

HAMBURG DUMPLING STEW

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| 1 pound hamburger | 2 cups sifted all-purpose flour |
| 1 teaspoon salt | 1 tablespoon chili sauce |
| Dash of pepper | 1 cup condensed tomato soup |
| 1 small onion, minced | 2 cups hot water |
| 1 teaspoon prepared mustard | 3 teaspoons baking powder |
| 3 tablespoons butter, margarine or bacon fat | ¾ cup milk |

Mix beef, salt, pepper, onion and mustard and shape into 10 or 12 small cakes. Brown on both sides in a heavy skillet with the fat. Lift out meat. Put 1 tablespoon flour (additional to above) in kettle and blend with fat. Add chili sauce, tomato soup, ½ teaspoon of the salt and hot water. Replace meat cakes in kettle and bring to the boiling point.

Make Dumpling Mixture as Follows:—Sift flour with the baking powder and remaining ½ teaspoon salt; add milk gradually, stirring as little as possible to mix dough well. If very stiff, add 1 to 2 tablespoons additional milk. Drop mixture by spoonful on top of boiling hamburger mixture. Cover tightly and steam for 15 minutes without opening. Serve at once. Serves 4 or 5.

MACARONI HAMBURG CASSEROLE

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| 4 cups cooked macaroni | 2 tablespoons butter, margarine or bacon fat |
| ½ pound hamburger | ½ cup grated cheese |
| ½ cup sliced, peeled onions | |
| 2 cups canned tomatoes | |

Cook 2 cups macaroni, broken into inch-length pieces, in boiling salted water for ten minutes. Drain well.

Fry onions slowly in the fat for about 5 minutes, or until very lightly brown. Add hamburger and cook slowly until lightly browned. Grease a baking dish or casserole. Combine macaroni with all other ingredients, including half the cheese. Season with salt and pepper. Turn into baking dish, and sprinkle remaining cheese over the top. Bake in a moderate oven of 375 degrees F. until heated through and browned on top, about 30 minutes. Serves 6.

WESTERNER SANDWICHES

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| ½ pound hamburger | ¼ cup crumbled coarse dry cereal |
| 4 eggs | ½ teaspoon pepper |
| 1 to 2 tablespoons chopped onion, if desired | Salt and pepper |

Break hamburger into pieces and place in a bowl. Add unbeaten eggs, cereal and seasonings and whip with a fork until thoroughly mixed. Drop by tablespoonsful into a frying pan containing 1 to 2 tablespoons hot fat. Flatten with a cake turner and cook slowly until golden brown on one side, then turn and cook until brown on other side. Serve in buns or between slices of bread. Makes 12 large, thin cakes. These take only five to eight minutes for cooking. (Try this for quick suppers.)

TAMALE PIE

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| ½ lb. hamburger | 1½ teaspoons salt |
| 1 No. 2 can whole kernel corn | Pepper |
| 2 cups tomatoes | Garlic salt |
| 4 tablespoons flour | Baking powder biscuit crust |

Brown ground beef in 2 tablespoons lard. When brown, add seasonings, corn, and tomatoes. Line a casserole dish with baking powder biscuit dough that has been rolled to ¼ inch thickness, add filling and place a circle of biscuits over the top. Bake for 15 minutes in a hot oven of 450 degrees F. Reduce to 375 degrees F. and bake for another 20 minutes.

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LAMB AND CARROT MEAT CAKES

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| ¾ pound boned lamb shoulder | ½ teaspoon pepper |
| 3 small pared carrots | Flour |
| 1 small peeled onion | 2 tablespoons fat or salad oil |
| 1 teaspoon salt | ¼ cup hot water |
| 1 egg, beaten | 1½ cups cold water |

Put the lamb, carrots and onion through the medium blade of food chopper. Add the seasonings and egg. Mix thoroughly, shape into small balls, and roll in a little flour. Melt fat in a skillet and cook meat balls slowly until browned on all sides. Add the hot water, cover skillet, and cook very slowly for 10 minutes. Remove the meat balls and keep hot. Add 3 tablespoons flour to the fat in skillet. Cook until brown and smooth, stirring constantly. Then add cold water slowly, while stirring constantly. Cook and stir until gravy thickens. Pour over the meat balls. Serves 4.

STUFFED GREEN PEPPERS

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| 4 medium-sized green peppers | Dash pepper |
| ½ to ¾ cup diced cooked meat or browned hamburger | 1 teaspoon grated onion |
| 1½ cups cooked rice | About ¼ cup milk, meat broth or tomato juice to moisten |
| ½ teaspoon salt | 2 tablespoons bread crumbs |
| 2 tablespoons grated cheese | |

Wash green peppers, cut off tops, remove seeds. Rinse out the inside. Have a greased baking dish ready in which peppers can be set without having them fall over. A moderately hot oven, 375 degrees F. is needed.

Dice meat, mix with rice (one-half cupful before cooking will be needed to make one and one-half cupfuls when cooked).

Add seasonings, onion and liquid to moisten. The mixture should be moist, but there should be no excess liquid. Left-over gravy, milk, cream, meat broth or tomato juice may be used. Pile mixture lightly into peppers. Sprinkle bread crumbs and grated cheese over the top, dot over with butter and put into prepared pan. Add enough hot water to cover bottom of pan. Bake in a moderate oven, 350 degrees F., until peppers are tender, from forty-five minutes to an hour.

SPAGHETTI WITH MEAT CRUST

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| 1 package spaghetti (about 10 oz.) | ¾ pound ground beef and pork (½ beef—¼ pork) |
| 2 cups canned or cooked tomatoes | ½ teaspoon salt |
| ½ teaspoon salt | ½ teaspoon salt |
| Few grains pepper | ½ tablespoon minced onion |
| 1 teaspoon sugar | 1 egg, well beaten |
| 2 tablespoons chopped green pepper | 2 tablespoons milk |

Cook spaghetti as directed on package and drain. Mix tomatoes, salt, pepper, sugar, and green pepper and add to spaghetti. Pour into greased casserole. Combine ground raw meat, salt, onion, egg, and milk and form into about 8 flat patties. Place these close together on spaghetti (they should about cover the surface). Bake in moderate oven of 350 degrees F. for 30 to 40 minutes, or until meat is thoroughly done and brown on top.

MEAT SAUCE FOR YOUR SPAGHETTI DINNER

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| ½ to ¾ pound beef or veal | 1 quart canned or cooked tomatoes |
| ¼ cup olive oil or salad oil | ¾ can tomato paste |
| 1 clove garlic | 2 teaspoons salt |
| 1 green pepper, chopped | 1 tablespoon sugar |
| 1 onion, chopped | 2 cups boiling water |

Chop or grind meat or cut in small pieces and cook in oil with garlic, green pepper and onion about 5 minutes, until light brown. Add strained tomatoes, tomato paste, salt and sugar. Let simmer 1½ hours, add water, stirring occasionally to prevent sticking to the pan. Serve over spaghetti with grated cheese.

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ITALIAN LIVER

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| 2 cups cooked spaghetti | 1/2 green pepper, chopped |
| 1/2 pound calf's, beef or other liver | 1/2 cup chopped canned mushrooms |
| 1/2 onion | 1/2 clove garlic (if desired) |
| 2 tablespoons butter or salad oil | Pepper |
| 2 cups strained tomatoes | Salt |

Dip liver in boiling water for 2 or 3 minutes to make it firm, then cut into fine pieces. Cut onion, green pepper and mushrooms and let fry in the oil with the liver slowly, stirring often for 10 minutes. Add tomatoes, seasonings and garlic and let cook gently for 20 minutes longer. Serve over boiled spaghetti with liberal sprinkling of grated Parmesan Cheese over the top.

PORCUPINE BEEF BALLS

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| 1/2 cup uncooked rice | 2 tablespoons chopped green pepper |
| 3/4 to 1 pound ground beef | 2 tablespoons chopped onion (may be omitted) |
| 1 teaspoon salt | 3 tablespoons butter or margarine |
| Dash of pepper | 2 cups tomato puree or soup |
| 1/2 cup chopped celery | |

Measure rice, put into a colander or strainer and wash by letting cold water run through it. Drain well. Add to meat with salt and pepper, mix well. Shape into balls, pressing them firmly into place. Place in a baking dish.

In a small frying pan saute green pepper, onions and celery in butter 5 minutes. Add tomato puree, pour over meat balls, cover dish and bake in a slow oven of 350 degrees F. or on top of the stove, until very tender, about 1 1/2 hours. Remove cover during last 30 minutes of cooking to brown the meat and cook down the sauce. Serve surrounded with sauce. Makes 8 or 10 large balls.

LIMA ALL-IN-ONE

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| 1 cup dried lima beans | 1-10-1/2 ounce can condensed tomato soup |
| 3 teaspoons salt | 1/2 cup cold water |
| 5 strips bacon | 1/2 teaspoon pepper |
| 1/2 cup minced onion | 1 teaspoon Worcestershire sauce |
| 1/2 lb. hamburger | |

Pick over, wash and then soak the dried lima beans over night in cold water to cover; drain, cover with boiling water and simmer covered, with 2 1/2 teaspoons of the salt for about 1 hour, or until tender. Drain.

Meanwhile, cut up bacon and fry slowly in a skillet until lightly brown. Add onion and beef and continue cooking until brown. Add soup, cold water, the remaining 1/2 teaspoon salt, pepper, Worcestershire sauce and cooked limas. Simmer 20 minutes and serve. Serves 6.

SPANISH RICE, WITH MEAT

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| 3 tablespoons butter or margarine | 1 1/2 teaspoons salt |
| 1/4 cup chopped onion | Dash pepper |
| 1/2 to 1 pound ground beef | 2 cups tomato puree |
| 1/2 cup chopped green pepper | 3 cups boiling water |
| 1 cup uncooked rice | 1/2 teaspoon paprika |

In this recipe the rice is not cooked separately. So prepare ingredients first.

Measure butter and put into a rather large frying pan. Next, peel and chop onion (holding the onion under cold running water while peeling to prevent weeping). Separate meat into small particles. Chop green pepper. Measure rice, put into a strainer and wash by letting cold water run through it. Set aside to drain. If you have no tomato puree on hand, strain two and one-half cups canned tomatoes.

Melt butter over a low heat, put in onions and cook until they are browned slightly. Next add meat and brown it well, stirring it during the cooking to brown all sides. Add green pepper. Next, stir in rice, then tomato puree and water. Cover the pan and cook over a low heat or in a moderate oven, 350 degrees F., until rice and meat are tender, from thirty to forty-five minutes. Season well and serve piping hot. Serves six to eight.

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CHOP SUEY, AMERICAN STYLE

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| 1/2 pound diced, boned pork or veal shoulder | 1/4 teaspoon pepper |
| 1/4 cup salad oil | 1 cup slivered green pepper |
| 1/4 cup flour | 2 cups celery, slivered |
| 1/4 cup boiling water | 1 sliced peeled onion |
| 2 beef bouillon cubes | 1 cup sliced mushrooms (1/4 pound) |
| 2 tablespoons Soy Sauce (Brown Sauce) | 1 cup sliced, unpeeled radishes |
| | 4 cups crisp rice cereal |

Brown meat slowly in 2 tablespoons salad oil. Add flour and stir until well blended. Add water, bouillon cubes, soy sauce, pepper, green pepper, celery, onion and mushrooms. Cover and simmer for 20 minutes, stirring occasionally to prevent sticking. Add radishes. Season well with salt. Meanwhile, heat remaining 2 tablespoons salad oil in skillet; add cereal and heat thoroughly over low heat, stirring frequently. Serve the chop suey over the cereal on plates. Serves 4 or 5. 1 1/2 cups diced leftover veal, pork or beef may be used in this recipe.

TIPS FOR MAKING GOOD STEWS

1. Never boil a stew . . . just let it simmer gently and you'll be rewarded with superb, juicy tenderness and well-rounded flavor.
2. You get that wonderful, inviting color that every good stew has by browning the meat before adding any liquid or vegetables. Improves flavor, too.
3. If you like to experiment, vary your stews with one or more of the following seasonings: Paprika, marjoram, thyme, mace, parsley, curry, bay leaves, Worcestershire Sauce, all-spice, whole cloves, ginger, chili powder.
4. Stews may be served attractively in a large pottery bowl or casserole, on deep platters or in individual casseroles.

BEEF STEW

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| 1 to 1 1/2 lbs. boneless beef (chuck, bottom round, neck, flank or shank) | 1 bay leaf |
| 2 tablespoons flour | 2 teaspoons salt |
| 4 tablespoons drippings or lard | 4 cloves |
| 1 cup chopped onions | 1 cup celery |
| 2 cups boiling water | 4 carrots |

Cut meat in 1 1/2 inch pieces. Roll in flour and brown with onion slowly for 15 minutes. Add cloves and bay leaf, half the water and half the salt. Cover and simmer for 1 1/2 hours. Add vegetables, remaining water and salt, cover again and cook another 30 minutes. Thicken gravy if desired. Serves 4.

OLD-FASHIONED LAMB STEW

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| 1 1/2 lbs. of lamb cut in 1 1/2 inch pieces | 1 sliver garlic (if desired) |
| 2 tablespoons lard or drippings | 2 1/2 teaspoons salt |
| 3 cups water | 1/2 teaspoon pepper |
| 4 small carrots | 1/2 cup fresh or canned peas |
| 1 onion, diced | |

Lightly flour lamb pieces and brown slowly in fat for 15 minutes. Add water, onion, garlic, salt and pepper. Cover and simmer for 1 1/2 hours. Add carrots, peas, and cook until vegetables are tender. If desired, gravy may be thickened by stirring in 1 tablespoon flour, mixed with 3 to 4 tablespoons cold water.

LAMB OR VEAL STEW WITH DUMPLINGS

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| 2 pounds breast of lamb or veal cut in 1-inch cubes | 3 medium-size carrots, quartered |
| 2 tablespoons lard or drippings | 2 tablespoons chopped parsley |
| 3 cups hot water | 1 tablespoon chopped green pepper |
| Salt and pepper | 1 teaspoon Worcestershire sauce |
| 1 dozen small white onions | 2 tablespoons flour |
| | 1/2 cup cold water |

Brown cubed meat in hot fryings. Add hot water and salt and pepper to taste. Cover and cook 30 minutes, then add vegetables. Cover and cook 30 minutes longer. Add Worcestershire sauce and thicken the liquid with flour stirred to a paste in cold water. There should be enough thin gravy to nearly cover meat and vegetables.

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Dumplings

Sift 2 cups flour with 2½ teaspoons baking powder and ¼ teaspoon salt. Add ¾ cup milk and stir until blended. Drop by small, rounding teaspoonfuls into hot stew or soup. Cover tightly and steam 12 to 15 minutes without removing lid. Serve hot. Serves 8.

VEAL STEW WITH NOODLES

1½ lbs. veal breast meat, cubed
2 oz. salt pork
2 cups water
2 teaspoons salt

2 tablespoons flour
1 cup cut celery
1½ cups noodles
Parsley

Cut salt pork in tiny pieces and fry in deep frying pan or pot roast kettle until crisp and brown. Lightly flour veal and brown slowly in salt pork fat. Add salt and water. Cover and simmer very slowly for 1½ hours. Add celery and noodles and continue cooking until noodles are tender. To serve, place noodles in center of platter and surround with stew. Serves 4.

SAVORY MEAT PIES

Turn boiling hot Beef, Lamb or Veal Stew into a casserole or baking dish, or into individual casseroles, and top with baking powder biscuits cut in rounds, or cut with a doughnut cutter. Have the biscuit dough only ¼ inch thick. Bake in a hot oven of 425 degrees F. for 15 minutes, or until biscuits are done.

Packaged biscuit mix may be used for the biscuits.

SWISS STEAK

¾ teaspoon salt
Dash of pepper
½ cup flour
1 to 1½ pounds round steak, 1 inch thick

2 tablespoons fat
½ onion
½ green pepper, chopped fine
1½ cups water
½ cup ketchup

Add the salt and pepper to the flour and pound into meat. Brown in a skillet with fat; then add onion, green pepper, water, and ketchup. Cover closely and simmer slowly until meat is tender—about 1½ hours. This may be cooked in a casserole in the oven or in a skillet upon the stove. Garnish with broiled tomatoes or potatoes.

ROUND STEAK FARMER'S STYLE

1 to 1½ pounds round steak, cut thick
¾ teaspoon salt
½ cup flour

2 tablespoons fat
1½ cups water
Pepper

Add salt and pepper to flour and pound into meat. Brown well in frying pan with fat. Add water, cover closely and simmer until tender, about 1½ hours. Turn meat occasionally, adding water as needed. Makes delicious gravy around meat.

STUFFED FLANK STEAK

1 to 1½ pounds flank steak
1 tablespoon minced onion
½ cup chopped celery
2 tablespoons butter or margarine

1½ cups stale bread crumbs
1 teaspoon salt
½ teaspoon pepper
Bit of sage

Wipe off meat with a damp cloth. With a sharp knife, score (cut marks) steak lengthwise and crosswise. This helps to make it tender. For the stuffing, brown onion and celery in butter. Add bread crumbs. Season well with salt and pepper, adding a bit of sage if desired. Rub steak with salt. Spread dressing on it. Roll, beginning at one side of the steak, rolling to the other as a jelly roll. Fasten in place with twine. The flank steak must always be rolled lengthwise, so that in serving it will be sliced across the grain, a point in the tenderness of the meat. Melt 2 tablespoons bacon fat in a baking pan. Place roll in fat and brown on all sides, either on top of the stove or in a hot oven of 500 degrees F. Add ½ cup boiling water, cover and cook the meat

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slowly at 350 degrees F. until meat is tender, about 2 hours. Remove cover during the last half-hour of cooking. Remove to a hot platter. Make gravy. Serves 4.

If desired, vegetables, such as carrots and onions, may be cooked around the meat, in which case parboil onions 10 minutes in boiling salted water. Drain, place with carrots around meat, sprinkle with salt, cover pan and continue cooking until meat and vegetables are tender. About 40 minutes will be required for the latter. Remove meat to a hot platter, surround with vegetables and make gravy. Serve gravy separately.

LIVER LOAF

1 tablespoon finely minced celery
Salt and pepper
1 cup milk, approximately
3 slices bacon
1 pound liver

1 cup bread crumbs
2 eggs
2 teaspoons grated onion
2 teaspoons chopped parsley

Calf's, pork, beef or lamb livers may be used. Pour boiling water over liver, let stand 5 minutes. Drain. Force through the food chopper. Add bread crumbs, beaten eggs, seasonings and enough milk to moisten well. Line a loaf pan with slices of bacon, pack in liver mixture. Bake in a slow oven of 300 degrees F. until firm, about 1 hour.

BEEF LIVER WITH ONIONS

4 or 5 slices bacon or 4 tablespoons bacon fat
3 cups boiling water
1 pound beef liver, sliced thin
Flour seasoned with salt and pepper

2½ cups thinly sliced onions
½ teaspoon salt (additional)
Pepper (additional)
½ cup hot water

Fry bacon over very low heat until crisp, then take from pan, leaving the bacon fat in skillet. (If you do not have bacon to spare, use bacon fat instead.) Pour the 3 cups boiling water over liver, drain and dry. Dip in seasoned flour, let stand for a few minutes on a platter, then fry in hot bacon fat over moderate heat until lightly browned on both sides. Place in a greased casserole, cover with sliced onions. Sprinkle with salt and pepper, and add the hot water. Crumble crisp bacon on top. Cover and bake in a moderate oven of 350 degrees F. for 40 minutes. Serves 4 or 5.

VEAL KIDNEY PIE

1 pound veal kidney
¼ cup flour
½ cup diced salt pork
1 clove garlic, sliced very thin
3 cups water
1 medium green pepper, chopped

2 medium potatoes, cut in eighths
2 medium onions, cut in eighths
1 teaspoon salt
Dash of cayenne
Black pepper to taste
Plain pastry (recipe below)

Soak kidney in cold water until the thick outer skin turns white, about 5 minutes. Remove the skin and cut crosswise in ½-inch pieces. Roll in flour. Fry with salt pork and garlic. Add any flour left from dredging the kidney. When nicely browned, add water and simmer 1 hour, or until the kidneys are tender. Add vegetables and seasonings and cook until vegetables are tender. Line an 8-inch round casserole with half the pastry. Fill with hot kidney mixture and cover with top crust. Make several openings in the crust to allow steam to escape. Brush lightly with melted butter and bake in hot oven 425 degrees F. for 45 minutes or until golden brown. Serves 6 to 8.

Plain Pastry:

1½ cups flour
½ teaspoon salt

½ cup shortening
4-5 tablespoons cold water

Sift flour and salt together. Cut in shortening with two knives or pastry blender. Leave shortening in pieces about the size of small peas. Add water a tablespoon at a time, mixing and pressing ingredients together with fork until dough is just moist enough to hold together. Form into 2 balls and roll. It is easier to handle dough if chilled a short time before rolling.

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BRAISED HEART WITH DRESSING

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| 1 beef heart | 1 egg |
| Salt, pepper | 2 tablespoons fat |
| 2 slices bacon | 2 tablespoons chopped onion |
| 4 slices bread broken coarsely | |

The beef heart will serve six. For the family of two or three use veal, lamb or pork hearts, allowing one heart for each serving. The amount of dressing may be used in proportion.

Wash heart in cold water. Remove veins and arteries and any hard parts. Rub with salt and pepper, both inside and out.

Prepare dressing. Cut slices of bacon in squares, panfry with onions until bacon is crisp and onions are yellow. Remove from stove, stir in bread crumbs. Add beaten egg and season well.

Fill heart cavity with the dressing, stuffing it in lightly. Close opening by sewing or with skewers.

Melt fat in a heavy kettle or roaster, put in meat and brown on all sides. Add one-half cup water, cover and cook slowly from three to three and one-half hours over a low heat or in a slow oven, 325 degrees F., until tender, adding water as needed. Gravy may be made from liquid in pan.

For the veal, lamb or pork heart, two to two and one-half hours should be sufficient time for cooking.

Vegetables, such as potatoes, carrots and onions, may be put around the heart and cooked with it during the last hour of cooking, and arranged around it on the platter when serving.

GYPSY'S JOY

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| 1½ cups rice | 1 cup water |
| 2 quarts water | ½ pound cooked ham |
| 1 large onion, chopped | ½ cup crumbled, nippy cheese |
| 1 green pepper, chopped | ½ teaspoon salt |
| 3 tablespoons bacon fat | ¼ teaspoon pepper |
| 1 can condensed tomato soup | |

Cook rice in boiling, salted water; rinse and drain. Fry onion and green pepper in bacon fat; add tomato soup and water. Chop ham coarsely and mix with cheese. Combine all ingredients and stir well. Bake in greased casserole in moderate oven of 350 degrees F. about 20 minutes. Serve hot. Serves from 6 to 8.

BAKED HAM AND NOODLES

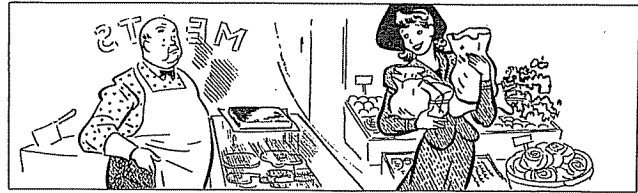
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| 2 tablespoons butter or margarine | Salt and pepper |
| 2 tablespoons flour | 1 package fine egg noodles, cooked |
| 2 cups milk | ½ pound cooked ham, ground |
| 4 ounces snappy cheese, grated | |

Make white sauce of butter, flour, and milk; add cheese and stir until melted. Season with salt and pepper. Put a layer of noodles in bottom of greased baking dish, sprinkle with ham, and cover with sauce. Repeat layers and sprinkle cheese on top. Bake in a moderate oven of 350 degrees F. 25 to 30 minutes. ¼ lb. chipped dried beef may be used instead of ham. Serves 8.

QUICK CHILI CON CARNE

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| 1 pound ground beef | ½ teaspoon salt |
| 2 tablespoons butter or margarine | ¼ teaspoon chili powder, if desired |
| 1 onion, chopped | 1 medium can baked red kidney beans or |
| 1 small can cream of tomato soup | 2 cups cooked beans |

Brown beef in skillet with butter and chopped onion. Add beans and stir for several minutes. Pour soup over this. Add salt and chili powder. Simmer for 15 to 25 minutes. The chili powder may be omitted, if desired, and a dash of pepper substituted. Serve with boiled or baked potatoes or with boiled rice.



Meals without Meat Conserve Ration Points

At the present time frequent dinners without meat are not only a patriotic duty, but also a necessity to stretch ration points to cover all the days of the week. In most families the practice of serving a dinner without meat at least once a week is not a new one. We have planned such menus in the past for the sake of variety and interest. Now we are glad to include them even more frequently to conserve meat supplies and assure our armed forces of the amounts of meat they require.

For the dinner without meat feature healthful and unrationed fish in a wide variety of tempting dishes; use cheese and egg main dishes frequently; serve dried bean and other hearty vegetable dishes. Often two or more of these foods are combined with such foods as macaroni, spaghetti or rice to produce flavorful and nourishing main dishes.

It is a good rule to include milk, eggs or cheese somewhere in the menu that stars a dried bean or vegetable dish. The milk may be included in the main dish, it may be used as a sauce for a vegetable, or it may appear in a dessert such as cream pie or a baked rice or tapioca pudding. In fact, the meatless dinner is the ideal place for the heartier-than-usual desserts that people enjoy but frequently avoid because of their high food value. Another good general rule for the dinner without meat is a crisp salad of raw vegetables or fruits.

Plan to include the following attractive and nourishing meatless main dishes in at least one or two family dinners every week. Many of these hearty dishes include no rationed foods and all are low in point value.

MEATLESS ITALIAN SPAGHETTI

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| 2 tablespoons chopped green pepper | ½ pound spaghetti or macaroni |
| 2 cups canned tomatoes | 1 teaspoon salt |
| 2 teaspoons sugar | ¼ cup salad oil or butter |
| Grated Parmesan cheese | 2 medium sized onions |

Heat the salad oil or butter in a saucepan, add minced onions and pepper and cook until they are half tender, then add tomatoes, salt and sugar. Cook slowly until onions are tender and the sauce reduced one-third. Cook spaghetti or macaroni in boiling salted water and drain. Put into a heated dish, stir about two ounces grated cheese through it, pour the sauce over top and sprinkle with additional cheese. Serves 6.

MACARONI AU GRATIN

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| 1 package macaroni (8 to 10 ounces) | Salt and pepper |
| 2 cups grated American cheese | 2 cups milk, scalded |
| 4 tablespoons butter or margarine | Buttered crumbs |

Cook macaroni in boiling, salted water and drain well. From 8 to 10 minutes is required for cooking macaroni. In a buttered baking dish put alternate layers of the cooked macaroni and grated cheese, sprinkling each layer with salt and pepper and dotting with butter. When all ingredients have been used pour milk over all, cover with buttered crumbs and bake in a moderate oven of 350 degrees F. for 30 to 40 minutes. This favorite dish is healthful too, providing valuable amounts of cheese and milk. Serves 6.

BAKED MACARONI LOAF

- 1/2 nine-ounce package macaroni
- 1 1/2 cups hot milk
- 1 cup cracker crumbs
- 1 teaspoon chopped onion
- 1 tablespoon chopped green pepper
- 4 tablespoons butter or margarine
- 1 pimiento, chopped
- 1 cup grated American cheese
- 1/4 teaspoon salt
- 3 eggs
- 1 dash of pepper and cayenne

Cook macaroni, without breaking, in boiling salted water until tender. Drain in a colander. Scald milk and pour over cracker crumbs in a mixing bowl. Chop onion, green pepper and pimiento. Grate cheese. Fry onion and green pepper in the butter slowly for 3 minutes. Stir into milk and cracker mixture. Add cheese and seasonings. Beat eggs and stir them in also. Lay macaroni lengthwise in a greased loaf pan, keeping the pieces fairly straight. Pour in the cracker and milk mixture, mixing it through carefully by using a knife and separating the pieces of macaroni here and there to let the sauce mix in well. Set in a pan of hot water and bake in a moderate oven of 350 degrees F., until firm, about 45 to 50 minutes.

Remove from oven, loosen sides by running a knife around the edges. Place serving dish over the pan and invert carefully. Surround loaf, in summer with baked stuffed tomatoes, or garnish with parsley and any colorful vegetable. Serve a Spanish or Creamed Mushroom Sauce separately, if desired. Serves 6.

BAKED NOODLE RING WITH CREAMED VEGETABLE

- 1/2 pound egg noodles
- 1 1/2 cups scalded milk
- 1 cup fine bread crumbs
- 3 tablespoons butter or margarine
- 1 pimiento, chopped
- 2 tablespoons chopped parsley
- 3 eggs

Break noodles, cook in boiling salted water until tender. Drain by turning into a colander. Scald the milk and pour over the crumbs in a bowl. Let stand a few minutes, then add butter, pimiento, parsley and salt and pepper to taste. Beat eggs and pour into the bread crumb mixture.

Grease a small ring mold or six individual molds. Grease well if you would have them turn out easily. Distribute the cooked noodles evenly in the mold, then pour in milk and egg mixture. Set in a pan of hot water and bake in a modern oven of 350 degrees F., until firm, from 45 minutes to 1 hour. Remove from mold and fill center with a creamed vegetable as peas, peas and carrots and mushrooms.

A macaroni ring may be prepared in the same way. Cook the macaroni without breaking. Lay the strips in a greased mold and proceed as above.

NOODLES AND SPINACH AU GRATIN

- 1 package noodles
- 2 to 3 cups cooked spinach
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 2 cups milk
- 1/4 teaspoon paprika
- Salt and pepper
- 1 to 2 cups grated cheese (American)
- Buttered crumbs

Cook noodles as directed on package and drain. If fresh spinach is used, prepare, cook and chop slightly. Canned spinach should be drained and chopped. Melt butter or margarine, add flour and stir to blend well. Add milk and stir over low heat until thickened and smooth. Add paprika and salt and pepper to taste. Add cheese and stir over very low heat until it is melted. Put cooked noodles in bottom of a shallow, greased baking dish, dot with butter or margarine, sprinkle with salt and pepper, cover with cooked spinach and pour the cheese sauce over all. Sprinkle with fine buttered bread or cracker crumbs and bake in a hot oven of 400 degrees F. until brown, about 15 minutes. Serves 6.

FISH, CORN AND MACARONI CASSEROLE

- 1 package elbow macaroni
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 2 cups milk
- 1 to 2 cups cooked tuna, salmon, halibut or other fish (See Page 27)
- 1 cup whole kernel corn
- Salt, pepper, paprika
- 1 cup grated cheese

Cook elbow macaroni as directed and drain. Melt butter, stir in flour, gradually add the milk and stir over low fire until smooth and thick. Stir in fish, corn and seasonings to taste and half the cheese. Arrange fish mixture in alternate layers with elbow macaroni in a buttered baking dish, sprinkle with remaining cheese and bake in a moderate oven, 350 degrees F., until brown.

BAKED MACARONI WITH TOMATOES

- 1 nine-ounce package macaroni
- 4 tablespoons butter or margarine
- 1 medium onion, sliced
- 2 tablespoons minced green pepper
- 1 teaspoon Worcestershire sauce
- 2 1/2 cups canned or cooked tomatoes
- 1/4 teaspoon salt
- 1 dash of pepper
- 1/4 pound American cheese, sliced (1 cup)

Cook and drain macaroni as directed on package. Arrange it in a two-quart casserole. Melt butter in a skillet, add onions, green pepper and Worcestershire sauce and simmer until partially tender, about 5 minutes. Then add tomatoes, salt and pepper and heat. Pour over the macaroni, toss to mix well, then arrange slices cheese on top. Bake in a moderately hot oven of 400 degrees F. for about 20 minutes, or until cheese melts and gets bubbly. Serves 6.

NOODLES AND FISH AU GRATIN

- 3 tablespoons butter or margarine
- 2 tablespoons flour
- 1 1/2 cups milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 pound American cheese, grated
- 1 4-ounce can sliced mushrooms
- 1/2 lb. cooked salmon, halibut or other fish (See Page 27)
- 1 4-ounce package noodles, cooked

Make a white sauce of butter, flour, milk, and seasonings; add cheese and stir until smooth. Place mushrooms, flaked fish, and noodles in greased baking dish in order named, with part of cheese sauce over each layer. Garnish with a few button mushrooms and bake in a hot oven of 400 degrees F. for 20 minutes or until golden brown. Serves 4 to 6.

VEGETABLE AND CHEESE CASSEROLE

- 1 cup cooked or canned vegetables, as peas, lima beans or corn
- 1 1/2 cups scalded milk
- 1 cup soft bread crumbs
- 4 tablespoons melted butter or margarine
- 2 tablespoons chopped onion
- 1 1/4 cups grated American cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 eggs
- 1 tablespoon chopped parsley
- 2 pimientos, chopped

Pour scalding milk over the bread crumbs. Add butter, pimientos, parsley, onion, grated cheese and seasonings. Then add well beaten eggs. Put the vegetables in a well greased casserole or loaf pan, and pour milk and cheese mixture over them. Bake in a slow oven of 325 to 350 degrees F. for 50 minutes, or until loaf is firm. Serves 6.

VEGETABLE PIE WITH CHEESE CRUST

- 2 tablespoons minced onion
- 3 tablespoons minced celery
- 3 tablespoons minced green pepper
- 4 tablespoons butter or margarine
- 3 tablespoons flour
- 1 teaspoon salt
- 2 cups soup stock (or milk)
- 1 cup diced cooked carrots
- 1 cup canned or cooked peas
- 1/2 cup diced cooked mushrooms
- 1 cup diced cooked potato
- Cheese biscuit crust
- 1/4 teaspoon pepper

Melt butter in a pan, add onion, celery and green pepper, and cook slowly for five minutes. Add flour, salt and pepper, blending them in well. Add soup stock or milk and stir until a smooth, thickened sauce is formed. Add the vegetables and transfer to a greased casserole. Cover with the following Cheese Biscuit Crust and bake for about 20 minutes, or until crust is well baked, in a hot oven of 400 degrees F. For the crust: Prepare biscuit dough, roll out, spread with softened butter and sprinkle generously with grated American cheese. Roll dough as a jelly roll. Cut in half-inch slices. Place over the hot vegetable mixture and bake as directed above.

WELSH RABBIT

½ pound, or approximately 2½ cups
 grated American cheese
 1 tablespoon butter or margarine
 1 teaspoon flour
 ½ cup thin cream
 ¼ teaspoon salt
 ¼ teaspoon prepared mustard
 ¼ teaspoon paprika
 Grate cheese or cut into small pieces. Melt butter in the top part of a double boiler, blend in flour. Add cream (milk may be used), stirring it in gradually to make a smooth sauce. Cook until thickened somewhat and smooth. Add cheese, cook, stirring constantly until it is melted. Add seasonings, seasoning it more highly than suggested here, if preferred, and serve immediately. (If you are preparing this for a party and want to have everything in readiness before the party, prepare the cheese, make the sauce, have seasonings measured. Then at serving time, heat sauce, stir in cheese and seasonings; when cheese is melted and mixture is hot it is ready to serve. This amount serves four.

Welsh rabbit may be served on crisp salted crackers, on slices of Melba toast, on crisp waffles or on fried noodles. A few salted almonds may be sprinkled over each serving.

GOLDEN CHEESE AND RICE

¼ cup raw, white rice, washed
 3 cups scraped, shredded, raw carrots
 2 cups grated, processed American cheese (½ lb.)
 2 eggs, beaten
 ¼ teaspoon pepper
 1½ teaspoons salt
 2 tablespoons minced onion
 ½ cup milk
 Cook rice, as in boiled rice, adding carrots the last 5 minutes of cooking. Drain. Combine with remaining ingredients, reserving ½ cup cheese. Place in a greased, or oiled, 1½ quart casserole, and sprinkle remaining cheese on top. Bake in a moderate oven of 350 degrees F. for 30 minutes. Serves 6.

ESCALLOPED EGGS AND CHEESE

6 hard-cooked eggs, sliced
 1 cup bread crumbs
 3 tablespoons melted butter or margarine
 1½ tablespoons flour
 1 cup milk
 ¼ teaspoon salt
 ¼ teaspoon pepper
 ¼ teaspoon paprika
 1 teaspoon Worcestershire sauce
 ½ cup grated sharp cheese
 Prepare a sauce of 1½ tablespoons butter, flour, milk and seasonings. Arrange in greased casserole in layers: half the crumbs, eggs, cheese and sauce. Top with remaining crumbs mixed with remaining butter. Bake in a moderately hot oven of 350 degrees F., until sauce is bubbly and top nicely browned, about 40 minutes. Serve plain or with tomato sauce. Serves 4.

SALMON WITH RICE AND CHEESE

2 cups hot cooked rice
 1½ cups medium white sauce
 2/3 cup grated cheese
 1 egg yolk
 2 cups cooked salmon (See Page 27)
 Crackers (crumbled)
 For the rice, stir 2/3 cup washed rice into a large kettle of boiling water. Boil vigorously until rice is tender, 15 to 25 minutes. Drain well. This will make 2 cups when cooked.
 While rice cooks, prepare the white sauce by melting 3 tablespoons butter, blending in 3 tablespoons flour and adding 1½ cups milk, slowly stirring it in. Cook, stirring constantly, until sauce is thickened and smooth. Add grated cheese and stir until it is melted. Add beaten egg yolk. Look over salmon, flaking it.
 In a greased baking dish put a layer of rice in the bottom, using about 1 cupful. Over the rice put a layer of salmon, using one-half, moisten with sauce, using one-half of it. Cover with another layer of rice. Add remaining salmon and remaining sauce. Sprinkle with crumbled crackers. Dot over the top with butter and bake in a moderately hot oven of 375 degrees F. until heated through and brown on top. Serves 4 to 6.

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CHEESE FONDUE

1½ cups soft, stale bread crumbs
 1 cup milk
 ½ teaspoon salt
 ¼ teaspoon mustard
 ½ pound American cheese, grated
 3 eggs
 Separate the eggs. Beat the yolks slightly and add the bread crumbs, milk, salt, mustard and grated cheese. Last fold in the egg whites, beaten stiff. Turn into a greased baking dish and bake in a moderate oven of 350 degrees F. for 50 minutes, or until firm. Serves 6.

CHEESE STRATA

12 slices day-old bread
 ½ lb. processed American cheese
 4 eggs
 2½ cups milk
 1 tablespoon minced onion
 ½ teaspoon powdered or prepared mustard
 1 teaspoon salt
 ¼ teaspoon pepper
 Arrange 6 slices of the bread, from which the crusts have been removed, in the bottom of 12" x 7" x 2" baking pan. Cover the bread with the cheese in thin slices, then cover with the remaining bread with crusts removed. Beat eggs, add milk and remaining ingredients, and blend. Pour over the bread. Let stand 1 hour. Bake in a moderate oven of 325 degrees F. for about 50 minutes or until puffed and browned. Serve at once. Serves 6.

MEATLESS SPANISH RICE

2 quarts water
 1 tablespoon salt
 1 cup rice
 ¼ cup sliced onion
 4 fresh tomatoes or 2 cups cooked or canned tomatoes
 1 cup grated American cheese
 3 tablespoons butter or margarine
 Heat water to boiling with salt. Wash and drain the rice and add to the boiling water slowly, taking care that the water does not stop boiling while adding. Cook until rice is tender, as evidenced by a grain feeling soft when mashed between the fingers. Drain well, saving one cup of the rice water.
 Add tomatoes and onion to rice water and cook slowly for 15 minutes. Remove onion and stir in rice, cheese and butter. Season well with pepper, and more salt, if needed. Heat through and serve piping hot.

RICE RING WITH VEGETABLES

¼ cup rice
 1 beaten egg
 2 tablespoons melted butter or margarine
 ¼ cup milk
 ½ cup grated cheese
 1 teaspoon grated onion
 1 teaspoon Worcestershire sauce
 ¼ teaspoon salt
 1 tablespoon chopped parsley
 Boil rice in boiling salted water until tender. Drain in a colander. Add beaten egg, butter, milk, cheese, onion, Worcestershire sauce, salt and parsley. Grease a small ring mold and place rice mixture in it. Place in a pan of hot water and bake in a moderate oven until firm, about 45 minutes. Unmold on a hot platter and fill center with a creamed vegetable. Serves 4. Double this recipe to serve six or eight.

RICE, TOMATO, CHEESE, AND MUSHROOMS

½ cup rice
 ½ cup mushrooms
 1 cup tomatoes, skinned and chopped
 ½ teaspoon brown sugar
 ½ teaspoon salt
 ¼ teaspoon paprika
 2 tablespoons chopped onion
 2 tablespoons chopped green pepper
 ¼ to ½ cup cheese, diced
 ¼ cup dry bread crumbs
 1 teaspoon butter or margarine
 Boil the rice until tender. Place it on a colander and rinse. Sauté the mushrooms and combine with the rice. Add tomatoes, sugar, salt, paprika, onion, green pepper and cheese. Place these ingredients in a buttered baking dish. Cover with the bread crumbs, dot over with butter and bake in a moderate oven of 350 degrees F. for about 40 minutes. Serves 4 to 6.

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EGGS A LA KING

3 tablespoons butter or margarine
 1/2 green pepper, minced
 1 cup peeled, sliced mushrooms
 1 pimiento, minced
 3 tablespoons flour

Melt butter over low heat, add pepper, mushrooms and pimiento and fry slowly for 3 minutes. Add flour, salt and paprika and stir to blend well. Add milk and cook, stirring gently until mixture thickens. Add eggs and cook gently until eggs are heated through. Serve on buttered toast and garnish with sprigs of parsley.

CURRIED EGGS AND PEAS WITH RICE BORDER

1/3 cup minced onion
 4 tablespoons butter or margarine
 4 tablespoons flour
 2 teaspoons curry powder
 1 1/2 cup milk
 1 cup canned bouillon (use bouillon cubes)

1/2 teaspoon lemon juice
 1/2 teaspoon granulated sugar
 1/2 teaspoon salt
 2 cups cooked peas
 6 shelled hard-cooked eggs, sliced
 3 cups boiled white rice

Cook onion in butter in the top of a double boiler over direct heat until tender. Add flour and curry powder, and blend. Add milk, bouillon, lemon juice, sugar, and salt; cook over boiling water until smooth and thickened, stirring constantly. Add peas and eggs; heat. Serve on a hot platter in a ring of the rice. Serves 6.

SAVORY DEVEILED EGGS ON TOAST

2 tablespoons minced green pepper
 2 tablespoons butter or margarine
 2 tablespoons flour
 1 teaspoon prepared mustard
 2 tablespoons chili sauce

1 tablespoon Worcestershire sauce
 1/2 teaspoon salt
 1 1/2 cups milk
 6 sliced shelled hard-cooked eggs
 6 slices buttered toast

Cook the green pepper in the butter in the top of a double boiler over direct heat until tender. Add the flour and blend. Add the mustard, chili sauce, Worcestershire sauce, salt, and milk and cook over boiling water until smooth and thickened, stirring constantly. Add the eggs, heat well, and serve on toast. Serves 6.

EGGS AND SPINACH AU GRATIN

6 shelled hard-cooked eggs
 3 cups hot seasoned cooked or canned spinach

1 1/2 cup Medium White Sauce
 1/4 cup grated processed pimiento cheese

Cut the shelled hard-cooked eggs in halves. Arrange a layer of the spinach in the bottom of a greased casserole, then a layer of the egg halves, and next a layer of white sauce. Repeat these layers until the ingredients are used, having white sauce on top. Sprinkle with the grated pimiento cheese. Bake in a moderate oven of 350 degrees F. for 25 minutes. Serves 6.

BAKED BEANS (With Tomato)

3 cups dried beans
 1/2 cup onion, chopped
 1/2 pound salt pork, diced
 4 tablespoons or more dark molasses

1/2 cup ketchup
 1 1/2 tablespoons dry mustard
 2 teaspoons salt

Cover beans with water. Bring them slowly to the boiling point, or cover beans with water and soak for 12 hours. Drain, cover them again with water, and simmer long and slowly. Place a few beans in a spoon. Blow on them. If the skins burst they are sufficiently cooked. Drain and add all other ingredients. Place in a greased baking dish or casserole. Add salt pork and pour in hot water to almost cover. Cover the baking dish and bake in a very slow oven of 250 degrees F. from 6 to 8 hours. If they become dry, add a little well-seasoned stock or hot water. Uncover the beans for the last hour of cooking.

HOME BAKED BEANS (Boston Style)

1 pint, or 2 cups navy beans or marrow fat beans
 1/2 pound salt pork
 1 tablespoon minced onion

1 teaspoon salt
 1/2 teaspoon mustard
 1 tablespoon molasses
 3 tablespoons brown sugar

Look over beans carefully, removing any black particles that may be found. Put into a colander and wash by letting cold water run over them. Put into a pan and cover well with cold water. Let stand overnight.

The next morning drain off water, cover with fresh water and heat to boiling, simmer 20 minutes. Drain, put into a greased bean pot or casserole. While beans are simmering, cut salt pork into cubes. Measure and mix seasonings. Add seasonings to beans, mixing them through well. Bury salt pork in beans. Pour in hot water to cover. Cover dish and bake in a slow oven of 250 to 300 degrees F. until beans are tender, from 6 to 8 hours. Remove cover during last 30 minutes of cooking, to brown. Add boiling water as needed. The beans should be tender, but not mushy. This amount serves 6 to 8. The recipe may be doubled.

All brown sugar may be used instead of molasses, or all molasses may be used.

BAKED BEAN AND FISH LOAF

3 cups cooked lima beans
 2 cups soft bread crumbs
 1 cup flaked cooked salmon
 1/2 cup canned or cooked tomatoes
 1/3 cup chopped green pepper
 1 tablespoon chopped pimiento

1 1/2 teaspoons salt
 1/4 teaspoon pepper
 1/4 teaspoon chili powder (if desired)
 2 teaspoons lemon juice
 2 slightly beaten eggs
 1/4 cup buttered crumbs

Mash beans and combine with all ingredients except buttered crumbs. Form into loaf on greased oven-proof platter and sprinkle with crumbs. Bake in moderate oven of 350 degrees F. for about 45 minutes. Serves 6 to 8.

SAVORY LIMA BEAN SCALLOP

1 1/2 cups dried lima beans
 1 small onion, sliced
 1/2 teaspoon salt
 1 cup diced celery
 2 tablespoons chopped green pepper
 1 cup condensed tomato soup

1/2 cup water
 2 tablespoons melted butter or margarine
 1/2 teaspoon pepper
 1/4 cup buttered crumbs

Soak the beans in cold water for 6 to 8 hours. Drain and cover with boiling water. Add the sliced onion and cook slowly until tender. Drain, add salt, celery, green pepper, tomato soup, water, melted butter, pepper and salt to taste. Pour into a greased casserole, sprinkle the top with the crumbs and bake in a hot oven of 400 degrees F. for 30 minutes. Bacon strips may be arranged on top of the casserole just before baking if it is to be served as a main dish. Serves 6.

BAKED BEAN ROAST

2 tablespoons minced green pepper
 2 tablespoons minced onion
 4 tablespoons butter or margarine
 4 cups mashed baked beans
 2 eggs, slightly beaten

2 cups soft bread crumbs
 1 cup cooked tomatoes
 Salt and pepper
 1/4 teaspoon paprika

Cook green pepper and onion in the butter over low heat for 5 minutes, stirring frequently. Add other ingredients in order given. Bake in a greased baking pan or dish in a moderate oven of 350 degrees F. for 30 to 40 minutes, or until firm. Serve with Tomato Sauce.

TO COOK FRESH SALMON (OR OTHER FISH)

(A wonderful help in Wartime. Cook your own salmon for salads, casserole dishes, salmon loaves, and all purposes for which you formerly used canned salmon.)
 Purchase fresh salmon by the pound. It is best in a piece rather than in slices. Place in a kettle enough water to cover the fish. Add 1 tablespoon vinegar or lemon

juice, 1 small onion, sliced, 1/2 cup celery leaves (if on hand) and 1 teaspoon salt. When the water boils, put in fish. Reduce heat and simmer until tender (about 12 minutes to the pound). Do not let the water boil. Drain and serve hot with lemon slices dipped in chopped parsley and with Tartar Sauce. Or serve hot with a cream sauce containing fresh green peas, or with plenty of melted butter.

If the fish is to be used cold for salads or cold platters, drain and let cool covered with a cloth. Remove skin. Excellent cold or used in salmon loaf, cutlets, or other dishes in which canned salmon was formerly used.

SALMON LOAF

1 lb. cooked salmon
1/4 cup bread crumbs
1/2 cup milk
1 egg
1 teaspoon salt

1 teaspoon butter or margarine, melted
1/2 cup sweet pickles, coarsely chopped
2 hard-cooked eggs

Mix thoroughly all ingredients, except hard-cooked eggs. Pack into a buttered coffee can with a lid, and bake in a moderate oven of 375 degrees F. for 1 hour or until the loaf becomes firm. Or, if desired, form into a loaf and bake, uncovered, in a greased casserole or baking dish which is set in a shallow pan of hot water. Garnish with slices of hard-cooked egg, or pieces of salmon. If baked in coffee can, run a knife around it when you take it from the oven and it will come out of the can nicely molded and very attractive. Serve plain or with cream sauce, creamed egg sauce, or tomato sauce.

SCALLOPED SALMON

Cover bottom of a greased baking dish with crumbled crackers. Pick over cooked salmon, discard bones and skin. Over the crackers put a layer of salmon, then one of crackers, another of salmon, and another of crackers, dotting over each layer of crackers with butter. Moisten with milk, adding enough to come about three-fourths of the way up in the dish. Bake in a moderately hot oven of 375 degrees F. until brown and cooked through, 30 to 40 minutes. For two, use 1/2 cups salmon and an equal amount of crackers.

FISH EN CASSEROLE

1 lb. cooked salmon, halibut or other fish
4 tablespoons butter or margarine
4 tablespoons flour

2 cups milk
1/3 cup grated cheese
3 hard-cooked eggs
Bread crumbs

Flake fish coarsely. Prepare white sauce by melting butter, blending in flour, stirring in milk slowly. Add grated cheese and stir until it is melted. Season well with salt and pepper. Stir in fish.

In a greased baking dish sprinkle a layer of bread crumbs over the bottom, put in half the fish mixture. Over it slice half the hard-cooked eggs. Add a layer of bread crumbs, another layer of fish mixture and remaining eggs. Sprinkle bread crumbs generously over the top, dot over with butter. Bake in a moderately hot oven of 375 degrees F. until brown on top. Serves 4 or 5.

BAKED WHITE FISH

Select a white fish weighing from 3 to 4 pounds. Have it cleaned, boned, and prepared at the market for baking. Wipe off carefully with cloth wrung out of cold water. Rub inside and out with salt and brush with melted fat. Fill with celery dressing, for which the recipe is given below. Put the dressing in lightly. Place the fish in a greased roaster, dot over the top with butter, or, if you wish, lay strips of bacon across the top. Bake in a moderately hot oven of 375 degrees F. until flaky, from 45 minutes to an hour. Baste occasionally with melted butter. If bacon is used, the basting is not necessary. Remove to a hot platter, garnish with parsley and wedge-shaped pieces of lemon, serve plain or accompanied by a creamed egg, creamed mushroom, or creamed shrimp sauce. Serves 6 to 8.

CRAB MEAT AU GRATIN

1 pound crab meat, cooked — salmon, halibut or other fish may be used
3 tablespoons butter or margarine
3 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon paprika

Dash of cayenne
1 cup milk
1/2 cup cream
1/3 cup bread crumbs
2 tablespoons grated Parmesan or other cheese

Flake cooked fish. Make a sauce by melting butter, blending in flour, which has been mixed with seasonings, and stirring in milk slowly. Cook over a low heat until mixture is thickened and smooth, stir in cream slowly. Add fish and turn into a greased casserole. Taste to make certain no more seasoning is needed. Sprinkle bread crumbs and grated cheese over the top and bake in a moderate oven of 350 degrees F. until heated through and browned on top, about 20 minutes. Serves 4 to 6. Recipe may be doubled to serve more.

CELERY DRESSING FOR STUFFING FISH

4 cups bread crumbs, or use half cracker crumbs
1/4 cup melted butter or margarine
Salt and pepper

1 teaspoon salt
1 cup finely cut celery
1 teaspoon chopped parsley

Mix ingredients lightly with a fork. Season to taste. If a compact stuffing is desired, moisten with hot water or scalded milk. A few tablespoons of chopped sweet pickle are a good addition to stuffing for fish. If pickle is used, add only 3/4 cup celery.

HADDOCK A LA CREOLE

4-pound haddock
2 medium-sized onions
2 tablespoons chopped green pepper
3/4 cup sliced mushrooms
2 tablespoons flour

1 teaspoon salt
1/4 teaspoon pepper
3 cups canned or cooked tomatoes
2 tablespoons butter or margarine

Prepare haddock for baking, wiping it off with a dampened cloth and rubbing it inside and out with salt and soft butter or similar fat. Place in a greased pan, bake in a moderately hot oven of 375 degrees F. for 20 minutes.

In the meantime, prepare sauce by sauteing onion, green pepper and mushrooms in butter 3 minutes. Blend in flour, salt, pepper, and stir in tomatoes slowly, stirring constantly until thickened and smooth. Season to taste, adding a few drops of Worcestershire or Tabasco sauce, if desired. Pour over fish in pan and continue baking 20 to 30 minutes longer. Serves 6 to 8.

BAKED FISH, SPANISH STYLE

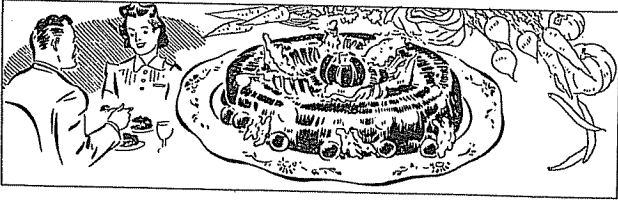
2 one-pound fish fillets (whitefish, haddock, halibut)
Salt and pepper to taste
3 ripe tomatoes
1 medium onion
2 green sweet peppers

2 pimientos
1/4 pound American cheese, grated
1/2 dozen soda crackers
2 tablespoons butter or margarine
Paprika

Arrange fillets in a greased shallow baking pan. Sprinkle with salt and pepper and slice tomatoes very thin over top. Chop onions and peppers together (not too fine) and sprinkle over tomatoes. Add cheese, cracker crumbs, bits of butter, and dashes of paprika. Pour 2 tablespoons water in pan and bake 30 to 45 minutes in a moderate oven of 375 degrees F. Serves 6.

PAN FRIED FISH FILLETS

Sprinkle fish fillets, or small fish, with salt and pepper. Dip in corn-meal, flour or bread crumbs. For four fish fillets or small fish, melt 1 tablespoon butter and 1 tablespoon lard or similar fat in a frying pan. Cook over a moderate heat until cooked and golden brown on one side. Turn, cook, and brown on the other side. From 15 to 20 minutes is required for this cooking.



Colorful Salads for Vitamins and Victory

Colorful, attractive salads are both picturesque and delicious. They are important in today's menus not only for the minerals and vitamins they provide in a pleasant form, but also for the variety and gay color they bring to our tables.

Wartime salads are thrifty and simple, featuring available fresh fruits and vegetables. Already, recipes requiring a cupful of half a dozen varieties of canned fruits seem almost unbelievable to us in this rationed era. Rich frozen combinations of fruit and whipped cream also seem to belong to a very distant period! The salads we are serving today feature cabbage, greens, apples and other fruits in season. They are economical salads brimful of health. And they furnish fine eating, too!

RAW VEGETABLE SALAD I

- 3 or 4 medium carrots
- 3 or 4 pieces celery
- 1 green pepper
- 1 slice onion (may be omitted)
- Salt and pepper

Mayonnaise to moisten

Put carrots through fine blade of food chopper, or shred them fine. Put celery, pepper and onion through medium blade of food chopper. Combine and season with salt and pepper. Moisten with mayonnaise. This salad is healthful, colorful, and delicious. Serve on lettuce or other salad greens. Serves 4 or 5.

RAW VEGETABLE SALAD II

- 1 cup finely chopped green pepper
- 1 cup finely chopped raw carrots
- Mayonnaise
- 1 cup finely chopped cabbage
- ¼ pound American cheese, grated

Mix each chopped, salted vegetable separately with enough mayonnaise to bind. On a leaf of lettuce place a mound of carrots. Place a mound of cabbage on top of the carrots and top with a mound of green pepper sprinkled with grated cheese. Serve with French dressing or mayonnaise.

TWO PENNY SALAD

- 1 package lemon gelatin
- 1 ¾ cups hot water
- ¼ teaspoon salt
- ¼ teaspoon celery salt
- ¼ cup tomato ketchup
- ¼ cup vinegar
- Shredded cabbage

Add the hot water to the gelatin to dissolve. Chill. Add other ingredients and when the gelatin begins to congeal, pour it over the finely shredded cabbage and chill. Serve in beds of lettuce and top with mayonnaise or other dressing.

MOLDED SPRING VEGETABLE SALAD

- 1 package lime flavored gelatin
- 1 cup warm or hot water
- ½ cup cold water
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 2 tablespoons vinegar
- 1 cup shredded cucumber
- ½ cup diced celery
- 2 tablespoons grated onion
- ½ cup sliced stuffed olives

Put gelatin into mixing bowl. Add hot or warm water, as required (see directions on package). Stir until it is dissolved. Add cold water, lemon juice, vinegar and salt. Let mixture stand until it starts to congeal.

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In the meantime prepare vegetables. Rinse 6 or 8 small molds, or 1 large mold in cold water. Add vegetables to gelatin when it is the consistency of honey, stirring them through it well. Turn mixture into molds and chill until firm. In serving, arrange salad green on plates, hold molds a second in boiling water, invert carefully on green. Mold should come out easily. If it does not, again dip into hot water. Serve with cooked salad dressing or mayonnaise.

PERFECTION SALAD

- 1 tablespoon unflavored gelatin
- ¼ cup cold water
- 1 cup hot water
- ¼ cup sugar
- ¼ teaspoon salt
- ¼ cup mild vinegar
- 1 tablespoon lemon juice
- 1 cup chopped celery
- 1 cup finely shredded cabbage
- 1 pimiento
- 2 tablespoons green pepper

Use one medium-sized mold, or 6 to 8 small ones. Rinse with cold water. Add gelatin to cold water, let stand 5 minutes. Add hot water, sugar, and salt, and stir until all are dissolved. Add vinegar and lemon juice. Let stand until mixture starts to thicken.

While gelatin cools, prepare vegetables. Chop celery and cabbage fine. Cut pimiento and pepper into strips or fancy shapes. Add vegetables to gelatin mixture. Taste to make certain it is well seasoned. Turn into molds and chill until firm. Serve on lettuce with French or cooked dressing or mayonnaise.

SUMMER POTATO SALAD

- 12 medium sized potatoes
- 4 hard cooked eggs
- 1 large cucumber, diced
- 1 cup chopped celery
- 1 green pepper, shredded
- 2 tomatoes
- 4 to 6 green onions

Cook potatoes, and when cold, cut in cubes. Hard cook eggs, shell and slice. They will be used for garnish. Dice cucumber, chop celery and cut pepper and tomatoes in shreds. Slice onions. Combine vegetables, tossing them together lightly. Sprinkle with salt.

Thin mayonnaise or cooked dressing somewhat with cream or milk. Add enough dressing to moisten vegetables well. Line plates or bowl with lettuce, pile salad in the center, garnish with slices of egg, radish roses and rings of green pepper. This will serve four to six.

STUFFED TOMATO SALADS

Peel tomatoes, cut off tops, remove centers, being careful not to break shell. Fill with one of the following mixtures:

Chop tomato centers, mix with an equal quantity of diced cucumber and celery. Add a small amount of chopped green pepper, if liked. Moisten with salad dressing or mayonnaise. Pile in tomatoes and top with additional dressing. Garnish with strips of green pepper.

Chop centers, add an equal amount of celery and cooked or canned green peas. Moisten with salad dressing, pile in tomato shells.

Fill tomatoes with any of the cole slaw combinations.

Fill with chicken, crabmeat, shrimp, salmon or tuna fish salad or with egg salad.

VEGETABLE SALAD COMBINATIONS

1. Carrot, celery, and apple with a little preserved ginger in lime gelatin.
2. Asparagus and chopped lettuce molded in tomato jelly; or shredded cabbage, celery, and green pepper in tomato jelly.
3. Cucumber and pineapple in lime gelatin.
4. Combination of 1 cup chopped raw spinach, ½ cup cabbage, ½ cup celery, and diced radishes. Salad dressing.
5. Green beans, pimiento strips and hard-cooked eggs. French dressing.

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