ham. Split each slice of pineapple* in two to make thinner slices. Place on a slice of pineapple, the ham patty, sweet potato patty and then the other slice of pineapple. Wrap two strips of bacon around each serving and secure with toothpicks. Place in a buttered baking dish in a moderate oven (350 deg. F.) long enough to cook the bacon and thoroughly heat the ham and sweet potato. Serve while hot.

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Harvest Salad

Tomatoes	Cooked sliced carrots
Lettuce	Raw cauliflower flowerets
Diced celery	Salt, pepper
Cooked peas	Miracle Whip Salad Dressing
Cooked green beans	

Peel firm tomatoes, and cut each into five sections, leaving the tomatoes whole at the stem end. Spread the tomatoes slightly apart, place each in a crisp lettuce cup, and arrange them on a platter.

Toss the remaining vegetables lightly together, adding salt and pepper to taste. Fill centers of the tomatoes with the mixed vegetables, and garnish each portion with Miracle Whip Salad Dressing.

Salad Bowl

Lettuce	Radishes
Cooked peas	Tomatoes
Cooked cauliflower	Watercress
Cooked green beans	Miracle Whip Salad Dressing
Cooked carrots	

Line a salad bowl with crisp lettuce. Then in separate lettuce cups put generous portions of peas, cauliflower flowerets, Julienne green beans, Julienne carrots, sliced radishes and sliced tomatoes. Place these filled lettuce cups around the rim of the bowl, and fill the center with watercress. Serve with Miracle Whip Salad Dressing.

Pineapple Fruit Bowl

1 fresh pineapple	Miracle Whip Salad Dressing
Fresh strawberries	Romaine
Bananas	

Cut a fresh pineapple in half lengthwise, leaving the leaves intact and cutting through them. Hollow out each pineapple-half to form two bowls. Cube the pineapple that was removed, and toss it together with fresh strawberries and sliced bananas. Fill the pineapple bowls with this fruit, and garnish with whole strawberries and Miracle Whip Salad Dressing. Place them on a large round platter and surround them with crisp romaine leaves.

Tomato Aspic Mold

2 tablespoons gelatin	Salt
4 cups tomato juice	Curly endive, watercress or lettuce
1 tablespoon lemon juice	Sliced cucumbers
1 teaspoon minced onion	Miracle Whip Salad Dressing
1/2 teaspoon Worcestershire sauce	

Soften the gelatin in 1/2 cup cold tomato juice. Dissolve it in 3 1/2 cups boiling tomato juice. When cool, add the lemon juice, onion, Worcestershire sauce and salt to taste. Pour into a mold and chill until firm. Unmold on a bed of salad greens. Garnish with thin slices of cucumber. Serve with Miracle Whip Salad Dressing.

MACARONI RING with Curried Crabmeat

1 pkg. Kraft Dinner
4 tablespoons tomato soup

Curried crabmeat

Buttered green beans
Pimiento strips

Cook the Kraft Dinner as directed on the package, using tomato soup instead of milk when making the cheese sauce. Pack the hot macaroni into a buttered 6 1/2-inch ring mold. Unmold it

on a serving plate, fill the center with hot curried crabmeat, and serve with hot buttered green beans garnished with pimiento strips.

CURRIED CRABMEAT

2 teaspoons chopped onion
1 tablespoon butter

1 teaspoon curry powder
2 cups stock, milk or water
3 tablespoons flour

1 cup flaked crabmeat
Salt, pepper

Saute the onion in the butter until it is a delicate brown; add curry powder and stock, milk or water. Simmer 10 minutes, then add the

flour which has been rubbed smooth in a small amount of water. Boil a minute or two; strain. Add the crabmeat, and seasonings to taste.

MACARONI AND TUNA CASSEROLE

1 pkg. Kraft Dinner

1 small can tuna or salmon

Prepare the Kraft Dinner as usual. Then add the flaked fish, blend carefully, and serve in a casserole.

KRAFT DINNER WITH SPANISH SAUCE

1 onion, chopped
1 green pepper, chopped

2 tablespoons butter
1 1/2 cups canned tomatoes

Salt, pepper
1 pkg. Kraft Dinner

Cook the onion and green pepper in the butter 5 minutes. Add the tomatoes, and cook slowly 20 minutes. Season to taste.

Cook the macaroni in boiling salted water 7 minutes. Drain, and place on a platter. Cover it with the hot Spanish sauce, and sprinkle the grated cheese over the sauce.

THE DELICIOUS CHEESE FOOD DIGESTIBLE AS MILK ITSELF!



KRAFT experts created Velveeta with the children in mind. But everybody enjoys Velveeta's delightfully rich but mild cheese flavor . . . its smooth texture.

Food authorities recommend Velveeta because it's rich in milk protein, milk minerals, Vitamin A—food values everybody needs.

Velveeta is a favorite with homemakers because it's so versatile. You can slice or spread it for sandwiches. It toasts perfectly. Melts quickly and smoothly for delicious hot dishes. And no matter how you serve Velveeta—it's digestible as milk itself!

Cauliflower De Luxe

1/2 lb. Kraft's Velveeta
1/3 cup milk

Salt, pepper
1 cauliflower

Place the Velveeta and the milk in the top of a double boiler. Cook slowly, stirring occasionally until Velveeta is melted. Season to taste. Cook the cauliflower in boiling salted water until just tender. Drain thoroughly. Pour the hot sauce over the cauliflower, serve at once.

Broiled Tomatoes—Velveeta Sauce

1/2 lb. Kraft's Velveeta
1/3 cup milk

Broiled tomato halves
Broiled bacon

Slowly heat the Velveeta and the milk in the top of a double boiler. When Velveeta is melted, pour a generous portion of the hot sauce over each broiled tomato-half and garnish with a strip of broiled bacon.

Shrimp Rabbit

1 1/2 cups whole shrimps	1/2 lb. Kraft's Velveeta
1 tablespoon chopped onion	1/3 cup milk
2 tablespoons butter	Salt, pepper
1 green pepper	1/2 teaspoon Worcestershire sauce
1 pimiento	

Heat the shrimps and onion in the butter. Add the green pepper and pimiento cut into thin strips.

In the top of a double boiler slowly heat the Velveeta and milk, stirring occasionally until Velveeta is melted. Add seasonings. Serve the shrimps in individual sea-food shells, with a generous amount of the hot Velveeta sauce on each portion.

If preferred, the shrimps and Velveeta sauce may be served on fresh crisp toast.

Velveeta Rolls

Kraft's Velveeta
Fresh bread

Parsley

Melt a package of Velveeta in a double boiler, over slow heat. Cut thin slices of bread, trim the crusts and spread each slice with the melted Velveeta. Roll up each slice like a jelly roll and put a small sprig of parsley in each end.

Velveeta-Stuffed Celery

Celery
Kraft's Velveeta

Milk
Salt, pepper, cayenne

Wash and dry small celery stalks, and remove the larger leaves. Slightly soften Velveeta with milk, and season it highly. Fill the celery stalks with it, forcing it through a pastry tube.

Velveeta Pinwheels

Fresh bread

Kraft's Velveeta

Remove lower crust from a loaf of fresh white bread. Cut thin slices the length of the loaf; trim all crusts.

Melt a package of Velveeta in a double boiler, over a slow fire. Quickly spread each slice of bread with the melted Velveeta, and roll up at once, like a jelly roll. Wrap each roll in wax paper, then in a damp towel, and place in refrigerator until ready to serve. Then cut in $\frac{3}{8}$ inch crosswise slices.



RICHER MACARONI- AND-CHEESE! READY IN 9 MINUTES!

IMAGINE fluffy-tender macaroni drenched with cheese goodness! Imagine making it in just 9 minutes! That's what you'll do with Kraft Dinner! Every Kraft Dinner box contains a special *quick cooking* macaroni and a *ready-grated* cheese. The directions for cooking are so easy a child could do it!

Here are the simple directions—and some special tricks you can do with Kraft Dinner—

Kraft Dinner

1 pkg. Kraft Dinner

3 tablespoons butter
4 tablespoons milk

Slowly empty the macaroni into 3 pints of boiling salted water (1 teaspoon of salt).

Stir and allow an instant for water to return to a vigorous boil. Then boil rapidly, not more than 7 minutes. Drain off water, but do not blanch with cold water.

Place the butter and milk in a pan over very low heat. Add the contents of the package of Kraft Grated. Stir constantly until butter, milk and cheese are blended into a smooth sauce. Then add the cooked macaroni and mix carefully until the sauce is thoroughly blended with the macaroni. Season to taste.

Kraft Dinner with Spanish Sauce

1 onion, chopped

1½ cups canned tomatoes

1 green pepper, chopped

Salt, pepper

2 tablespoons butter

1 pkg. Kraft Dinner

Cook the onion and green pepper in the butter 5 minutes. Add the tomatoes, and cook slowly 20 minutes. Season to taste.

Cook the macaroni in boiling salted water 7 minutes. Drain, and place on a platter. Cover it with the hot Spanish sauce, and sprinkle the grated cheese over the sauce.

Kraft Dinner Ring

1 pkg. Kraft Dinner

Hot broiled mushroom caps

Hot creamed mushrooms

Prepare the Kraft Dinner as directed on the package. Pack it firmly into a 6½ inch buttered ring mold. Unmold it onto a round chop plate, fill the center with hot creamed mushrooms, and garnish the plate with hot broiled mushroom caps.

Macaroni Timbales

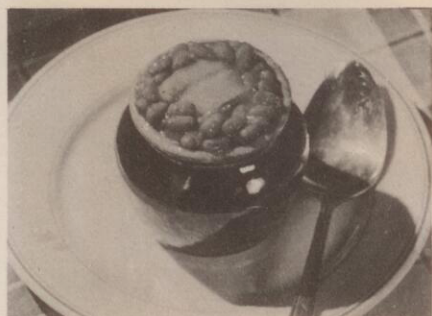
with Creamed Salmon

1 pkg. Kraft Dinner

Hot creamed salmon

Prepare the Kraft Dinner as directed on the package. Pack it into buttered custard cups. Unmold, and serve each macaroni timbale with hot creamed salmon.

Delicious Baked Beans



Follow your usual recipe for baking beans, using Brer Rabbit Molasses* instead of sugar—from two to three tablespoons of molasses to a quart or can of beans is about the right amount. Brer Rabbit Molasses gives them a wonderful color and flavor.

Virginia Baked Ham

Prepare a boiled ham by spreading it with 1 cup Brer Rabbit Molasses* combined with 2 tablespoons of mustard. Stick whole cloves at regular intervals over ham. Sprinkle with bread crumbs and bake.

BANANA SCALLOPS

Crisp, Delicious . . . Serve as a Vegetable

Melted fat or oil	6 firm bananas
1 egg	$\frac{3}{4}$ cup fine corn flake crumbs, bread
$\frac{1}{2}$ teaspoon salt	or cracker crumbs, or corn meal

For *shallow frying*, have 1 inch of melted fat or oil in frying pan. For *deep-fat frying*, have deep kettle $\frac{1}{2}$ to $\frac{2}{3}$ full of melted fat or oil. Heat fat to 375° F. or until a 1-inch cube of bread will brown in 40 seconds. Beat egg and add salt. Slice peeled bananas crosswise into pieces $\frac{3}{4}$ to 1 inch thick. Dip into egg. Drain. Roll in crumbs or corn meal. *Shallow fry* or *deep-fat fry* in the hot fat $1\frac{1}{2}$ to 2 minutes, or until brown and tender. Drain well. Serve very hot. Six servings.

Note—One-fourth cup of undiluted evaporated milk may be used in place of egg.

BANANA HAM ROLLS

Satisfactory and Savory . . . A Meal in Itself

1 tablespoon soft butter	6 thin slices boiled ham
1 teaspoon prepared mustard	6 firm bananas, peeled

Mix together butter and mustard and spread on ham. Wrap a slice of the prepared ham around each banana and fasten with toothpicks. Place into a buttered shallow baking pan and pour cheese sauce over bananas. Bake in a moderate oven (350° F.) for 30 minutes. Six servings.

CHEESE SAUCE

$1\frac{1}{2}$ tablespoons butter	$\frac{3}{4}$ cup milk
$1\frac{1}{2}$ tablespoons flour	$1\frac{1}{2}$ cups grated American cheese

Melt butter, add flour and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring constantly, until sauce is smooth and thickened.

APPETIZING CREAMED MEATS AND VEGETABLES

CHICKEN TRAFALGAR

2 slices raw ham (about 1 pound)	18 mushroom caps
6 slices stewed or roast chicken (preferably white meat)	$\frac{1}{4}$ cup butter
	1 tbsp. flour
	$1\frac{1}{2}$ cups Carnation Milk
	1 tsp. sherry flavoring

The ham should be sliced rather thin. Cut each slice into 3 pieces and saute with chicken and mushroom caps in the butter. Arrange buttered toast on serving dish. Place pieces of ham on toast, then a slice of chicken. Remove mushrooms from pan. To butter remaining, add 1 tablespoon flour, blend well, then add milk. Bring slowly to a boil, stirring constantly. Cook to thicken slightly, then add sherry and pour over the chicken. Top with the mushrooms. Serves 6.

POTATOES AU GRATIN

3 cups cooked potatoes, diced	1 tsp. finely chopped parsley
$1\frac{1}{4}$ cups thin white sauce	$\frac{3}{4}$ cup cheese, grated
	1 cup buttered crumbs

Cook potatoes in the white sauce slowly until heated through. Pour into a buttered baking dish, sprinkle top with parsley, then with cheese and finally with buttered crumbs. Cover and bake in a hot oven (400° F.) until crumbs are brown. Serves 5.

THIN WHITE SAUCE

1 tbsp. butter	Few grains pepper
1 tbsp. flour	1 cup Carnation Milk
$\frac{1}{2}$ tsp. salt	1 cup water

Melt butter, blend in flour, and when smooth and bubbling add the hot milk gradually, and cook for 20 minutes in a double boiler stirring occasionally to keep smooth. Makes $1\frac{1}{4}$ cups.

BROILED CHICKEN, BARBECUE WITH VEGETABLE BOUQUETS

Have young chickens split for broiling. Remove necks and backbones. Place halves of chicken on broiling rack, skin side down, and cook under a moderate flame until well-browned and almost tender. Turn chicken and brown the skin side. Baste frequently with following mixture:

$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{2}$ teaspoon salt
Few grains cayenne
$1\frac{1}{2}$ tablespoons vinegar
1 teaspoon Worcestershire
$\frac{1}{4}$ cup melted butter

Serve on large platter or chop plate with mounds of hot well-seasoned vegetables as peas, carrots, lima beans, and corn. Garnish with parsley.

VEGETABLES IN TOMATO JELLY

$1\frac{1}{2}$ tablespoons gelatin	$\frac{1}{2}$ cup chopped cabbage
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup chopped celery
2 cups tomato juice	1 tablespoon minced green pepper
$\frac{1}{4}$ cup vinegar	1 tablespoon minced pimiento
1 tablespoon sugar	Juice of 1 lemon
$\frac{1}{2}$ bay leaf	
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{8}$ teaspoon cayenne	
1 small onion, minced	

Soak gelatin in cold water. Heat tomato juice, vinegar, sugar, bay leaf, salt and cayenne together. Strain, add to gelatin, stir until dissolved. When partially set, add remaining ingredients. Pour into a lightly oiled mold, chill until set.

26 Oysters panned, seasoned, dressed with butter or margarine and served on hot toast receive honorable mention.

17 Speaking of sweet potatoes, slice cooked ones, then simmer slowly in butter or margarine, brown sugar and a few tablespoons of heavy cream. Delicious!

BOLOGNA CUPS WITH HOT POTATO SALAD

6 slices large bologna, about ¼-inch thick
 4 slices bacon
 1 onion, chopped

2 tablespoons vinegar
 ½ teaspoon salt
 ¼ teaspoon pepper
 6 hot boiled potatoes

Do not remove casing from bologna slices. Dice bacon, brown lightly in hot skillet, remove bacon. Cook bologna in bacon fat on both sides, until edges curl up to form cups. Remove to hot platter. Cook onion in bacon fat until lightly browned. Return diced bacon to skillet, add vinegar and seasonings, heat thoroughly and pour over hot sliced or cubed potatoes. Pile potato salad lightly on top of bologna, garnish with green pepper rings and parsley if desired.

ONION SHORTCAKE

1 cup sifted flour
 1 teaspoon baking powder
 ¼ teaspoon salt
 2½ tablespoons shortening
 ¾ cup milk
 2 cups onions, thinly sliced
 3 tablespoons butter
 1 teaspoon salt
 1 egg
 1 cup milk
 1 cup grated cheese

Sift dry ingredients, cut in shortening, and add milk. Roll out thin and put in deep pie tin. Brown onions in butter, add salt and cool. Spread over biscuit dough. Beat egg slightly, add milk, pour over onions and sprinkle with cheese. Bake in very hot oven 450° F., until brown on top—about 20 minutes.

PAN ROAST CORN-ON-THE-COB

Remove husks and silks from corn, soak in cold water for half an hour. Arrange ears of corn in a large heavy skillet or a heavy Dutch oven. Add ½ cup water, cover tightly and steam over medium heat for 5 to 8 minutes. Remove cover, allow water to evaporate. Add 1 tablespoon butter and ¼ teaspoon salt for each ear of corn. Continue cooking for 5 minutes rolling corn to prevent browning. Do not overcook.

CORN SOUFFLE

1 tablespoon butter
 1 tablespoon flour
 ½ cup milk
 1 teaspoon salt
 ¼ teaspoon pepper
 2 cups corn pulp
 Yolks 2 eggs, well-beaten
 Whites 2 eggs, stiffly beaten

Melt butter, add flour and seasonings, mix well, add milk and cook until thick. Add corn pulp, cool, add egg yolks and mix well. Fold in whites. Bake in a greased casserole set in pan of hot water in moderate oven, 375° F., for 40 minutes.

RICHER CREAM SOUPS

CREAM OF MUSHROOM SOUP

1 can of mushrooms (8-oz.) (stems and pieces)
 2 tsp. butter
 3 tsp. flour

¼ tsp. pepper
 1 tsp. salt
 2 cups Carnation Milk
 Paprika

Drain and measure liquor from mushrooms and add enough water to make 2 cups of liquid. Add chopped mushrooms and simmer for 15 minutes. Make white sauce of the butter, flour, seasonings, and Carnation. Add mushrooms with their liquid and serve hot. Serves 6.

CREAM OF TOMATO SOUP

1 tsp. butter
 1½ tsp. flour
 1½ cups Carnation Milk
 3 cups cooked or canned tomatoes

2 tsp. sugar
 ¼ tsp. pepper
 2 tsp. chopped onion
 2 whole cloves
 1½ tsp. salt

Make a white sauce of the butter, flour and milk. Cook the tomatoes and seasonings for 15 minutes and rub through a sieve. Combine hot tomato mixture and white sauce and heat. Do not boil. Serve at once. Serves 6.

TOMATO CANAPES AND RELISHES

For a summer appetizer try chilled slices of marinated tomato garnished in various ways with slices of cucumber, radishes, olives, pickled onion, whole anchovies or a spoonful of savory salad. Serve them along with crisp celery, radishes and scallions.

FISH FILLET RAJAH WITH GRILLED TOMATOES

2 large firm tomatoes
 Salt and pepper
 Minced onion

Buttered bread crumbs
 1 fish fillet
 Rajah Salad Dressing

Wash tomatoes, remove stem ends, cut in half. Arrange tomato halves on well-greased broiler rack. Season with salt, pepper and a little minced onion, cover with buttered bread crumbs. Place fish fillet on rack, season with salt and pepper, spread with Rajah Salad Dressing. Broil in pre-heated broiler under moderate heat for about 20 minutes or until tomatoes and fish are tender. The Rajah Salad Dressing will become puffy and brown.

Scalloped Sauerkraut

2 tablespoons butter
 2 tablespoons flour
 ½ teaspoon salt
 Pepper and paprika

2 cups milk
 1 can Stokely's sauerkraut
 1 cup grated cheese
 ½ cup buttered bread crumbs

Melt butter, blend in flour and seasonings and when smooth and bubbling, add milk gradually, stirring constantly to prevent lumping. Add sauerkraut and cheese and mix well. Pour into a greased baking dish and cover with the crumbs. Bake in a moderate oven (350° F.) until crumbs are brown. Serves 8.

Deviled Sauerkraut

1 can Stokely's sauerkraut
 1½ cups thin white sauce
 1 green pepper, chopped
 1 cup grated cheese

¾ teaspoon salt
 ¼ cup crisp bacon pieces
 ¾ cup buttered bread crumbs

To the sauerkraut add white sauce, pepper, cheese and salt. Put into a greased baking dish, arrange buttered crumbs and bacon pieces on top and brown in a moderate oven (375° F.) until brown. Serves 8.

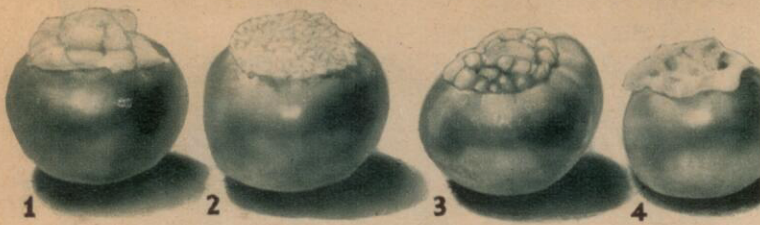
Spring Salad

1 can Stokely's sauerkraut, drained
 1 cup chopped celery
 2 tablespoons chopped green pepper

½ cup French or mayonnaise dressing
 Salt, pepper and paprika

Chill all ingredients well before combining. Serve on crisp lettuce leaves or use to fill whole, scooped out tomatoes. Serves 8.

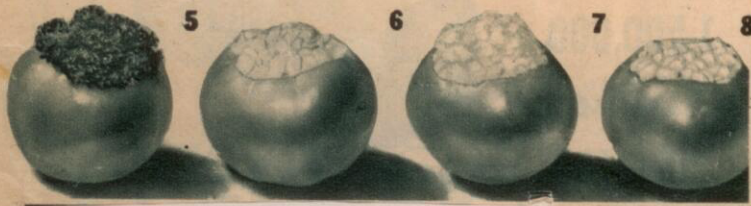
BAKED STUFFED TOMATOES



Wash tomatoes, do not peel. Remove stem end, scoop out some of the pulp with a teaspoon. Turn tomatoes up-side-down to drain. Sprinkle tomato cups with salt, stuff lightly, cover with buttered crumbs. Place in a greased baking dish, and bake in moderate oven, 350° F., for 30 minutes or until tender.

STUFFINGS

- 1 Shrimps**—Cut canned shrimps in 2 or 3 pieces, add a little Rajab Salad Dressing.
- 2 Creole Rice**—Cook minced onion in a little butter, add cooked rice, tomato pulp and seasonings.
- 3 Ann Page Beans**—Use beans just as they come from the can, place a piece of the pork on top of each tomato.
- 4 Chopped meat with curry**—Use any left-over cooked meat or cold cuts. Bind with a little sauce made with meat stock or milk, seasoned with curry powder.
- 5 Broccoli**—Dip cooked broccoli tips or ends in melted butter.
- 6 Vegetables, Jardiniere**—Chop raw salad vegetables as cucumber, celery, onion, and green pepper, marinate in a little well-seasoned French dressing.
- 7 Savory Bread Crumbs**—Brown onion lightly in butter, add dry bread crumbs and a little tomato pulp, season with salt, pepper and a pinch of thyme or sage.
- 8 Corn and Green Peppers**—Use left-over corn cut from cob, mix with chopped green pepper, season with salt and pepper and a little minced onion.



PEPPERS CATALINA

- | | |
|------------------------------------|-------------------------|
| 6 green peppers | nutmeg—celery seed |
| 1 tbsp. butter or other fat | 1 cup cooked crab meat, |
| 12 Snow Flake Sodas, | fresh or canned |
| crumbled | 1 cup stock or water |
| 1 egg— $\frac{1}{2}$ tsp. mustard, | |
| pepper and salt | |

Cut off stem ends of peppers and remove seeds and veins. Melt butter, stir in crumbled crackers, beaten egg, seasonings and crab meat. Stuff the peppers with this mixture and put in a greased baking dish. Add 1 cup of stock or water and bake in a moderate oven (375° F.) for 30 minutes. 6 portions.

RICE & TOMATO CROQUETTES



- | | |
|-------------------------------|------------------------------------|
| $\frac{1}{2}$ cup Rice | 2 cloves |
| $\frac{3}{4}$ cup brown stock | $\frac{1}{4}$ teaspoon peppercorns |
| 2 cups canned tomatoes | 1 teaspoon sugar |
| 1 slice onion | 1 egg, slightly beaten |
| 1 sliced carrot | $\frac{1}{2}$ cup grated cheese |
| 1 sprig parsley | 1 tablespoon butter |
| $\frac{1}{2}$ teaspoon salt | Few grains cayenne |

Wash rice and steam in stock until rice has absorbed stock. Cook tomatoes twenty minutes with onion, carrot, parsley, thyme, cloves, peppercorns and sugar. Rub through a strainer, add to rice and cook until rice is soft. Remove from fire, add egg, etc., butter and cayenne. Spread on plate to cool. Shape in cylinder forms, egg and crumb, fry and drain. Yield: 8 medium croquettes.

SHRIMP JAMBALAYA

- | | |
|----------------------------------|-----------------------------------|
| 2 slices bacon | 2 cups canned tomatoes |
| 2 tbsps. minced onion | $1\frac{1}{2}$ cups water |
| 3 tbsps. minced green pepper | $1\frac{1}{2}$ cups cooked shrimp |
| 33 Snow Flake Sodas, rolled fine | 1 tsp. salt |
| | $\frac{1}{4}$ tsp. pepper |

Cook bacon over low flame until fat flows freely, add onion and green pepper and lightly brown. Then add cracker crumbs, tomatoes and water and cook over low flame for 10 minutes. Add shrimp and season. Cover, simmer slowly (stirring occasionally) for 5 minutes. If necessary add a little more water to prevent sticking. Serve hot. 6 portions.

BRUSSEL SPROUTS AU GRATIN

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| 2 cups hot milk | 1 tbsp. lemon juice |
| 18 Snow Flake Sodas, crumbled fine | 2 cups cooked brussels sprouts |
| 1 tbsp. onion juice | grated cheese |

Pour hot milk over two-thirds of the crumbled crackers and beat until smooth. Add onion juice and lemon juice. Place sprouts in greased baking dish, cover with cracker-milk mixture. Sprinkle remaining crackers and grated cheese on top and bake in a hot oven (475° F.) 15 minutes, or until browned on top. 6 portions.

CREOLE STEAK

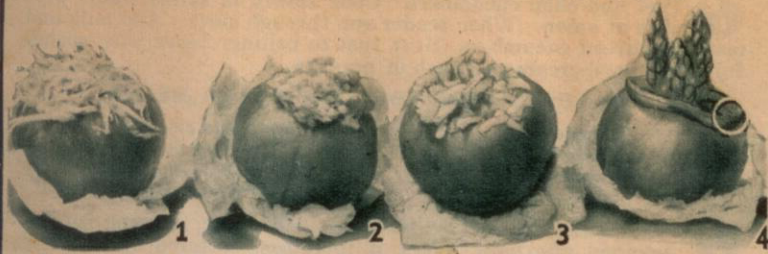
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| $1\frac{1}{2}$ lbs. chopped steak (uncooked) | 1 tbsp. minced onion |
| 1 tsp. salt | 16 Snow Flake Sodas, crumbled fine |
| $\frac{1}{4}$ tsp. pepper | 1 egg |

Mix steak, seasoning, crackers and beaten egg. Shape in one thin cake. Place on a greased pan and broil until done. Serve with Spanish Sauce: Cook 1 minced onion, $\frac{1}{4}$ cup minced green pepper in 2 tbsps. butter for 5 minutes. Add 1 cup canned tomatoes, 2 tbsps. minced olives and $1\frac{1}{2}$ cups brown stock. Season and simmer for 10 minutes. 6 portions.

Dear Miss Grey: Will you tell me how to make hot cheese sandwiches?—Newlywed.

A. Toast square or round slices of bread, butter lightly and spread with a thick layer of grated cheese, seasoned with salt and cayenne. Place on a tin sheet and bake until cheese is melted. Serve at once.—Cynthia.

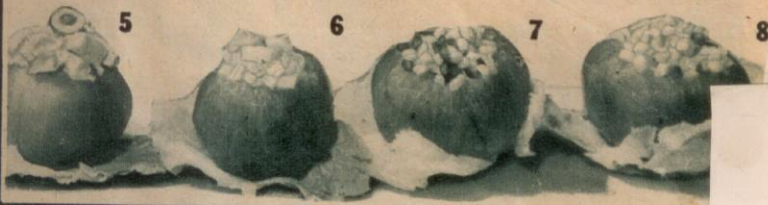
COLD STUFFED TOMATOES



Pour boiling water over firm ripe tomatoes, plunge in cold water, peel. Remove stem end of tomatoes, scoop out some of the pulp with a teaspoon. Turn tomatoes upside down to drain, chill thoroughly. Just before serving, sprinkle salt inside, fill with chilled salad mixture. Serve on lettuce with salad dressing.

SALAD MIXTURE

- 1 **Shredded Cabbage**—Add chopped green pepper and pimiento to shredded cabbage, toss with a little well-seasoned French dressing.
- 2 **Egg Salad and Deviled Ham**—Chop hard-cooked egg, mix with a little deviled ham and Rajah Salad Dressing.
- 3 **Crabmeat, Rajah**—Flake crabmeat, add a little diced celery and green pepper, season with salt, mix with Rajah Salad Dressing.
- 4 **Asparagus Tips**—Marinate asparagus tips in French dressing. Slip 3 or 4 tips in a pepper ring for each tomato.
- 5 **Chicken and Olive**—Dice chicken, add a few stuffed olive slices and a little French dressing. Chill for a half hour or longer, mix with mayonnaise.
- 6 **Pineapple, Cucumber and Celery**—Mix diced canned pineapple, crisp cucumber and celery with sour cream dressing.
- 7 **Corn Relish**—Use cooked corn cut from the cob, add finely minced scallion, green pepper and pimiento. Mix with French dressing.
- 8 **Vegetables, Jardiniere**—Use same filling as for Baked Tomatoes #6—chopped raw vegetables marinated in well-seasoned French dressing.



ECONOMICAL FROZEN SALADS AND DESSERTS

FROZEN FRUIT SALAD

- | | |
|------------------------------------|-------------------------------------|
| 1/2 cup Carnation Milk | 1/4 cup stoned white cherries |
| 1 tsp. lemon juice | 1/4 cup chopped canned apricots |
| 1/2 cup cooked mayonnaise | 1 small orange, cut in small pieces |
| 3 tsp. chopped pecans | 1 small banana, sliced |
| 1/2 cup crushed, drained pineapple | |

Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and continue whipping until mixture is very stiff. Cut and fold in the mayonnaise lightly but thoroughly. Add nuts and fruits, cutting and folding until just thoroughly distributed. Turn into cold freezing pan and place in refrigerator immediately. Requires 2 to 5 hours for freezing. Serve on crisp lettuce leaves. Serves 5.

24 If you like curry, put a teaspoon or so into the turkey hash or minced turkey. I trust you *do* like curry!

CREAMY SALAD DRESSINGS

CREAMY NO EGG MAYONNAISE

For **FRUIT SALAD DRESSING** use 1 1/4 tsp. sugar and 2 tsp. vinegar instead of amounts given below.

- | | |
|-------------------|---------------------------|
| 2 tsp. sugar | 1/2 tsp. dry mustard |
| 1/4 tsp. paprika | 1/4 cup Carnation Milk |
| 1/2 tsp. salt | 2 1/2 tsp. vinegar |
| Few grains pepper | 1/4 to 1/2 cups salad oil |

Mix dry ingredients with Carnation; beat in vinegar; add oil gradually, beating thoroughly. Since the mixture thickens somewhat when chilled it may be desirable to thin it with undiluted Carnation before using, or less oil can be used if a thinner mixture is desired. Makes 1 pint.

SOUR CREAM DRESSING

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|----------------|----------------------|
| 1 tsp. salt | 1/4 tsp. mustard |
| 3 tsp. vinegar | 1 cup Carnation Milk |

Mix salt, vinegar and mustard. Stir slowly into milk. To make a dressing for fruit: Use 4 or 5 tablespoons lemon juice in place of vinegar. Season to taste.

CASSEROLE OF SALMON EGGS

- | | |
|----------------------|--------------------------|
| 1 pint hot milk | 1 tsp. salt |
| 18 Snow Flake Sodas, | 4 hard cooked eggs |
| rolled fine | 1 1/2 cups flaked salmon |
| 3 tbsps. butter | |

Pour scalded milk over cracker crumbs, 2 tablespoons butter and salt and beat until smooth and creamy. In a buttered baking dish put alternate layers of salmon and sliced egg. Pour cracker mixture over all and dot with remaining butter. Bake in a hot oven (475° F.) for 10-15 minutes. 6 portions.

LIVER ROLLS

- | | |
|--------------------|-----------------------|
| salt and pepper | 2 onions, sliced thin |
| 6 slices liver | 18 snow Flake Sodas, |
| 2 tbsps. flour | crumbled fine |
| 2 tbsps. bacon fat | 4 tbsps. tomato sauce |

Season liver and dredge with flour. Heat bacon fat in pan and lightly brown onions; add crumbled crackers and tomato sauce and stir over fire for 3 minutes. Cool and put small portions on each slice of liver. Roll and skewer or tie with string. Fry in deep hot fat (375° F.) until brown. 6 portions.

TUNA A LA KING

- | | |
|--------------------------------|--------------------------|
| 11 Snow Flake Sodas, | 1 tbsps. minced onion |
| rolled fine | 2 tbsps. pimiento strips |
| 1 3/4 cups rich milk | 2 cups tuna |
| 1 tbsps. butter | 1 egg |
| 2 tbsps. shredded green pepper | salt and pepper |

Soak cracker crumbs in milk; add butter and slowly bring to boiling point. Add peppers, onion, pimiento and tuna. Stir into beaten egg, season and return to fire and cook 3 minutes, stirring constantly. Serve on heated Snow Flake Soda Crackers. 6 portions.

GOLDEN GATE CHOWDER

- | | |
|-----------------------------|-----------------------------|
| 1 qt. boiling water | 2 tbsps. salt |
| 1 cup flaked cooked fish | 20 Snow Flake Sodas, |
| 2 tbsps. butter | crumbled |
| 1 can condensed tomato soup | 1 large can evaporated milk |
| 1 small onion, minced | 2 tbsps. chopped parsley |

Into boiling water put fish, butter, soup, onion and salt. Boil gently 5 minutes. Add crackers and boil gently for 3 minutes. Add milk and bring to boiling point. Serve at once, sprinkled with parsley. 6 portions.

TOMATO JUICE COCKTAIL

- 1 can Stokely's Tomato Juice
- 2 teaspoons chopped onion
- 2 teaspoons chopped celery
- 1 bay leaf
- $\frac{1}{2}$ teaspoon sugar
- 2 teaspoons lemon juice
- $\frac{1}{4}$ teaspoon salt

Combine the tomato juice with the remaining ingredients and chill until serving time, about an hour if possible. Then strain and serve very cold. Serves 4.

Note: If a more highly seasoned cocktail is desired, add 1 teaspoon Worcestershire sauce.

TOMATO TWINKLE

- 1 tablespoon plain, unflavored gelatin
- $\frac{1}{4}$ cup cold water
- $1\frac{3}{4}$ cups Stokely's Tomato Juice
- 1 teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon grated onion
- $\frac{1}{4}$ cup stuffed olives, sliced

Soak gelatin in water 5 minutes. Heat tomato juice to boiling point. Add gelatin and stir until dissolved. Add Worcestershire sauce, salt, pepper, lemon juice and onion. Chill until mixture begins to thicken. Put a thin layer in the bottom of wet molds. Arrange layer of sliced olives over the bottom. Fill with tomato mixture. Chill until firm. Upright and serve on lettuce with mayonnaise. Serves 6.

Note: Individual molds may also be used.

TOMATO BEAN SOUP

- 4 slices bacon
- 1 tablespoon finely-chopped onion
- 2 tablespoons flour
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon sugar
- $1\frac{3}{4}$ cups Stokely's Tomato Juice
- $1\frac{3}{4}$ cups water
- $1\frac{3}{4}$ cups Stokely's Pork and Beans

Cut bacon into small pieces. Fry until crisp. Add onion and cook slowly for 5 minutes. Blend in flour, salt, pepper and sugar. Stir in tomato juice and water. Boil for 2 minutes, stirring constantly. Add pork and beans. Heat thoroughly and serve at once. Serves 6.

Deviled Oyster Cocktail

- 1 pt. oysters and clean shells, 1
- tbsp. butter, 1 minced onion, 2
- tbsp. flour, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ tsp.
- salt, $\frac{1}{8}$ tsp. nutmeg, $\frac{1}{2}$ tsp. mustard
- dressing, $\frac{1}{2}$ tsp. Worcestershire,
- 3 chopped mushroom caps, $\frac{1}{2}$
- tsp. minced parsley, 1 egg yolk,
- buttered cracker crumbs

Wash and chop oysters. Cook onion in butter, add flour and stir until well blended. Add milk (or cream) and bring to scald. Add seasonings. Simmer 10 minutes, add egg yolk and crumbs. Pack mixture into washed and oiled shells. Cover with buttered crumbs. Bake 15 minutes.

Serve as first course at holiday dinner.

Braised Brisket, Horseradish Sauce

- 4 lbs. beef brisket, 1 bunch soup
- greens, 6 whole peppers, 2 tsp.
- salt, 1 egg, 1 cup crumbs, 2 tbsp.
- browned flour, 2 tbsp. drippings,
- 1 cup boiling water, $\frac{1}{2}$ tsp.
- kitchen bouquet, $\frac{1}{4}$ cup grated
- horseradish, 1 tbsp. vinegar, $\frac{1}{4}$
- tsp. mustard, 1 tsp. sugar

Skewer meat into compact shape. Chop greens and add with spices to $\frac{1}{2}$ cup boiling water. Sear meat in drippings. Pour over boiling water. Adjust to low flame and cook slowly about $2\frac{1}{2}$ hours or until tender when pierced. Remove to platter, sprinkle with crumbs and beaten egg.

Brown under hot flame. Serve sauce separate bowl. Make sauce by combining flour, drippings and seasonings until smooth.

Oyster Chowder

- 4 cups milk, 2 slices bacon, 6 po-
- tatoes, sliced thin; 2 medium
- onions, minced; 1 tbsp. parsley,
- minced; 2 stalks celery, diced; 1
- tsp. salt, $\frac{1}{2}$ tsp. black pepper, 2
- tbsp. butter, 1 tbsp. flour,
- 1 pt. oysters

Dice the bacon and fry out slowly. Add potatoes, onions, celery, salt and pepper. Cover with boiling water and let all vegetables simmer. Add milk. Thicken with butter and flour rubbed together. Add oysters and cook a moment until edges begin to curl. Add minced parsley. Serve at once with buttered pilot biscuits.

Pimento Chicken Broth

- 1 qt. rich strained chicken broth,
- $\frac{1}{2}$ can pimento cut fine, $\frac{1}{2}$ cup
- rice, 3 tsp. tomato catsup, $\frac{1}{2}$ tsp.
- salt, $\frac{1}{8}$ tsp. pepper, 2 egg yolks,
- beaten; 2 cups rich milk,
- whipped cream

Add washed rice to chicken stock, with pimentos, and simmer half hour. Pass through sieve. Add seasonings and reheat. Just before serving combine milk and beaten egg yolks and add to soup. Serve immediately with spoon of whipped cream and minced parsley to each cup of bouillon.

Cream of Salmon Soup

- 1 small can salmon or tuna, $2\frac{1}{2}$
- cups water, 1 slice of onion, 1
- small bayleaf, $1\frac{1}{2}$ cups rich milk,
- 1 tbsp. butter, 2 tbsp. flour, $1\frac{1}{2}$
- tsp. salt, $\frac{1}{2}$ tsp. white pepper,
- pinch powdered mace, toasted
- cheese wafers

Flake and pick fish. Place in saucepan with water, bayleaf, and onion and simmer 15 minutes. Blend butter and flour in separate pan. Add milk and seasonings and bring to boiling point. Combine mixtures.

Cook 5 minutes. Serve hot with toasted wafers.

Lenten Soup

- 3 quarts boiling water, 2 cups
- canned tomatoes, 2 cups lima
- beans, 1 qt. white potatoes sliced
- thin, salt, pepper, 2 cups canned
- corn, 1 cup cream or rich milk, 2
- tbsp. butter, 1 tbsp. sugar

To the boiling water add the tomatoes, potatoes, beans and onions, and simmer 1 hour. Add sugar, butter, salt, pepper, and canned corn. Add milk, bring to scalding point and serve.

Garnish with toasted bread squares, or small bits of cooked bacon. (Use dry limas and soak overnight.)

A flavoring of canned pimento is also pleasing.

Tasty Tomato Tidbits

FRIED GREEN TOMATOES

Cut unripe tomatoes in $\frac{1}{4}$ inch slices, season, and roll in cracker dust. Panfry slowly in butter or cooking oil. Arrange overlapping slices, garnished with minced parsley.

FRIED RIPE TOMATOES

Cut similar rings from ripe tomatoes. Use bacon fat for frying. Crumb each slice and fry slowly on both sides. Remove to hot platter. Add flour to panfat, stir in enough cream to make thick sauce. Season, and pour over tomatoes.

TOMATO FLOWER SALAD

Wipe even small ripe tomatoes, allowing one to each portion, and set on lettuce. Cut tomato into 6 petals and pull back from center. Pour over French dressing. Lay slice hard egg in center, set stuffed olive on top. Sprinkle with minced olives or capers.

Baked Eggs in Tomato Cups

- 6 firm medium size tomatoes, 6
- fresh eggs, butter, salt, pepper,
- minced parsley, cream sauce,
- buttered toast

Scald tomatoes, remove stem end, hollowing out small cavity. Season cup with salt, pepper. Break egg in each cup, and season egg, sprinkling with parsley. Make cream sauce separately. Bake tomato cups in moderate oven until eggs are set. Serve on buttered toast with cream sauce poured around.

Baked Peppers Stuffed With Nuts

- 6 small peppers, 2 cups crumbs or
- rice, $1\frac{1}{2}$ cups minced walnut
- meats, $1\frac{1}{2}$ cups minced cooked
- meat, 2 tsp. salt, 3 tbsp. melted
- butter, 1 cup tomato juice

Remove stem end of peppers, parboil 10 minutes, drain. Mix all other ingredients thoroughly. Pack into pepper cases, mounding it high above pepper. Stand in baking dish. Baste with boiling water and butter, or tomato sauce. Bake moderate oven 30 minutes.

Asparagus Suggestions

SEASONED ASPARAGUS VINAIGRETTE

1 bunch asparagus, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. paprika, 1 sprig parsley, $\frac{1}{8}$ tsp. dry mustard, 1 tbsp. minced olives, 2 tbsp. onion juice, 5 tbsp. olive oil, 3 tbsp. vinegar, 2 tbsp. minced pimento

Prepare sauce of oil, vinegar and seasonings and pour over hot cooked asparagus a few hours before serving.

Chill, and serve on lettuce.

Pineapple Picnic Surprise

$\frac{1}{2}$ lb. chopped cold pork, $\frac{1}{2}$ lb. chopped cold beef, 1 cup crushed pineapple, 2 cups rolled cracker crumbs, 1 egg, 2 tsp. salt, $\frac{1}{2}$ tsp. pepper

Combine all ingredients and mix thoroughly. Pack into oiled brick pan and bake moderate oven 30 minutes. Serve cold in slices at picnics, supper, etc.

Egg Croquettes

1 $\frac{1}{2}$ cups rich milk, 2 tbsp. butter, 4 tbsp. flour, 6 hardboiled eggs, 1 slice onion, 1 tsp. minced parsley, 1 egg, $\frac{1}{2}$ cup minced cooked tongue or ham, salt, pepper, grated nutmeg, 1 cup bread crumbs

Chop hard eggs and mix with tongue, parsley, onion, and seasoning. Melt butter and stir in flour. Add milk to make smooth sauce. Add egg mixture. Mix all and turn onto plate to cool. Shape into croquettes. Mix beaten egg with spoon of water, dip each croquette in it. Roll in sifted crumbs, fry in deep fat until golden brown. Drain, garnish with parsley, sprinkle with grated cheese.

Walnut and Tuna Fish Sandwich Filling

1 small can tuna fish, $\frac{1}{2}$ cup finely minced walnut meats, 2 finely chopped sweet pickles, salt, pepper, Tarrare sauce

Flake the fish, then add nuts, pickles and seasonings. Add enough tarrare sauce (or mayonnaise) to make mixture that will spread easily. Use white or wheat bread, and cut sandwiches in fancy shapes or triangles.

Piquant Stringbeans

1 lb. stringbeans, 2 tbsp. butter, 1 tsp. sugar, $\frac{1}{4}$ tsp. ginger, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, $\frac{1}{2}$ tsp. lemon juice, $\frac{1}{4}$ cup bouillon

Wash beans and cut lengthwise, and again in 2-inch pieces. Parboil 20 minutes, drain. Melt butter in saucepan, add seasonings and cook until butter is absorbed. Then add lemon juice and bouillon and simmer until beans are tender.

Peasant Omelet

1 cup raw potato cubes, $\frac{1}{2}$ cup boiled onions, 1 tbsp. butter, 1 tsp. onion juice, $\frac{1}{4}$ tsp. salt, grains paprika, 1 tbsp. parsley, 3 tbsp. grated cheese, 2 tbsp. butter, 5 eggs, $\frac{3}{8}$ cup cream, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper

Put butter in frying pan, and add potato cubes, onion juice, salt and pepper. Turn with a fork until potatoes are brown. Place 2 tbsp. butter in omelet pan, and when melted, pour in slightly beaten eggs to which have been added the cream, salt and pepper. As the mixture cooks, pick it up with a fork; when half done, add the boiled (hot) onions, the fried potato dice, and the parsley. Continue cooking until the whole is of a creamy consistency. Add cheese, and place over hot fire to brown.

Fold, and serve instantly with parsley spray garnish.

Lunch Cheese Balls

$\frac{1}{4}$ lb. vegetable shortening, $\frac{1}{4}$ lb. flour, 2 cups milk, 6 eggs, $\frac{1}{8}$ lb. grated sharp cheese, 1 tbsp. sugar, parsley

Place shortening in saucepan and melt. Add flour and mix thoroughly. Add milk, grated cheese, salt, sugar. Stir over low fire until perfectly smooth. Turn into a mixing bowl and beat in eggs, one at a time. Drop by spoonfuls into heated deep fat, cook until golden brown. Drain. Have parsley leaves ready and dip in and out of hot fat until crisp but still green. Sprinkle over cheese balls; serve instantly.

Scalloped Celery

4 tbsp. shortening, 4 tbsp. flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 $\frac{1}{2}$ cups milk, 2 cups cooked celery, 1 $\frac{1}{2}$ cups soft crumbs

Cut celery in neat pieces and simmer until tender. Melt shortening and combine with flour into white sauce, using part milk and part celery liquor (reserve the rest for soup); place a layer of crumbs in bottom of greased dish; lay in layer of celery, then a layer of sauce. Repeat; have top layer of crumbs and dot with butter. Bake hot oven about 25 minutes.

VARIATION

Use chopped drained spinach to replace the celery, and add sliced hard eggs between the layers.

Use chopped cooked cabbage, and cover top with grated cheese.

Cauliflower au Gratin

1 large cauliflower, 1 $\frac{1}{2}$ cups milk, 2 tbsp. butter, 2 tbsp. flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 cup grated cheese, $\frac{1}{2}$ tsp. curry powder, crumbs

Soak flower head down in salted water $\frac{1}{2}$ hour. Parboil, whole, in salted water until tender but shapely. Make cream sauce, adding curry and cheese when thick and removed from fire. Pour over whole head. Sprinkle with crumbs. Place to brown under broiler.

Scalloped Eggplant

1 cup rich milk, 1 eggplant, $\frac{1}{2}$ lb. spaghetti, $\frac{1}{2}$ lb. cheese, grated; 2 cups stewed tomatoes, 5 tbsp. butter, 1 tbsp. flour, 1 tsp. salt, $\frac{1}{2}$ tsp. pepper, 1 tsp. sugar, $\frac{1}{4}$ tsp. baking soda, 1 cup buttered crumbs

Cook spaghetti in boiling salted water until tender, then drain. Pare and slice eggplant and pan fry in butter on both sides. Make a cream sauce of the butter in pan, the flour and the milk. Add soda to tomatoes and combine with cream sauce. Season. Arrange in casserole, alternating spaghetti and eggplant with sauce and grated cheese. Cover with buttered crumbs, and bake until browned.

Scalloped Carrots

2 cups sliced carrots, 1 tbsp. minced parsley, 1 tsp. sugar, $\frac{1}{2}$ tsp. salt, 2 tbsp. butter, $\frac{1}{2}$ small onion, minced; 2 tbsp. flour, $\frac{1}{4}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, nutmeg, 1 cup rich milk, 1 cup carrot liquor, fine toasted crumbs

Simmer carrots in water with parsley, sugar, salt. Melt butter, add onion, and cook 5 minutes. Add flour, milk and carrot liquid and stir to a smooth paste. Place half the carrots in greased baking dish, cover with half sauce. Repeat, having crumbs on top. Dot with butter; bake until crumbs are brown.

Baked Cabbage

1 large head cabbage, 2 $\frac{1}{2}$ cups toasted breadcrumbs, $\frac{1}{4}$ cup butter, 1 tsp. salt, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup butter

Hollow out cabbage from the stem end, cutting out core, and chopping inside finely. Mix with crumbs (zwiebach is good), rolling them on a board to get even and fine. Combine chopped cabbage, crumbs, seasonings, and butter. Refill into cabbage shell, place in greased casserole, pour over milk, and cover. Bake slowly about 2 hours until tender, adding additional milk if it dries out. Serve with additional crumbs browned in butter, on top.

Peas and Lettuce Jumble

2 cups shelled peas, 2 tbsp. butter, 1 large heart lettuce, 1 cup bouillon, 3 small white onions, sprig parsley, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper

Shred lettuce, and thinly slice onions. Melt butter in saucepan, add raw peas. Add bouillon, shredded lettuce, sliced onions and seasonings. Simmer until tender. Remove parsley, add a spoon or two of real cream, and serve at once.