

Meals Without Meat Conserve Ration Coupons

At the present time frequent dinners without meat are not only a patriotic duty, but also a necessity to stretch ration coupons 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.

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 |
| Grated cheese | 2 medium sized onions |

Heat the salad oil 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 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 cheese | 2 cups milk, scalded |
| 4 tablespoons cooking oil | Buttered crumbs |

Cook macaroni in boiling, salted water and drain well. From 8 to 10 minutes is required for cooking macaroni. In an oiled baking dish put alternate layers of the cooked macaroni and grated cheese, sprinkling each layer with salt and pepper and cooking oil. 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.

(See Over)

This favorite dish is healthful too, providing valuable amounts of cheese and milk. Serves 6.

BAKED MACARONI LOAF

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| 1/2 nine-ounce package macaroni | 4 tablespoons cooking oil |
| 1 1/2 cups hot milk | 1 cup grated Canadian cheese |
| 1 cup cracker crumbs | 3/4 teaspoon salt |
| 1 teaspoon chopped onion | Dash of pepper and cayenne |
| 1 tablespoon chopped green pepper | 3 eggs |

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 and green pepper. Grate cheese. Fry onion and green pepper in the cooking oil 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

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| 1/4 pound egg noodles | 3 tablespoons butter or cooking oil |
| 1 1/2 cups scalded milk | 2 tablespoons chopped parsley |
| 1 cup fine bread crumbs | 3 eggs |

Break noodles, cook in boiling 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 or oil, 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 moderate oven of 350 degrees F., until firm, from 45 minutes to 1 hour. Remove from mold and fill centre 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

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| 1 package noodles | 1/4 teaspoon paprika |
| 2 to 3 cups cooked spinach | Salt and pepper |
| 2 tablespoons butter or cooking oil | 1 to 2 cups grated cheese |
| 2 tablespoons flour | Buttered crumbs |
| 2 cups milk | |

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. Add flour to the melted butter or cooking oil 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 cooking oil, sprinkle with salt and pepper, cover with cooked spinach and pour the cheese sauce over all. Sprinkle with fine lightly 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

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

Cook elbow macaroni as directed and drain. Blend flour with cooking oil or melted butter, 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 an oiled baking dish, sprinkle with remaining cheese and bake in a moderate oven, 350 degrees F., until brown.

BAKED MACARONI WITH TOMATOES

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| 1 nine-ounce package macaroni | 2½ cups canned or cooked tomatoes |
| 4 tablespoons butter or cooking oil | ¾ teaspoon salt |
| 1 medium onion, sliced | Dash of pepper |
| 2 tablespoons minced green pepper | ¼ pound cheese, sliced (1 cup) |
| 1 teaspoon Worcestershire sauce | |

Cook and drain macaroni as directed on package. Arrange it in a two-quart casserole. Add onions, green pepper and Worcestershire sauce to the butter or cooking oil 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

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| 3 tablespoons butter or cooking oil | ½ pound cheese, grated |
| 2 tablespoons flour | ¼ pound sliced mushrooms, cooked |
| 1½ cups milk | ½ pound cooked salmon, halibut or |
| 1 teaspoon salt | other fish (See Page 27) |
| ¼ teaspoon pepper | 1 4-ounce package noodles, cooked |
| ½ teaspoon paprika | |

Make a white sauce of butter or cooking oil, 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 mushrooms and bake in a hot oven of 400 degrees F. for 20 minutes or until golden brown. Serves 4 to 6.

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| 1 cup cooked or canned vegetables,
as peas, beans or corn | 2 tablespoons chopped onion |
| 1½ cups scalded milk | 1½ cups grated cheese |
| 1 cup soft bread crumbs | ½ teaspoon salt |
| 4 tablespoons melted butter or cook-
ing oil | ½ teaspoon pepper |
| | 3 eggs |
| | 1 tablespoon chopped parsley |

Pour scalding milk over the bread crumbs. Add butter or cooking oil, 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

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| 2 tablespoons minced onion | 1 cup diced cooked carrots |
| 3 tablespoons minced celery | 1 cup canned or cooked peas |
| 3 tablespoons minced green pepper | ½ cup diced cooked mushrooms |
| 4 tablespoons butter or cooking oil | 1 cup diced cooked potato |
| 3 tablespoons flour | Cheese biscuit crust |
| 1 teaspoon salt | ⅛ teaspoon pepper |
| 2 cups soup stock (or milk) | |

Add onion, celery and green pepper to cooking oil or melted butter 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, and sprinkle generously with grated 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

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| <p>½ pound, or approximately 2½ cups
 grated cheese
 1 tablespoon butter or cooking oil
 1 teaspoon flour</p> | <p>½ cup thin cream
 ¼ teaspoon salt
 ¼ teaspoon prepared mustard
 ¼ teaspoon paprika</p> |
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Grate cheese or cut into small pieces. Blend flour with melted butter or cooking oil in the top part of a double boiler. 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.

GOLDEN CHEESE AND RICE

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| <p>½ cup raw, white rice, washed
 3 cups scraped, shredded, raw carrots
 2 cups grated, processed cheese
 (½ lb.)
 2 eggs, beaten</p> | <p>½ teaspoon pepper
 1½ teaspoons salt
 2 tablespoons minced onion
 ½ cup milk</p> |
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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

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| <p>6 hard-cooked eggs, sliced
 1 cup bread crumbs
 3 tablespoons melted butter or cooking oil
 1½ tablespoons flour
 1 cup milk</p> | <p>¼ teaspoon salt
 ¼ teaspoon pepper
 ½ teaspoon paprika
 1 teaspoon Worcestershire sauce
 ½ cup grated sharp cheese</p> |
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Prepare a sauce of 1½ tablespoons butter or cooking oil, 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 or oil. 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

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| <p>2 cups hot cooked rice
 1½ cups medium white sauce
 2/3 cup grated cheese</p> | <p>1 egg yolk
 2 cups cooked salmon (See Page 27)
 Crackers (crumbled)</p> |
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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 blending 3 tablespoons flour with 3 tablespoons cooking oil or butter, melted, 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.

CHEESE FONDUE

- 1 1/4 cups soft, stale bread crumbs
- 1 cup milk
- 1/2 teaspoon salt

- 1/8 teaspoon mustard
- 1/2 pound 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
- 1/2 lb. processed cheese
- 4 eggs
- 2 1/2 cups milk
- 1 tablespoon minced onion

- 1/2 teaspoon powdered or prepared mustard
- 1 teaspoon salt
- 1/8 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 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
- 1/4 cup sliced onion

- 4 fresh tomatoes or 2 cups cooked or canned tomatoes
- 1 cup grated cheese
- 3 tablespoons butter or cooking oil

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 or cooking oil. Season well with pepper, and more salt, if needed. Heat through and serve piping hot.

RICE RING WITH VEGETABLES

- 1/2 cup rice
- 1 beaten egg
- 2 tablespoons melted butter or cooking oil
- 1/4 cup milk

- 1/2 cup grated cheese
- 1 teaspoon grated onion
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1 tablespoon chopped parsley

Boil rice in boiling salted water until tender. Drain in a colander. Add beaten egg, butter or cooking oil, 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

- 1/2 cup rice
- 1/2 cup mushrooms
- 1 cup tomatoes, skinned and chopped or 1 cup canned tomatoes
- 1/2 teaspoon brown sugar
- 1/2 teaspoon salt

- 1/8 teaspoon paprika
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- 1/4 to 1/2 cup cheese, diced
- 1/4 cup dry bread crumbs
- 1 teaspoon butter or cooking oil

Boil the rice until tender. Place it on a colander and rinse. Saute 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 or cooking oil and bake in a moderate oven of 350 degrees F. for about 40 minutes. Serves 4 to 6.

EGGS A LA KING

- 3 tablespoons butter or cooking oil
- 1/2 green pepper, minced
- 1 cup peeled, sliced mushrooms
- 3 tablespoons flour
- 3/4 teaspoon salt

- Dash of paprika
- 2 cups milk
- 5 or 6 sliced hard-cooked eggs
- Buttered toast

Melt butter over low heat or heat cooking oil, add pepper and mushrooms 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 cooking oil
- 4 tablespoons flour
- 2 teaspoons curry powder
- 1 1/2 cup milk
- 1 bouillon cake dissolved in 1 cup hot water

- 1/2 teaspoons lemon juice
- 1/2 teaspoon granulated sugar
- 3/4 teaspoon salt
- 2 cups cooked peas
- 6 shelled hard-cooked eggs, sliced
- 3 cups boiled white rice

Cook onion in butter or cooking oil 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 DEVILED EGGS ON TOAST

- 2 tablespoons minced green pepper
- 2 tablespoons butter or cooking oil
- 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 toast

Cook the green pepper in the butter or cooking oil 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
- $\frac{1}{4}$ pound salt pork
- 1 tablespoon minced onion

- 1 teaspoon salt
- $\frac{1}{2}$ 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 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 or other beans
- 2 cups soft bread crumbs
- 1 cup flaked cooked salmon
- $\frac{1}{2}$ cup canned or cooked tomatoes
- $\frac{1}{4}$ cup chopped green pepper
- $1\frac{1}{2}$ teaspoons salt

- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon chili powder (if desired)
- 2 teaspoons lemon juice
- 2 slightly beaten eggs
- $\frac{1}{4}$ 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

- $1\frac{1}{2}$ cups dried lima beans
- 1 small onion, sliced
- $\frac{1}{2}$ teaspoon salt
- 1 cup diced celery
- 2 tablespoons chopped green pepper
- 1 cup condensed tomato soup

- $\frac{1}{2}$ cup water
- 2 tablespoons melted butter or cooking oil
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ 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 cooking oil
- 4 cups mashed baked beans
- 2 eggs, slightly beaten

- 2 cups soft bread crumbs
- 1 cup cooked tomatoes
- Salt and pepper
- $\frac{1}{4}$ teaspoon paprika

Cook green pepper and onion in the butter or cooking oil 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, $\frac{1}{2}$ 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
 $\frac{1}{2}$ cup bread crumbs
 $\frac{1}{2}$ cup milk
1 egg
1 teaspoon salt

1 teaspoon melted butter or cooking oil
 $\frac{1}{2}$ cup sweet pickles, coarsely chopped
2 hard-cooked eggs

Mix thoroughly all ingredients, except hard-cooked eggs. Pack into a greased 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 $1\frac{1}{2}$ cups salmon and an equal amount of crackers.

FISH EN CASSEROLE

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

2 cups milk
 $\frac{1}{2}$ cup grated cheese
3 hard-cooked eggs
Bread crumbs

Flake fish coarsely. Prepare white sauce by blending flour with butter or cooking oil, 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 pea sauce. Serves 6 or 8.

CRAB MEAT AU GRATIN

- 1 pound crab meat, cooked—salmon, halibut or other fish may be used
- 3 tablespoons butter or cooking oil
- 3 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon paprika

- Dash of cayenne
- 1 cup milk
- $\frac{1}{2}$ cup cream
- $\frac{1}{3}$ cup bread crumbs
- 2 tablespoons grated cheese

Flake cooked fish. Make a sauce by blending flour with melted butter or cooking oil, 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
- $\frac{1}{4}$ cup melted butter or cooking oil
- 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 fish. If pickle is used, add only $\frac{3}{4}$ cup celery.

HADDOCK A LA CREOLE

- 4-pound haddock
- 2 medium-sized onions
- 2 tablespoons chopped green pepper
- $\frac{3}{4}$ cup sliced mushrooms
- 2 tablespoons flour

- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 3 cups canned or cooked tomatoes
- 2 tablespoons butter or mild dripping

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 dripping 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

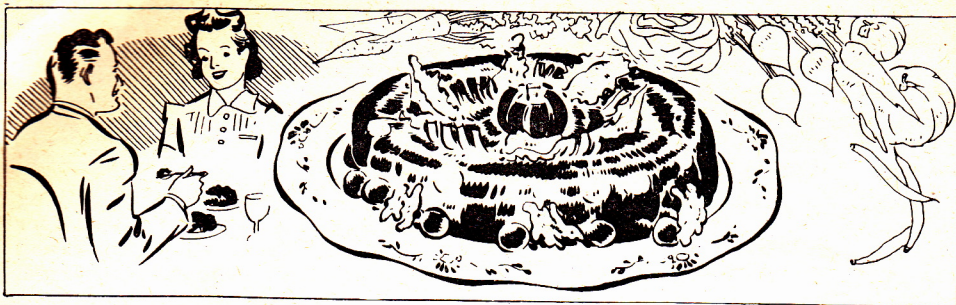
- 2 one-pound fish fillets (whitefish, haddock, halibut)
- Salt and pepper to taste
- 3 ripe tomatoes
- 1 medium onion
- 2 green sweet peppers

- 2 pimentoes
- $\frac{1}{4}$ pound cheese, grated
- $\frac{1}{2}$ dozen soda crackers
- 2 tablespoons butter or other fat
- 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 or other fat, 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 of Vitamins and Victory

Colourful, 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. 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
- $\frac{1}{4}$ pound 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
- $1\frac{3}{4}$ cups hot water
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon celery salt

- $\frac{1}{8}$ cup tomato ketchup
- $\frac{1}{8}$ 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 or lemon flavored gelatin
- 1 cup warm or hot water
- $\frac{1}{2}$ cup cold water
- 2 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon salt

- 2 tablespoons vinegar
- 1 cup shredded cucumber
- $\frac{1}{2}$ cup diced celery
- 2 tablespoons grated onion
- $\frac{1}{2}$ cup sliced stuffed olives or cucumber pickles

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.

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 mild vinegar |
| ¼ cup cold water | 1 tablespoon lemon juice |
| 1 cup hot water | 1 cup chopped celery |
| ¼ cup sugar | 1 cup finely shredded cabbage |
| ½ teaspoon salt | 2 tablespoons green pepper |

Use one medium-sized mold, or 6 or 8 small ones. Rinse with cold water. Add gelatin to cold water, let stand five 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 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 | 1 green pepper, shredded |
| 4 hard-cooked eggs | 2 tomatoes |
| 1 large cucumber, diced | 4 to 6 green onions |
| 1 cup chopped celery | |

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 coleslaw combinations.

Fill with chicken, crabmeat, pilchard, salmon or any fish salad or with egg salad.

VEGETABLE SALAD COMBINATIONS

1. Carrot, celery, and apple with a few raisins 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 radishes 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, celery and hard-cooked eggs. French dressing.
6. Sliced tomatoes and sliced cucumbers on lettuce leaves; sprinkle with mint leaves, French dressing.
7. Shredded cabbage, chopped red apple, raisins.
8. Celery strips and chopped cooked beets on romaine, French dressing.

9. Green pepper stuffed with seasoned cream cheese, chilled, and cut in slices.
10. Shredded carrot and ground peanuts.
11. Carrot and cabbage in lime gelatin.
12. Cabbage slaw with salad dressing, garnished with orange slices.

Fruit Salads

CINNAMON APPLE SALAD

- | | |
|--|---|
| 6 apples
$\frac{3}{4}$ cup sugar
6 cloves
2 tablespoons cinnamon drops | $1\frac{1}{2}$ cups water
Cream cheese
Chopped nut meats as available |
|--|---|

Core and pare apples. Stick with cloves. Cook sugar, water, and cinnamon drops 5 minutes. Add apples and cook slowly, until just tender, basting often with syrup in pan. Turn over once during cooking. Chill. Stuff centers with cream cheese blended with chopped nuts and seasoned slightly with salt. Serve on lettuce with mayonnaise blended with whipped cream.

(If red cinnamon candies are not available, color syrup with red vegetable coloring and flavor with ground cinnamon.)

WALDORF SALAD

- | | |
|---|--|
| 1 cup diced apple
1 cup diced celery | $\frac{1}{2}$ cup nuts, if available
Mayonnaise or cooked dressing |
|---|--|

Wash and pare apple, cut in small pieces. Dice celery. Combine them and moisten with cooked salad dressing. Pile on lettuce and sprinkle walnut meats over the top. Makes four salads.

Seeded Tokay grapes may be added, if desired.

MOLDED WALDORF SALAD

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|--|--|
| 1 package lemon gelatin
1 pint boiling water
$\frac{1}{2}$ cup nut meats, if available | 1 cup diced apple
$\frac{1}{2}$ cup diced celery |
|--|--|

Dissolve the gelatin in the boiling water and let cool. Salt the celery. When the gelatin is beginning to set, add other ingredients, and place in molds. Chill.

MOLDED CRANBERRY SALAD

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|---|--|
| $\frac{1}{2}$ pound cranberries
1 orange
1 medium-sized apple
$\frac{1}{2}$ cup sugar
1 package orange or lemon-flavored | gelatin
1 cup warm or hot water
$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ cup chopped celery |
|---|--|

Rinse one large or 6 to 8 small molds with cold water.

Pick over cranberries. Wash and drain well. Force through a food chopper with orange and apple. Neither orange nor apple need be pared. Stir in sugar, cover and set aside in a cold place until sugar is dissolved. Dissolve gelatin in warm or boiling water, as required by the gelatin, stirring until it is dissolved. Cool. Add cranberry mixture and celery. Turn into molds. Chill until firm. Serve with a mayonnaise or cooked dressing which may be blended with cream.

UNUSUAL COMBINATIONS FOR RING MOLD SALADS

The salad mold becomes more interesting when served in a ring, the center being filled with a second salad. These may be in large ring molds for buffet service or in small molds for individual servings.

1. Cranberry ring with Waldorf salad center.
2. Carrot, cucumber, green pepper and olives or pickles in lemon gelatin; center of devilled eggs.
3. Tomato aspic ring with potato salad center.



Bread and Rolls in the Wartime Menu

There's nothing like piping-hot home-made rolls, biscuits and muffins to work wonders with any meal. They are particularly helpful with our present rationed menus which sometimes seem a little less sumptuous than those to which we are accustomed. Add a hot bread to an otherwise prosaic luncheon or dinner and it immediately takes on a festive air.

Because of difficulties in transportation between the bakery and the home, baking of both bread and rolls is decidedly on the increase in Canadian kitchens. Women who have not baked bread for years are rediscovering their ability to bake tender, flaky, delicious bread which is a real menu treat. Even war brides are learning to bake and finding it easy when modern methods are used.

WHITE BREAD (Two 5 x 10 inch loaves)

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|---|--|
| 1 cup hot water | 2 teaspoons salt |
| 1 cup milk | 1 cake compressed yeast |
| 2 tablespoons lard or other shorten-
ing | $\frac{1}{4}$ cup lukewarm water |
| 2 tablespoons sugar | $6\frac{1}{2}$ cups bread or all-purpose flour |

Scald milk, add hot water and pour over combined lard, butter, sugar and salt. Dissolve yeast cake in lukewarm water and add to first mixture when it is lukewarm. Sift flour, measure and stir in 3 cups of the flour. Beat the batter for 1 minute, then add remaining flour, or enough to make a soft dough that may be kneaded. Toss the dough on a floured board. Knead well. Place in a bowl, cover with a cloth and let rise in a warm place until double in bulk, about 1 hour. Cut down and knead until of original size. Let rise again until doubled in bulk, $1\frac{1}{2}$ hours. Shape lightly into loaves, place in greased tins, filling them just $\frac{1}{2}$ full. Let rise again until doubled in bulk. Bake in a hot oven of 450 degrees F. for 15 minutes, then reduce heat to moderate or 350 degrees F. and bake until the bread shrinks away from sides of pans, about 45 minutes longer. Remove at once from pans to a wire cake rack and cool away from drafts. Makes 2 five by ten inch loaves.

GRAHAM OR WHOLE WHEAT BREAD (Two loaves)

- | | |
|--|------------------------------------|
| 1 cake compressed yeast | 1 cup milk, scalded and cooled |
| 4 tablespoons light brown sugar or
molasses | 2 tablespoons lard, melted |
| 1 cup lukewarm water | 2 teaspoons salt |
| | 4 cups Graham or whole wheat flour |

Dissolve yeast and sugar or molasses in lukewarm water. Add lukewarm milk, fats, salt, then flour gradually, or enough to make a dough that can be handled. Knead thoroughly, keeping dough soft. Cover and set in warm place to rise for

about 2 hours. When double in bulk, mould into loaves and place in well-greased pans; cover and let rise again, about 1 hour or until light. Bake in moderate oven at 400 degrees F. about 1 hour. Makes 2 loaves.

NEVER FAIL ROLLS

(These rolls are incredibly light in texture. They require no kneading.)

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|----------------------------------|--|
| 1 compressed yeast cake | 2 tablespoons sugar |
| $\frac{1}{4}$ cup lukewarm water | 1 cup boiling water |
| $\frac{1}{4}$ cup lard | 1 egg |
| $1\frac{1}{4}$ teaspoons salt | $2\frac{3}{4}$ cups sifted all-purpose flour |

Dissolve yeast in $\frac{1}{4}$ cup lukewarm water. Place in a separate bowl $\frac{1}{4}$ cup lard, $1\frac{1}{4}$ teaspoons salt, 2 tablespoons sugar. Pour over these ingredients 1 cup boiling water and stir until they are dissolved. When these ingredients are lukewarm, add the dissolved yeast, and with a wire whisk beat in egg. Stir in sifted all-purpose flour to make a soft dough (about $2\frac{3}{4}$ cups).

Place the dough in a large bowl, cover it with a plate and put it in the icebox. The dough will treble in bulk. Chill it from 2 to 12 hours. Pinch off small pieces of dough with buttered hands and place them in greased muffin pans, filling the pans about $\frac{1}{3}$ full. Cover the tops with melted butter. Permit the rolls to rise for about 2 hours or until light in a warm place. Bake them in a hot oven of 425 degrees F. for about 20 minutes. Remove them at once from the pans. This makes 18 two-inch rolls.

BUTTERFLAKE ROLLS

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|---|--|
| 2 cakes compressed yeast | $\frac{1}{4}$ cup lard |
| $\frac{1}{4}$ cup sugar | $5\frac{1}{2}$ cups sifted all-purpose flour |
| $1\frac{1}{2}$ cups milk (room temperature) | $\frac{1}{2}$ teaspoon soda |
| $2\frac{1}{2}$ tablespoons cider or white vinegar | 1 teaspoon salt |
| $\frac{1}{4}$ cup butter | |

Crumble yeast in a bowl and add the sugar. To the milk, add vinegar slowly, stirring rapidly. Pour over yeast and sugar and let stand for 10 minutes. Melt butter and lard together, then cool until lukewarm. Sift together flour, soda and salt. Add the melted shortenings to yeast mixture. Mix well, then add sifted flour mixture, beating until a smooth dough is formed. Place in a well greased bowl and brush the top with soft butter. Place in a warm place (80 to 85 degrees, or warm room temperature) until the dough is almost tripled in bulk. Turn out of bowl without stirring, onto a well floured board. Sprinkle top of dough lightly with flour then roll out and cut to form Parkerhouse Rolls, or instead of rolling out pinch off pieces to form Cloverleaf or other desired rolls. Set rolls in a warm place for 10 to 15 minutes, or until light. Bake in a hot oven of 400 degrees F. for 15 to 20 minutes, depending upon size of rolls.

REFRIGERATOR ROLLS

- | | |
|---------------------------------------|--|
| $6\frac{1}{4}$ cups all-purpose flour | $\frac{7}{8}$ cup lard or part lard and butter |
| 1 cake compressed yeast | $\frac{1}{2}$ cup sugar |
| $1\frac{1}{2}$ cups lukewarm water | 1 tablespoon salt |
| 2 large eggs or 3 small one | |

Dissolve yeast cake in $\frac{1}{2}$ cup lukewarm water. Stir into it $\frac{1}{4}$ cup of the sifted flour. Permit this sponge to rise in a warm place for $\frac{1}{2}$ hour or until it nearly reaches the top of the cup. Beat the eggs until light. Add 1 cup warm water, lard or part lard and butter, sugar and salt. Stir until the lard is dissolved. Stir in the sponge and the remaining flour. Mix the dough well. Cover it and place it in the refrigerator for at least 24 hours. It will keep for a week. Take out the quantity needed with a spoon or with buttered hands four hours before baking. Place it in greased muffin pans, filling the pans $\frac{1}{3}$ full. Spread the tops with soft butter. Permit them to rise uncovered in a warm place. Bake them in a hot oven 425 degrees F. for about 20 minutes. Remove at once from the pans. This makes thirty-six $2\frac{1}{2}$ inch rolls.



Wartime Substitutions and Helps

To Substitute Other Sweets for Sugar in Cakes, Cookies, etc. See Page 36
To Substitute Other Sweets for Sugar in Canning and Preserving .. See Page 47
To Cook Salmon or Other Fish to Replace Canned Fish in Any Recipe See Page 27
To Make Sugarless Meringue for Pies See Page 41

To substitute Cocoa for Chocolate: Allow 4 tablespoons, or $\frac{1}{4}$ cup cocoa for each ounce of chocolate, and in baking increase the amount of shortening $\frac{1}{2}$ tablespoon. Likewise, in substituting chocolate for cocoa, allow 1 ounce to 4 tablespoons or $\frac{1}{4}$ cup cocoa, and decrease fat by $\frac{1}{2}$ tablespoon.

To substitute other fats for butter. For 1 cup butter use: $\frac{7}{8}$ cup smoked or fresh pork fat (clarified), $\frac{2}{3}$ cup chicken fat, salt doubled, 1 cup beef suet (clarified), $\frac{1}{2}$ cup suet, salt doubled, plus $\frac{1}{4}$ cup liquid.

To Extend Butter: Allow 1 pound butter to soften at room temperature (do not melt). Whip butter with rotary hand beater or electric beater until it becomes pale in color. Soften a $\frac{1}{4}$ ounce package plain gelatin in $\frac{1}{2}$ cup milk, then warm (do not boil) until gelatin is thoroughly dissolved. Add $\frac{1}{2}$ cup more milk. Gradually whip this milk and gelatin mixture, and 1 cup table cream into the butter with the rotary hand or electric beater. Add 1 teaspoon salt. Place in refrigerator dish or mold and set in refrigerator to harden. Makes 2 pounds of delicious butter spread.

To Whip Evaporated Milk: Place a can of evaporated milk in a pan of cold water. Bring the water to the boiling point. Remove the can from the water. When it is cool, place it in the refrigerator. The milk will keep for days. Whip when ready to use it. When whipping with electric beater, use medium speed.

To Whip Table Cream: I. For Sweetened Whipped Cream—Use cream that has chilled in refrigerator for 24 hours. Soften 2 teaspoons plain gelatin in 4 tablespoons cold water and dissolve it by placing it over hot water. Whip cream with a rotary hand beater or electric beater until it is foamy. Add the dissolved gelatin gradually and continue beating until cream is stiff. Sweeten or flavor with vanilla, as desired. Keep in refrigerator one hour before serving.

II. For Unsweetened Whipped Cream—Use cream that has chilled in refrigerator for 24 hours. Pour into a chilled bowl and add $\frac{1}{4}$ teaspoon cream of tartar. Whip until stiff, using rotary hand beater or electric beater. Do not add sugar. Keeps well for several hours.

To Substitute Sour Milk or Cream for Sweet: If slightly soured use $\frac{1}{4}$ teaspoon soda to each cupful, and if fully soured, $\frac{1}{2}$ teaspoon soda to each cupful.

To Substitute All-Purpose Flour for Cake Flour: Sift and measure the all-purpose flour and from each cupful remove 2 tablespoons.

In Using Cornstarch or Flour: 1 tablespoon cornstarch has the same thickening quality as $1\frac{3}{4}$ tablespoons of flour.

To keep cheese fresh—cover it with a cloth moistened with vinegar.