

Kitchen-Klatter

Cook Book

Vol. V.

Oven Dishes
One Dish Meals
Meat Cookery



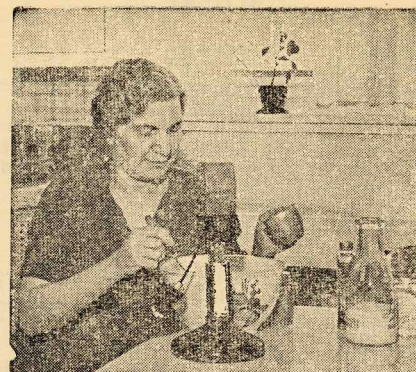
By
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Shenandoah, Iowa

KITCHEN - KLATTER COOK BOOK

(Reg. U. S. Pat. Off.)

The recipes and helps contained in this volume are chosen from the many received every day. They are the best.

—Leanna Driftmier.



LEANNA FIELD DRIFTMIER
Shenandoah, Iowa

I know you will find the following collection of "oven dishes" useful.

Try them. They are delicious and they will also save you time in meal preparation. What busy housewife does not welcome time savers.

Many of these "oven dishes" combine the meat and vegetables making the one dish meal which is a favorite of many home makers. Thanks to all who have contributed recipes making this wonderful collection possible.

ABBREVIATIONS

| | | |
|----|------------------|-------|
| 1. | Cup | (c) |
| 2. | Teaspoon | (t) |
| 3. | Tablespoon | (tb) |
| 4. | Quart | (qt) |
| 5. | Pint | (pt) |
| 6. | Ounce | (oz) |
| 7. | Pound | (lb) |
| 8. | Dozen | (doz) |
| 9. | Package | (pkg) |

FISH

SCANDINAVIAN FISH PUDDING

- | | |
|-----------------------|-----------------------------|
| 1 t. nutmeg | 2 lbs. fresh haddock or cod |
| 1 t. salt | 1 small onion, chopped |
| ¼ t. pepper | 2 eggs |
| 2 tb. chopped parsley | 4 tb. melted fat |
| ½ c. bread crumbs | 2/3 c. milk |
| 2 bay leaves | |

Cook fish 15 minutes in boiling salted water with bay leaves and onion. Drain off stock and reserve for sauce. Remove skin and bones and press through coarse sieve or food chopper. Add eggs and seasonings, then the milk and melted fat. Beat until fluffy. Add parsley, pour into a well greased baking dish. Sprinkle with bread crumbs and dot with shortening. Bake in a moderate oven 350 degrees for 30 minutes.

HOT TUNA LOAF

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|------------------------|-------------------|
| 1 medium size can tuna | 1 c. bread crumbs |
| 1 c. milk | 1 t. lemon juice |
| ½ t. paprika | ½ t. salt |
| 1 tb. chopped parsley | 1 tb. onion juice |
| 2 eggs, well beaten | |

Place in a greased baking dish and sprinkle a thin layer of buttered bread crumbs over the top. Bake in a moderate oven for 30 minutes or until the crumbs are browned. Serve with this egg sauce.

TUNA SOUFFLE

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|--------------------|--------------------|
| 1 c. flaked fish | 2 tb. bread crumbs |
| ½ c. ground celery | 1½ t. salt |
| 2 eggs | ¼ t. pepper |
| 1/3 c. milk | |

Mix ingredients and place in buttered cups. Set cups in a pan of hot water and bake until the mixture is firm. Serve with white sauce or hot cream.

EGG SAUCE

Make a white sauce and add 2 hard-cooked eggs, chopped fine, ½ t. chopped parsley and paprika to taste.

SCALLOPED FLAKED COD AND OTHER FISH

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|----------------------|-----------------------|
| 1 lb. flaked cod | 1½ c. mashed potatoes |
| ¼ c. buttered crumbs | 1½ c. white sauce |

Arrange fish and white sauce in layers in a well-greased baking dish. Cover with mashed potatoes and bread crumbs. Bake until heated through and crumbs are brown on top. Any kind of cooked fish may be flaked and prepared in this way. Layers of boiled onion and green peas may be used in this recipe.

SALMON

ESCALLOPED EGGPLANT WITH SALMON

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|------------------------------------|--------------------|
| 1½ c. mashed, cooked eggplant | 1 can salmon |
| ½ c. dried bread crumbs mixed with | ¼ c. melted butter |
| 1½ c. medium thick white sauce | |

Mix thoroughly, put in buttered baking dish, cover with bread crumbs and bake ½ hour in moderate oven or 350 degrees.

SALMON AND CORN SOUFFLE

Mix 1 can salmon, flaked, with 2 c. thick white sauce. Add lemon juice and Worcestershire sauce and seasonings. Fold in 2 stiffly beaten egg whites, and pour half of the mixture into a buttered baking dish. Pour in 1 c. canned corn, salted slightly, then the rest of the mixture. Cover with buttered bread crumbs and bake in a hot oven for 15 minutes. Serve with a pickle relish.

BAKED SALMON AND SWEET POTATOES

Bake 6 medium sized sweet potatoes. Mash, season with salt, pepper and butter. Add ¾ can of finely chopped canned salmon. Mix all together. Place in buttered baking dish. Spread top with melted butter, garnish with ¼ can canned salmon in large pieces. Heat 5 or 6 minutes and serve.

SALMON IMPERIAL EN CASSEROLE

Put layer of canned salmon, flaked, in bottom of greased casserole, cover with corn, minced peppers, bread crumbs, bits of butter, pepper and salt, in order. Repeat and pour milk over all. Bake in a hot oven 50 minutes.

BAKED SALMON LOAF

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|-----------------------------|-----------------------|
| 1 can salmon | 1 pt. mashed potatoes |
| 1 c. browned cracker crumbs | 2 c. parsley sauce |

Grease a good sized mold with butter, sprinkle with cracker crumbs and line with mashed potatoes. Drain the oil from the salmon and remove skin and bones. Season with salt and pepper and pack in mold. Cover with potatoes and then cracker crumbs and put a few pieces of butter on top and bake ½ hour in fairly hot oven. Turn out and pour parsley sauce over.

ESCALLOPED SALMON

- | | |
|----------------------------|----------------------|
| ½ c. fine dry bread crumbs | 1 can salmon |
| 1 tb. butter | 1 tb. flour, heaping |
| 1 pt. milk | salt |
| pepper | paprika |

Make a white sauce of butter, flour and milk and seasonings. Remove skin and bones from the salmon. In a buttered baking dish add layers of bread crumbs and salmon and the white sauce. Lastly cover with bread crumbs and bits of butter. Bake about 20 minutes or until the crumbs are thoroughly browned.

VEGETABLES

SCALLOPED HOMINY

Arrange in a baking dish alternate layers of boiled coarse hominy and minced meat or fish or grated cheese. Pour over all a cup of white sauce and bake for 30 minutes. This may be used as the principal part of the meat course.

SCALLOPED CORN

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|------------------------------|-----------------------|
| 1 c. milk | 2 tb. butter |
| 1 can or 2 c. corn | 1/8 t. pepper |
| 1 c. bread or cracker crumbs | 2 slices green pepper |
| 1 t. salt | |

Place alternate layers of corn and bread crumbs in a greased baking dish, adding butter and seasonings to each layer. If desired, 1 tb. of sugar may be added. Pour on the milk and bake for 1/2 hour.

ESCALLOPED SWEET POTATOES WITH APPLES

Cover the bottom of a well greased baking dish with 1 1/4 c. of boiled sweet potatoes cut in cubes and 1 c. of thinly sliced tart apples. Sprinkle with 1/3 c. sugar and 1/2 t. salt; Dot over with 2 1/2 tb. butter. Repeat and bake slowly in moderate oven one hour. Serve with roast pork, goose or duck.

ESCALLOPED SAUERKRAUT AND TOMATOES

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|-------------------------|-----------------|
| 1 can tomatoes | 4 c. sauerkraut |
| Cracker or bread crumbs | |

Drain liquid from the can of tomatoes and reserve liquid. Grease a baking dish and cover the bottom of baking dish with alternate layers of tomatoes, kraut and cracker crumbs. Salt, pepper, and sprinkle with dots of butter. Pour over the tomatoes and liquid and cover with buttered crumbs. Bake in a hot oven for 20 minutes.

ESCALLOPED CABBAGE

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|---------------------------|--------------------------|
| 1 small head cabbage | 1 t. salt |
| 1 1/4 c. thin white sauce | 1/2 green pepper chopped |
| 1 c. grated cheese | 1 c. buttered crumbs |
| 1/3 c. crisp bacon chips | |

Cut the cabbage into eighths and cook in boiling water 8 minutes. Place a layer of boiled cabbage in a greased baking dish then white sauce, green pepper and cheese. Repeat and sprinkle the top with buttered crumbs and bacon chips and brown in a medium oven 375 degrees.

VEGETABLES—Continued

ESCALLOPED CORN WITH CHEESE

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|---------------------|---------------------|
| 1 c. canned corn | 1 1/2 c. warm milk |
| 1 t. lemon juice | 1 egg |
| 1/2 c. bread crumbs | 2 tb. grated cheese |
| Salt | Paprika |

Combine the ingredients given and pour into a well greased baking dish. Set in a pan of hot water and bake in a slow oven 250 degrees until firm.

ESCALLOPED SPINACH

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|------------------------|--------------------|
| 2 c. cooked spinach | 2 tb. minced onion |
| 1/2 t. salt | 1/4 t. pepper |
| 1 egg, slightly beaten | 1/2 c. milk |
| 1/2 c. buttered crumbs | |

Warm the spinach and put through the sieve, add all ingredients except the bread crumbs and put in a greased baking dish. Cover this with the crumbs and bake in a moderate oven until brown.

ESCALLOPED PARSNIPS

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|----------------------------|-----------------------|
| 6 or 7 med. sized parsnips | 1/2 c. parsnip water |
| 3 tb. butter | 1/2 c. milk |
| 2 tb. flour | Buttered bread crumbs |

Cook parsnips until tender in lightly salted water 20 to 30 minutes. Drain and scrape off the outer skin. Split lengthwise and pull out the woody core. Place parsnips in a shallow baking dish and cover them with a white sauce made of the flour, butter and milk and parsnip water. Cover top with bread crumbs which have been mixed with melted butter. Bake in a moderate oven until the parsnips are thoroughly heated and the bread crumbs are a golden brown.

SCALLOPED ASPARAGUS AND SPAGHETTI

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|--|----------------------------|
| 1 1/2 c. spaghetti, broken in small pieces | 2 tb. butter |
| 2 c. asparagus, cut in 1 inch pieces | 2 tb. flour |
| 1 c. milk | 1/2 t. salt |
| 1 c. asparagus water | 3 to 4 drops tabasco sauce |
| 1/2 c. buttered bread crumbs | |

Cook the spaghetti thoroughly in salted boiling water. Drain. Cook the asparagus for 10 minutes in boiling water. Make a white sauce of the flour, butter, milk and asparagus water and add the tabasco sauce and salt. Place the spaghetti and asparagus in a greased baking dish in layers and cover with the white sauce and continue until all ingredients are used. Cover the top with the buttered bread crumbs and bake until the crumbs are a golden brown.

VEGETABLES—Continued

SCALLOPED ONIONS AND PEANUTS

- 4 to 6 medium sized onions 1 c. thin sauce
 ½ to ¾ c. peanuts ground

Cook the skinned onions in boiling salted water until tender. Drain and slice. Place onions in layers in a greased baking dish and cover each layer with the cream sauce and the peanuts. Cover the top with buttered bread crumbs and bake in a moderate oven until a golden brown.

BAKED SALMON IN PEPPER CASES

- 1 can salmon Crackers, butter, etc.
 8 green peppers

Remove skin and bones from 1 can of salmon, season with salt, pepper, and onion juice. Mix with an equal quantity of cracker crumbs moistened with butter, or left-over stuffing can be used instead. The mixture should be quite moist; if not add a little milk. Cut lengthwise 8 sweet green peppers, remove seeds, and parboil 5 minutes, and fill with fish. Put in baking dish, surround pan with hot water, and cook until cases are soft, but not broken.

STUFFED GREEN PEPPERS

- 6 green peppers 2¼ c. fresh corn
 ½ onion cut up fine 1½ c. meat ground fine
 1½ c. meat stock thickened Dash of pepper
 with 2 tb. flour
 ½ t. salt

Remove the tops and seeds from the peppers and parboil in boiling water for 2 minutes. Remove from water, drain and put in baking dish. Stuff the peppers with the above vegetables and thickened meat stock, and bake.

SPAGHETTI A LA ITALIENNE

- 1 pkg. spaghetti 6 slices bacon
 1 qt. tomatoes Salt and pepper
 1 tb. butter ½ c. grated cheese

Cook spaghetti in salted water until tender. Cut bacon in little squares and fry a nice brown and pour over it the tomatoes, add salt, pepper and butter. Let all simmer gently and when it comes to a boil add grated cheese. Drain spaghetti and put in a baking dish; pour the tomato sauce over it and bake from ½ to ¾ of an hour.

CHILI LOAF

- 1 c. canned peas 1 onion, minced
 12 crackers ½ t. chili powder
 1 egg, beaten 1 t. salt
 ½ lb. round steak, ground 1 green pepper, chopped
 1 tb. butter

Combine all ingredients except the butter. Shape into a loaf and dot with butter. Bake in a moderate oven about 1 hour. Serve with tomato sauce.

VEGETABLES—Continued

BAKED ONIONS IN TOMATO SAUCE

- 6 medium sized onions ¼ t. celery seed
 1 qt. canned tomatoes 2 cloves
 2 tb. sugar, if desired 2 tb. flour
 1 bay leaf 2 tb. butter
 2 t salt Dash of pepper

Cook the tomatoes with the seasonings for 10 minutes. Blend flour and butter and add to the tomatoes and mix well. Cut the onions in half and put them in a large baking dish. Strain the tomato sauce over them. Add more salt if needed. Cover and cook until the onions are tender about 1 hour.

STUFFED ONIONS

- 6 medium sized onions ¼ c. chopped ham
 ¼ c. chopped green pepper ½ c. bread crumbs
 1 tb. butter Pepper
 ½ t. salt 1 c. milk
 1 c. buttered bread crumbs

Skin onions and cut a slice from the top of each. Parboil until almost tender. Drain and scoop out centers. Chop onion that was removed and combine with ham, pepper, bread crumbs and butter. Add seasonings and refill onion cups. Place in a baking dish and cover top of onions with buttered bread crumbs. Pour milk around onions and bake in a moderate oven 375 degrees until tender.

TOMATOES AU GRATIN

- 6 medium sized tomatoes 1/8 t. pepper
 2 tb. sugar 1 tb. melted fat
 1 t. salt 2 tb. fine dry bread crumbs
 2 tb. grated cheese

Wash and remove stem ends from the tomatoes. Sprinkle with sugar, salt and pepper and let stand for 10 minutes to allow the sugar to melt into the tomatoes. Combine the fat, crumbs, and cheese and sprinkle on top of each tomato. Place in a shallow baking dish. Add ½ c. water and bake in a moderate oven 375 degrees until tomatoes are soft but hold their shape.

HOMINY BAKED WITH CHEESE

- 2 c. cooked hominy Pepper
 ½ c. grated cheese 1 c. thin white sauce
 Salt Toasted crumbs

Place in baking dish alternate layers of cooked hominy and cheese. Season with salt and pepper. Pour over white sauce sprinkle with toasted crumbs and bake.

VEGETABLES—Continued**VEGETABLE LOAF**

Press through colander

½ c. cooked carrots ½ c. onions
½ c. parsnips ½ c. green peas

Season with 1 t. salt, ½ t. mushroom powder or kitchen bouquet, 1 tb. minced parsley. Add two well beaten eggs, and enough bread crumbs not too stale and not too fine, to absorb excess moisture and make a mixture that will keep its shape. Form into a loaf and bake until hot through and brown on top. A cheese sauce and fresh tomatoes are excellent accompaniments to this dish.

BAKED SPINACH WITH CHEESE

1 c. spinach 1½ c. milk
2 tb. chopped parsley 1 c. Sandwich cheese
4 tb. butter 1 t. salt
3 eggs ½ t. onion juice
½ t. Spanish paprika

Cook parsley in butter, add milk, beaten egg, salt, onion juice, paprika chopped spinach and sandwich cheese cut in small pieces. Pour into a buttered baking dish and bake ½ hour in a moderate oven. Garnish with slices of lemon.

BAKED CORN AND TOMATOES

Mix seasonings with the corn and tomatoes and pour into a buttered baking dish. Spread crumbs over the top, dot them with the fat and bake in a moderate oven 350 degrees for ½ hour.

2 c. Golden Bantam Corn 1 t. sugar
2 c. tomatoes 1 c. fresh bread crumbs
1 t. salt 3 tb. fat
Pepper

SUGAR PEAS IN POTATO CASES

Mammoth Mellow Sugar Peas Mashed Potatoes
Salt Butter

With a pastry tube make nests of mashed potatoes to hold the peas. Place in oven for a few minutes to brown. Fill with the mammoth mellow sugar peas which have been seasoned with salt and butter. Serve on meat platter around meat or individually.

BAKED CAULIFLOWER

1 medium cauliflower 1 t. salt
1¾ c. thin white sauce ¼ c. grated cheese

Remove the leaves and cut the stalk from the cauliflower. Soak in a solution of 1 tb. vinegar, 1 t. salt, and 1 quart of water 15 minutes to remove the dirt and insects. Cook in boiling water to which salt has been added. Put cauliflower in greased baking dish. Add white sauce and cover top with grated cheese and brown in a medium oven.

VEGETABLES—Continued**POTATO SOUFFLE**

2 c. mashed potatoes 2 egg yolks
1 c. milk 2 egg whites
1 t. salt 1/8 t. paprika

Add cream and seasoning to the potatoes. Add beaten egg yolks. Fold in beaten egg whites and bake until firm.

Spinach souffle may be made in the same manner.

PEA SOUFFLE

1 c. peas (pint) 2 tb. butter
1 c. cooked cereal 1 t. salt
2 eggs 1/8 t. pepper, cayenne
1 c. milk Few grains onion salt

Heat, drain and mash peas. Add melted butter, cereal, milk, beaten eggs and seasonings. Turn into buttered cups and set in a pan of hot water. Bake until firm. Serve with sauce to which 2 tb. pimentos may be added.

SCALLOPED POTATOES AND CARROTS

3 carrots About 1½ c. milk
6 potatoes 2 tb. flour
1 t. salt 2 tb. butter
1/8 t. pepper

Pare carrots and cut in thin slices. Cook until tender and drain. Pare potatoes and cut in thin slices. Cook until tender and drain. Arrange potatoes and carrots alternately and sprinkle layers with the salt and pepper. Add some of the flour and butter to each layer. Add hot milk to cover. Bake slowly in covered baking dish about ½ hour. Uncover and brown.

ASPARAGUS CUSTARD

1 pt. milk ½ t. salt
2 c. raw asparagus, cut in Few drops tabasco sauce
small pieces 3 tb. butter
3 eggs

Cook the asparagus in a small amount of water until almost tender. Beat the eggs slightly, add the milk and seasoning and then the cooked asparagus and the water in which it is cooked if not more than ½ c. Pour into a greased baking dish and bake in a pan surrounded with water in a moderate oven until set in the center.

VEGETABLES—Continued**CREAMED SCALLOPED CARROTS**

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|----------------------|-----------------------|
| 2 c. ground carrots | ¼ t. salt |
| 1/8 t. paprika | 1 tb. melted butter |
| 1 c. bread crumbs | Milk to moisten (½ c) |
| 1/3 c. grated cheese | |

Grind carrots very fine. Cook in top of double boiler until tender. Add paprika, salt and milk and cook 5 minutes. Place in greased baking dish and sprinkle with grated cheese and bread crumbs, and brown in oven.

CABBAGE AU GRATIN

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|-------------------------|----------------------------|
| 1 qt. boiled cabbage | 1 c. grated cheese |
| 2 c. medium white sauce | ½ c. buttered bread crumbs |
| 1 t. salt | 1/8 t. pepper |

This may be made from the left over boiled cabbage. Butter a baking dish and put in a layer of cabbage, a layer of white sauce, a layer of grated cheese and a sprinkling of salt and pepper. Repeat until there are three layers of each. Put the buttered bread crumbs on top and bake in moderate oven for about 25 or 30 minutes.

KIDNEY BEANS AND CHEESE

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|---|----------------------|
| 2 c. kidney beans | ½ c. grated cheese |
| 1 tb. finely chopped sweet green pepper | 1½ tb. butter |
| 1 egg | 1 t. salt |
| 1 c. bread crumbs | 1 c. cooked tomatoes |
| 1 tb. finely chopped onion | |

Press beans through a sieve, mix with the cheese, beaten egg and crumbs. Cook onion and pepper in fat, but do not brown, add to other mixture. Form in a roll, place in a shallow pan, pour the tomatoes over the roll and bake in a moderate oven for half an hour.

POLENTA

- | | |
|---------------|---------------------|
| 1 c. cornmeal | 1 t. salt |
| 2 tb. fat | ¼ c. grated cheese |
| 1/8 t. pepper | 1 c. tomatoes |
| 3 c. water | 3 tb. chopped onion |

Cook the cornmeal in boiling water for 45 minutes. Cook the tomatoes, fat, onion, salt and pepper together. Place a layer of cornmeal mush in the baking dish. Cover with the tomato mixture. Add another layer of mush and tomato mixture. Sprinkle grated cheese on top of each layer and bake until cheese is melted.

VEGETABLES—Continued**SPAGHETTI AND TOMATOES**

Cook the spaghetti in boiling water until tender. Drain and rinse. Put a layer of the spaghetti in a buttered baking dish. Cover it with a layer of stewed or canned tomatoes well seasoned with salt and paprika. Dot with butter, ¼ inch cubes of bacon and onion chopped fine. Repeat layers until the dish is full. Cover with buttered crumbs and put in oven and bake until they are hot through.

TOMATOES, CORN AND CHEESE

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|-----------------------|----------------------|
| 1 can sweet corn | ½ lb. cottage cheese |
| 1 pt. canned tomatoes | 1 lb. cracker crumbs |
| 1 tb. butter | |

Fresh corn and tomatoes can be used also. Put a layer of corn in a buttered baking dish, layer of tomatoes, a layer of cheese and repeat. Sprinkle cracker crumbs over top, dot with butter and bake for ½ hour.

EGGS**BAKED EGGS IN POTATO NESTS**

Make nests of mashed potatoes on a buttered baking dish, drop one egg into each nest. Either fresh or left-over potatoes may be used. Season and dot with butter. Bake in a moderate oven until firm, being careful not to over-cook. Serve at once. (Eggs may be baked in stuffed baked potatoes.)

CORNMEAL SOUFFLE

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|-----------------|-----------|
| 1 c. water | 1 t. salt |
| 1/3 c. cornmeal | 3 eggs |
| ½ c. milk | 2 tb. fat |

Cook cornmeal in double boiler. Add milk, fat and egg yolks beaten until thick. Add the whites of the eggs, beaten stiff, by folding. Bake in a moderate oven.

SAVOY RICE OMELET

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|---|----------------------|
| 3 eggs | ½ c. cooked rice |
| 1 tb. butter or other fat | ½ c. milk |
| 3 tb. minced ham or left-over fried bacon | 1 t. chopped parsley |
| ¼ t. salt | 1/8 t. pepper |

Beat the whites and the yolks of the eggs separately. Mix all the ingredients, folding in the whites of the eggs last. Pour the mixture into a hot, well-greased frying pan, and when brown fold in over with a flexible-bladed knife. Turn the omelet out on a warm platter and serve immediately.

CHEESE

CHEESE FONDUE

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|--------------------------------|-------------------------|
| 1 c. scalded milk | 1 tb. butter |
| 1 c. stale bread crumbs | $\frac{1}{2}$ t. salt |
| $\frac{3}{4}$ c. grated cheese | 2 large or 3 small eggs |

Mix the first five ingredients in order given. Add the yolks of the eggs beaten until a lemon color. Fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake in a moderate oven for 20 minutes, or until an inserted knife comes out clean. Serve at once.

ITALIAN BAKED RICE

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|----------------------------------|--------------------------------|
| 4 c. cooked rice | $\frac{3}{4}$ c. grated cheese |
| $\frac{1}{2}$ c. chopped pimento | $1\frac{1}{2}$ c. tomato juice |
| 2 t. salt | $\frac{1}{8}$ t. pepper |

Mix the ingredients and pour into a baking dish. Cover the top of the dish with the pulp left from straining the tomatoes. Bake for 30 minutes in a moderate oven, 350 degrees and serve hot.

MACARONI AND CHEESE

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|----------------------------|------------------------------------|
| $\frac{1}{2}$ lb. macaroni | 2 qts. boiling water |
| 2 t. salt | Cold water |
| 1 c. grated cheese | $1\frac{3}{4}$ c. thin white sauce |
| 1 c. bread crumbs | 1 tb. butter melted |

Break macaroni into pieces and drop into the boiling water to which salt has been added. Boil until tender, about 25 minutes. Drain and run cold water over it. Put a layer of macaroni in a buttered baking dish then a layer of cheese and sauce. Repeat. Cover with buttered bread crumbs and bake in a moderate oven 375 degrees until the crumbs are brown.

WHITE SAUCE

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|--------------|-------------|
| 1 tb. butter | 1 c. milk |
| | 1 tb. flour |

After melting the butter in a sauce pan, add the flour and stir to a thin paste. Add the milk gradually and cook at least two minutes to thoroughly cook the flour. This makes a thin sauce but if a thicker sauce is required add 2 tb. flour instead of one. Salt and pepper to taste.

MEAT CASSEROLE

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|--|--------------------------|
| 1 sweet green pepper | 2 c. tomato sauce |
| $\frac{1}{2}$ c. cornmeal cooked in | 2 c. chopped cooked meat |
| $1\frac{1}{2}$ c. boiling salted water | 1 t. salt |
| $\frac{1}{2}$ c. grated cheese | 1 small onion |

To one cup tomato sauce add meat, salt, onion, pepper, and cornmeal mush. Put in pan, sprinkle with cheese and bake. Serve with remaining sauce.

One cup of brown meat sauce may be substituted for the tomato sauce.

OYSTERS ESCALLOPED WITH RICE

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|-----------------------|-------------------------|
| 3 c. cooked rice | 1 pt. fresh oysters |
| 1 c. chopped celery | 2 tb. butter |
| 1 c. milk | 2 tb. flour |
| $\frac{1}{2}$ t. salt | $\frac{1}{8}$ t. pepper |

Place alternate layers of rice, oysters and celery in a baking dish and pour over them a smooth white sauce made from the milk, flour, butter and seasonings. Bake for twenty minutes.

SPANISH HASH

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|---|-------------------------|
| 1 c. uncooked rice | 1 qt. uncooked tomatoes |
| $\frac{1}{4}$ to 1 lb. Hamburg steak or | Pepper |
| leftover meat | Green pepper if desired |
| 3 t. salt | |
| Paprika | |
| 1 or more onions finely | |
| chopped | |

Add rice to tomatoes. Add the salt, pepper, paprika, diced green peppers, onions and meat which has been browned in small amount of fat. Bake the hash in a covered dish in a moderate oven until the rice is tender, about 2 $\frac{1}{2}$ hours. To prepare this dish in a shorter time it can be cooked on the top of the stove.

MEAT SUBSTITUTE LOAF

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|--------------------------------------|-------------------------|
| 1 c. cooked salted rice | $\frac{1}{4}$ t. pepper |
| 1 egg | 1 c. crushed peanuts |
| 2 tb. chopped onion cooked | 1 c. cottage cheese |
| until soft in $\frac{1}{2}$ c. water | 1 t. salt |
| 1 tb. fat | |

Make into a loaf and bake. Serve hot with tomato sauce.

PORK PIE

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|---|-------------------------|
| $2\frac{1}{2}$ c. cold roast pork (cubed) | $\frac{1}{2}$ t. salt |
| 2 apples cored and sliced | $\frac{1}{8}$ t. pepper |
| 1 c. gravy | |

Grease a shallow baking dish and put in alternate layers of pork and apples. Season each layer with a little salt and pepper. Pour 1 c. left over gravy over it. Cover with a crust and prick or slash to allow the steam to escape. Put in hot oven 425 degrees until browning starts then reduce to 350 degrees and bake for about 30 minutes.

LIVER LOAF

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|-----------------------------|-------------------|
| 1½ lbs. beef liver | 1 tb. parsley |
| 1 tb. onion | ½ green pepper |
| 1½ c. bread crumbs | 2 eggs |
| 1 c. meat stock | ½ c. milk |
| 2 tb. fat pork or drippings | 1½ t. salt |
| 1/8 t. pepper | ¼ t. dried celery |

Wipe liver, and cut into pieces then put through the food chopper together with the parsley, onion and pepper. Add crumbs moistened in the beaten egg, stock, milk, fat and seasonings. If meat stock is not available, use a beef bouillon cube, dissolved in 1 c. boiling water. Mix well. Pour into well greased baking dish or mold and set in a pan of hot water. Bake 1½ hours in a slow oven. Serve either hot or cold with catsup, chili sauce or tomato sauce.

MEAT LOAF

| | |
|-----------------------------|-----------------------|
| ½ lb. veal | 4 slices salt pork |
| ½ lb. pork | 1 lb. beef |
| 1 lb. beef | 1½ t. salt |
| ½ small onion finely minced | 1 egg slightly beaten |
| Few grains pepper | 1 c. dry bread crumbs |
| ½ c. milk | Tomato sauce |

Put meat through a food chopper and add seasonings, egg, milk and crumbs. Mix thoroughly and shape into a loaf. Bake in a hot oven for fifteen minutes then reduce the heat to a slow oven.

ONE PIECE HAMBURGER DISH

Season 1 lb. Hamburger steak with
 1 t. salt
 ½ t. black pepper
 1 tb. scraped onion
 ½ c. dried apricots measured after soaking in cold water and stirring.

Bake until nicely browned. Surround with hot mashed potatoes and canned peas, serve.

PORK AND NOODLE CASSEROLE

| | |
|------------------------------|----------------------------------|
| 1 medium sized onion, diced | 1 med. sized green pepper diced |
| 3 t. butter | 2 lbs. ground lean pork shoulder |
| 3 c. strained tomatoes | 4 c. (8 oz. pkg.) cooked noodles |
| ½ lb. grated American Cheese | Salt and pepper to taste |

Fry onion and green pepper in butter until onion is yellow. Add ground pork and cook, stirring from time to time until slightly browned. Add tomatoes, noodles and cheese. Season and mix thoroughly. Pour into baking dish and bake in moderate oven 1 hour.

HAM**SCALLOPED EGGS AND HAM**

| | |
|--------------------|-------------------------------|
| 4 hard-cooked eggs | 1½ c. buttered crumbs |
| 1 pt. white sauce | ¾ c. cold chopped ham or meat |

Chop the eggs and then follow the rule, alternating the eggs and meat, or add chopped eggs and meat to the sauce.

HAM AND ASPARAGUS ROLLS

| |
|---|
| 2 doz. stalks fresh or canned asparagus |
| 1 c. grated American cheese |
| 1 c. white sauce well seasoned |
| 6 thin slices cold baked ham |

Cut the ham in thin slices at least 3 by 5" in size. Parboil fresh asparagus five or six minutes. Roll asparagus in each ham slice and skewer with a toothpick. Lay in a shallow pan and cover with the white sauce and sprinkle with cheese. Bake in a moderate oven 350 degrees for 20 minutes.

SCALLOPED HAM AND POTATOES

| | |
|--------------------------|------------------------|
| 1 thick slice of ham | Pepper, salt |
| 4 c. sliced raw potatoes | 1½ c. thin white sauce |

Cut a slice of ham one-half inch thick and flour lightly. Fry each side until it begins to brown, then put into baking dish, cover with the white sauce and make in a moderate oven 350 degrees for half an hour. Turn and bake another half hour. Cut pared potatoes into medium thick slices, boil until almost tender and drain. Arrange in the casserole, lay the slice of ham on top, set in the oven and bake 25 minutes.

SMOTHERED HAM

| | |
|----------------------|-------------------------|
| Sliced ham, 2" thick | 1 c. milk |
| 6 whole cloves | ½ t. salt |
| 1 tb. chopped onion | 1 c. stale bread crumbs |
| Brown sugar | |

Have the slice cut from the middle of the ham. Put in a baking pan. Pour over 1 c. boiling water. Stick the cloves in the top. Scald the milk, add the bread crumbs and soak until soft. Then add seasonings and spread over the ham. Cover the bread with a layer of brown sugar and bake in moderate oven 350 degrees for 2 hours or until the top is crisp and brown and ham is done.

HAM—Continued**ROLLED HAM ROAST**

| | |
|------------------------------|---------------------------|
| 20 crackers | $\frac{1}{4}$ c. vinegar |
| 1 small onion | 1 tb. parsley chopped |
| 1 t. poultry seasoning | 1 large slice of ham, raw |
| $\frac{1}{2}$ c. brown sugar | 1 t. mustard |
| $\frac{3}{4}$ c. hot water | |

Crumble crackers and add hot water, onion, seasoning and parsley. Spread this mixture on slice of ham and roll and tie or skewer. Mix sugar and mustard together with the vinegar and spread on the prepared ham.

HAM AND CAULIFLOWER BAKE

| | |
|----------------------------|-------------------------|
| 1 small cauliflower cooked | 1 c. cooked chopped ham |
| 12 salted soda crackers | Salt |
| Pepper | 2 tb. butter |
| $1\frac{1}{4}$ c. milk | |

Separate cauliflower into flowerets and crumble crackers. In a greased baking dish arrange alternately cauliflower, ham and crackers. Season and dot with butter and pour milk over all. Bake in a hot oven 425 degrees 25 or 30 minutes.

BAKED SLICE OF HAM

| | |
|-------------------------------------|--------------------------------|
| 2 lb. slice of ham | $\frac{1}{2}$ doz. tart apples |
| $\frac{1}{2}$ c. water | 10 whole cloves |
| $1\frac{1}{2}$ c. light brown sugar | Parsley |

Rub $\frac{1}{2}$ c. sugar into ham. Sprinkle with cloves. Place in baking pan and surround with apples peeled, cored and sliced in half, crosswise. Sprinkle remaining sugar over apples, add water to pan. Bake in moderate oven for about 45 minutes.

CASSEROLE OF HAM AND HOMINY

| | |
|------------------|---------------------------------------|
| Cooked hominy | Serves Four |
| 2 c. white sauce | $\frac{1}{4}$ c. chopped onion |
| | 1 slice raw ham $\frac{1}{2}$ " thick |

Mix onion with white sauce, put layers of white sauce alternately between hominy and slice of ham on top. Bake in a moderate oven 375 degrees until ham is done.

CHEESE AND HAM CASSEROLE

| | |
|----------------------------|-----------------------------------|
| 2 c. ground ham | $\frac{1}{2}$ lb. American cheese |
| $\frac{1}{2}$ green pepper | 2 six oz. packages fine noodles |
| 1 c. sliced mushrooms | 1 can tomato soup |

Cut the cheese and green pepper into small pieces. Mix with remaining ingredients, including the soup which has been diluted with an equal amount of water and the noodles which have been cooked in boiling salted water until tender. Arrange in a buttered casserole and bake 1 hour in a moderate oven of 350 degrees. This will serve six or eight people.

MEAT COOKERY

Of all the money we spend for food, one third of it goes for meat. This is too great a proportion. The fault may be one of two things. Either the buyer does not know how to prepare inexpensive cuts of meat so that they will be appetizing or more meat is being served than the family needs. One may, with planning, utilize every bit of the meat bought.

It is a good plan to purchase a larger piece of meat than needed for one meal. This saves both time and money and a larger piece of meat is never so dry, when cooked, as a smaller one. What is left can be used as cold sliced meat or in one of the many delicious meat casseroles.

BROILING

Only tender pieces of meat should be broiled. Intense heat should be applied to the meat, to prevent the juice from escaping. Then inner fibers are generally rare. This meat is more digestible than thin pieces cooked done by intense heat.

ROASTING

The meat, when roasted, should first be seared over the entire surface. This can be done on top of the stove. It can be seared over in a very hot oven, then the oven temperature reduced to continue the roasting. To prepare meat for roasting, rub flour over the surface. This forms a crust that prevents the escape of the meat juices. The larger the roast, the slower should be the fire, allowing the center of the roast to be cooked without burning the outside.

FRYING AND SAUTE'ING

Bringing the meat in direct contact with hot fat. To have tender fried meat, the fat should be hot before the meat is put in. Flouring the meat first, retains the juices.

BOILING

Best results are had by bringing the meat to a boiling point, allowing it to boil for fifteen minutes, then reducing the heat so that the meat will simmer the remainder of the time of cooking. The scum that appears on top of the water before the boiling point is reached, should be skimmed off.

If the meat is cooked for the purpose of making a rich broth, put it on in cold water. On the other hand, if only the meat is to be used, plunge it into boiling water at once, which prevents the loss of the juices. Let the meat boil for a few minutes, then reduce the temperature or the meat will be tough and dry.

MEAT COOKERY—Continued**STEWING OR SIMMERING**

For the cheaper cuts of meat which are apt to be tough, long slow cooking at a low temperature is necessary. In order to get the best results, in using this method, the meat should be cut into small pieces, and put into cold water, rather than hot. Let the temperature gradually raise until nearly the boiling point. Then keep it at that temperature several hours. The meat will be tender and the broth juicy.

FRICASSEEING

Is a combination of frying and boiling. The meat is first browned on the outside, then slowly stewed. This method is used for cheaper cuts of meats and old chickens.

ROLLED STEAK OR MOCK DUCK

The cheaper cuts of meat can be made delicious by making "Mock Duck". Buy a thin cut of round steak. Spread this with the following dressing and roll. Tie strips of bacon or salt pork to the outside, place in a roasting pan and bake in a hot oven.

Stuffing for Rolled Steak

| | |
|--------------------------|------------------|
| 1 qt. stale bread crumbs | 1 c. tomato pulp |
| 1 small onion | 1 t. salt |
| 2 tb. butter | ½ t. pepper |
| 1 c. hot water | |

SWISS STEAK

Have the steak cut about one inch thick. Pound as much flour as possible into both sides of the steak, then brown it on both sides in hot fat. When it is brown, pour a cup of hot water over it and cover tightly. Remove to the back of the stove and simmer slowly. Add a little more water if necessary.

PLANKED STEAK

Broil or pan boil one of the better pieces of steak. Arrange on the platter and over it pour vegetables that have been saute'd in the juices from the meat, that remain in the pan after the steak has been removed. One can use their choice of vegetables, but peas, tiny onions, carrots, cauliflower or string beans are most often used.

STUFFED MEAT ROLL

| | |
|-------------------------------|--------------------|
| 12 crackers | 1 lb. round steak |
| ¼ c. butter or suet drippings | Pepper |
| 1 small onion, grated | 1 t. powdered sage |
| | ½ c. hot water |

Crumble crackers. Melt the butter, add seasonings and hot water. Mix and shape into long roll. Pat meat into an oblong cake and roll around cracker mixture. Bake in a hot oven for 20 to 25 minutes.

MEAT COOKERY—Continued**BRAIZED BEEF**

This is very good way to cook a piece of beef cut from the lower round. Place the meat on a rack, over a small quantity of water, in a closed pan, and bake in the oven for about four hours.

In the water below, place vegetables cut in small pieces. The meat becomes very tender and has an excellent flavor.

| | |
|----------------------------|--------------------|
| 3 lbs. rump or lower round | ¼ c. diced carrots |
| Flour | ¼ c. diced onions |
| Salt | 3 c. boiling water |
| Pepper | ¼ c. diced turnips |
| 2 thin slices of salt pork | ¼ c. diced celery |

Wipe the meat with a damp cloth. Sprinkle with flour, salt and pepper. Fry out the pork and brown the meat in this fat. Arrange the meat and vegetables as before described and bake in a slow oven for four hours at low temperature.

Arrange the meat on a platter, strain out the vegetables and make a thickened gravy of the liquid that remains.

POT ROAST OF BEEF

The most satisfactory way to prepare the cheaper cuts of beef is to cook them slowly in an iron pot, for several hours. Potatoes may also be cooked in the pot with the meat. This saves fuel and offers variety in cooking potatoes.

Fry some beef fat in the iron pot, then brown the beef carefully in this.

Add salt, pepper and ½ c. of boiling water, cover tightly and cook over a slow fire for several minutes. When ready to serve, place the meat on the platter and make a brown gravy of the fat that remains in the kettle. If potatoes are to be cooked with the pot roast, put them around the meat about 45 minutes before the meat is to be removed.

BEEF STEW

Cheap cuts of meat or trimmings from roasts or steaks may be used for this stew.

| | |
|----------------------|---------------------|
| 4 lbs. beef | ¼ tb. pepper |
| 1 small onion | 3 c. diced potatoes |
| 2/3 c. diced turnips | 2 tb. salt |
| ¾ c. dried carrots | 2 tb. flour |

Cut the meat in small pieces. Fry the pieces in some of the meat fat, browning it evenly. Remove it to a kettle adding the fat and cover with boiling water. Season and let simmer for 2 hours. For the last hour cook the vegetables all but the potatoes with the meat. Add the potatoes about half an hour before serving.

Remove the meat and thicken the stew with a little flour and water.

USES FOR LEFT-OVER CHICKEN

CHICKEN SALAD

A common way in which to use left-over chicken is in chicken salad.

- | | |
|------------------------|--------------------|
| 2 c. diced chicken | Salad dressing |
| 1 c. chopped celery | 2 hard-cooked eggs |
| 1 small onion, chopped | |

Mix the chicken with the chopped celery and onion. Marinate with well-seasoned vinegar or a little lemon juice. French dressing may be used for this, if oil is desired. Just before serving pour off any excess liquid. Add any desired salad dressing. Arrange the salad on lettuce leaves and garnish with slices of the hard-cooked eggs.

CHICKEN A LA KING

- | | |
|--------------------------------|---------------------------------|
| 3 tb. fat | $\frac{1}{4}$ c. canned pimento |
| $\frac{1}{2}$ c. mushrooms | $1\frac{1}{2}$ c. cold chicken |
| $\frac{3}{4}$ c. chicken stock | 2 eggs |
| 1 c. milk or thin cream | 2 tb. flour |
| 1 t. salt | |

Melt the fat in a pan, add the flour and stir well until mixed. Heat the stock and the milk, pour this into the mixture and bring to a boiling point, stirring rapidly. Add the salt and the mushrooms, pimentos and cold chicken cut into pieces. Allow this to come to a boil and add the slightly beaten eggs. Remove from the fire at once to prevent the egg from curdling. Serve over pieces of toast and sprinkle with paprika.

CHICKEN CROQUETTES

- | | |
|-------------------------------------|--------------------------|
| 3 tb. fat | 1 tb. parsley chopped |
| $\frac{1}{4}$ c. mushrooms, chopped | Fine bread crumbs |
| $\frac{1}{8}$ t. pepper | $\frac{1}{4}$ c. flour |
| 1 egg | 1 t. salt |
| 1 c. chicken stock or cream | $\frac{1}{4}$ t. paprika |
| 2 c. chopped chicken | |

Melt the fat in a sauce pan, add the flour and stir until well blended. Add the salt, pepper and paprika. Heat the stock or cream and add to the mixture in the sauce pan. Stir constantly until the sauce is thickened, then add the chopped chicken, mushrooms and parsley. When cold shape into oblong croquettes, roll in egg, slightly beaten and then in the fine crumbs. Fry in deep fat until brown. Serve with a garnish or some vegetables as well as with left-over chicken gravy or well seasoned white sauce.

USES FOR LEFT-OVER CHICKEN—Continued

NOODLE RING FILLED WITH CHICKEN AND MUSHROOMS

- | | |
|-------------------|-----------------------|
| 1 package noodles | 4 eggs |
| 2 tb. butter | $\frac{3}{4}$ c. milk |
| Salt and pepper | |

Cook noodles in boiling water salted, drain and rinse with cold water. Beat eggs slightly, add milk, salt and pepper and melted butter. When the noodles have drained thoroughly mix with the egg and milk. Pour into a well buttered ring and mold and cook in a pan of hot water in a moderate oven 30 to 45 minutes. The ring is thoroughly cooked if the knife put into it comes out clean. Loosen the edge of the mold with a knife and turn out on a hot platter. Fill center with creamed chicken and mushrooms. Garnish with parsley and hard cooked eggs.

PREPARING LEFT-OVER BEEF

Meat is an expensive food, so every bit of left overs must be used and if possible used in a different way than when first served.

What remains from a roast may be cut in thin pieces garnished and served cold or it may be cut in cubes and combined with a white sauce or reheated in the gravy.

Cold meat may be used in sandwiches. Add mayonaise, celery, olives, pickles, etc. A hot roast beef sandwich is very appetizing. Put the slices of beef between pieces of toast and pour the gravy over them.

MEXICAN BEEF

- | | |
|----------------------------------|---------------------------|
| 2 tb. butter | 1 pepper (red) |
| $\frac{1}{8}$ t. pepper | 1 onion |
| $\frac{3}{4}$ c. canned tomatoes | 1 pepper (green) |
| $\frac{1}{2}$ t. salt | Thin slices of roast beef |

Brown the butter and add chopped onion. Cook a few minutes and then add other ingredients. Pour over the thinly sliced roast beef.

COTTAGE PIE

Cover the bottom of the baking dish with left over mashed potatoes. Over this spread the meat and left over gravy. Cover with a layer of mashed potatoes. Dot with butter. Brown on top and serve hot.

BEEF PIE

Left over roast beef or steak may be used in this pie. Cover the pieces with hot water. Add seasonings, a little onion and simmer for an hour. Add several potatoes, cut in small pieces and when they are done thicken the liquid and pour it into your baking pan. Cover with a baking powder biscuit dough, and bake in a hot oven until the top is browned. Serve hot.

BEEF HASH

Remove the skin and bone from the cold roast beef, chop quite fine and add an equal amount of cold boiled potatoes, and one chopped onion. Season with salt and pepper. Place the mixture in a well greased frying pan and moisten with milk or left over gravy. Brown on both sides and serve on a platter garnished with parsley.

Uses for Left-Over Pork

To prepare this dish, remove the cores from sour apples and cut into ½ inch slices. Put these in a frying pan containing hot bacon fat and fry until soft and browned.

Arrange cold sliced pork on a platter and surround it with the apples.

SCALLOPED PORK AND CABBAGE

If not enough pork remains to serve alone, it can be combined with cabbage to make a most appetizing dish.

| | |
|--------------------------------|------------------------|
| 2 c. small thin slices of pork | 1½ c. thin white sauce |
| 1½ c. cooked cabbage | ¼ c. buttered crumbs |

Place the pork and cabbage in layers in a baking dish, having a layer of cabbage on top. Pour the white sauce over all and sprinkle with crumbs on top. Bake until the sauce boils and the crumbs are browned.

MOCK CHICKEN SALAD

The similarity in appearance of pork to chicken makes it possible to prepare a salad of cold pork that is a very good substitute for chicken salad. A salad of this kind can be used as the main dish in such a meal as luncheon or supper.

| | |
|--------------------|-----------------|
| 4 tb. vinegar | Salad dressing |
| 1½ c. diced celery | 2 c. diced pork |

Heat the vinegar and pour it over the diced pork. Set this away to chill. When ready to serve, add the diced celery and mix well. Pour the salad dressing over all and serve on crisp lettuce leaves.

MISCELLANEOUS**BAKED HAM WITH ESCALLOPED POTATOES**

| | |
|--------------|--------------------------------|
| 3 tb. butter | 2 c. milk |
| 1/3 c. flour | 2 c. raw potatoes (1/8" thick) |
| 2 t. salt | 1 slice ham 1" thick |

Make a white sauce of the flour, butter, milk and salt. Arrange the potatoes in a greased baking dish and cover with the white sauce. Put the trimmed ham on this mixture and bake in a moderately hot oven for about 1 hour, covered. Remove the cover to finish the cooking and to brown the dish.

CHICKEN CASSEROLE

| | |
|--------------------|----------------------------|
| 1 four lb. chicken | 3 t. salt |
| ¼ t. pepper | ¼ c. flour |
| ¼ c. fat | 1 tb. finely minced celery |
| 1 c. boiling water | 1 c. milk |

Cut chicken into pieces suitable for serving. Sprinkle with salt and pepper and dredge with flour. Brown chicken in fat. Place pieces in buttered casserole and add celery and boiling water. Cover and cook in moderate oven 350 degrees until tender. Watch carefully and add hot water as the liquid boils away. Thirty minutes before removing from the oven reduce heat to low oven 300 degrees. Add milk and finish cooking.

CHICKEN SOUFFLE

| | |
|---|------------------------------|
| 2 c. scalded milk | 1 tb. finely chopped parsley |
| 3 tb. flour | 2 tb. fat |
| 1/8 t. pepper | 1 t. salt |
| Whites of 3 eggs beaten until stiff and dry | Yolks 3 eggs, well beaten |
| 2 c. cooked chicken finely chopped | ½ c. bread crumbs |

Make a white sauce of the flour, fat, and milk and seasonings, add bread crumbs and cook 5 minutes. Remove from fire and add chicken, yolks of beaten eggs, and parsley then fold in the whites of the eggs. Turn into a buttered dish and bake in a moderate oven until firm.

Ham souffle may be made by using the same proportions and seasoning with one sweet green pepper chopped in place of the parsley.

CASSEROLE OF RICE AND SALMON

Line the bottom and sides of a mold with cold boiled rice, ½ inch thick, fill this with creamed salmon and cover with the rice. Steam 45 minutes, turn on hot platter, pour a white sauce over and around it, serve hot.

BAKED CREAMED SALMON WITH SPAGHETTI

| | |
|--------------------|-----------------------------|
| 1 can salmon | ½ lb. spaghetti broken fine |
| butter size of egg | 1 pt. milk |
| 2 eggs | |

Boil spaghetti in salted water until tender, drain and blanch in cold water. Grease baking dish and put layer of spaghetti, salmon, and bits of butter and pepper. Continue until all is used up. Beat eggs and milk and pour over the salmon mixture and bake 45 minutes. This can be served with or without a white sauce.

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