

The Statesman's
FOOD SECTION



Good looking but certainly practical, is this meat loaf encased in muffin dough. The meat in this case is chopped up luncheon meat, but of course beef is always good in such recipes.

Meat Has Crusty Top

Ingenuous bread and meat combinations are a practical solution for homemakers concerned about costly meats. Not to be classed with steak or double lamb chops, two-in-one dishes nevertheless provide good eating.

Meat muffins served with a vegetable gravy are perhaps the most elastic of such combinations since a cook can add as much or as little ground meat to the muffin mix as she chooses. Meat dumplings offer rib-sticking substance to vegetable esseroles.

Another twosome which wraps up flavor and economy all in one is this Crusted Meat Loaf.

- CRUSTED MEAT LOAF**
 2 1/2 cups sifted flour
 4 teaspoons baking powder
 1/2 teaspoon salt
 1/4 cup margarine
 1/2 cup water
 1 egg
 Filling
 1 1/2 cups chopped luncheon meat
 3 tablespoons each chopped parsley, green pepper, onion and carrot
 3 tablespoons hot water
 1/2 teaspoon Worcestershire sauce

Sift flour, baking powder and salt together. Cut in margarine with pastry blender or two knives. Combine water and egg and add to dry ingredients. Stir lightly with fork. Turn out on floured board and knead gently until smooth on one side. Roll in rectangle 1/4 inch thick. Brush with some melted margarine. Combine filling ingredients, spread on dough. Roll up and fold ends under to seal. Cut five gashes in top. Bake in shallow pan (375°) 35 minutes. Serve with tomato sauce. Serves 6.

Quick Casserole Uses Frankfurters

Here's a quick casserole dish for you, uses cans of things, and frankfurters.

- FRANK-ORAN SKILLET**
 1/2 pound frank, cut in 1/2-inch pieces
 1/4 cup finely chopped onion
 2 tablespoons fat
 1 10 1/2 oz. can cream of celery soup
 2 cups (No. 2 can) green beans
 1/4 teaspoon savory
 1/4 cup shortening
 2 cups sifted flour
 1 tablespoon double acting baking powder
 1 teaspoon salt
 1/4 cup milk

Pan-fry onion in fat in a heavy skillet. Add frank, soup, beans and savory. Mix thoroughly and heat to boiling. Cut shortening into flour which has been sifted with baking powder and salt until the mixture is the consistency of corn meal. Add milk and stir until blended. Drop dough by spoonfuls on top of frank-bean mixture. Bake in a very hot oven (450°) for 25 minutes. Yields 4 servings.

Jam Filled Sweets Include Chocolate

Cookies with a jam filling are inexpensive and simply made, but have a nice appearance and a grand flavor.

- JAM DAINTIES**
 1 cup shortening
 1 heaping cup brown sugar
 2 eggs, beaten
 1/2 teaspoon cloves
 Flour
 1 cup chopped almonds
 2 oz. unsweetened chocolate
 1/2 cup milk
 1 teaspoon baking powder

Cream butter, sugar, add eggs and other ingredients, dissolving chocolate in milk. Mix with flour enough to make a cookie dough. Roll out 1/4-inch thick and bake. Cover half with white icing and cover remainder with jam and put together. Decorate with coconut.

EVER POPULAR

Simple desserts are nearly always the ones children like best. Nothing could be easier to make than strawberry gelatine with a sliced banana and a cup of drained canned peach slices for fruity accents. When the gelatine begins to thicken, whip with a rotary beater until light and fluffy. Then fold in the fruit and chill until firm.

Tongue Provides Food Many Days If Cooked Ahead

Here's a quick meal idea with tongue. Cook the tongue ahead of time, then store in your refrigerator until meal time. With the meat already cooked, it may be reheated in a spicy sauce, it may be used for sandwiches, for a cold meat platter or cut into cubes for salads.

Tongue may be purchased fresh, smoked and pickled or corned. In preparing either the smoked or corned, the tongue is usually soaked first, then all are prepared in this manner. The meat is covered with water (1 tablespoon salt added for each quart of water in cooking fresh tongue.) A tight cover is placed over the utensil and the meat cooked slowly until tender. This will take from 3 to 4 hours.

After the meat is cooked it should be plunged into cold water for ease in removing the skin. If planning to serve the tongue cold, it is best to allow it to cool in the cooking liquid. Then it should be closely covered and stored in a cold part of the refrigerator. And don't forget to use the liquid off the tongue as a base for soups, it has wonderful flavor.

Casserole Dish Easy to Combine

Hours fly by on your afternoons of shopping or club meetings. If you come home too late to fix the dinner you had planned, call on the emergency shelf to get dinner ready. Macaroni Nest with Peas is one quick idea. Cook 6 ounces of elbow macaroni in boiling salted water (about 12 minutes). Drain. Add 1/4 cup melted butter or margarine and 1/4 pound shredded chipped beef. Mix well. Arrange macaroni mixture around the edge of a platter and fill the center with peas. No one in your family will guess this delicious dish was whipped up in a jiffy.

Fruited Spaghetti with Pork is another economy dish for this season. Wash 1 cup dried prunes and soak several hours. Brown 4 lean pork chops in a skillet. Pour off excess fat and add to chops prune juice, 1/4 cup vinegar, 3 tablespoons sugar and 2 teaspoons salt. Bring liquid to boil and add 4 ounces elbow spaghetti and prunes. Cover and simmer 40 minutes until chops and spaghetti are tender. Four people will be delighted recipients of this enticing platter supper.

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 1/2 teaspoon cloves
 Flour
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 1/2 cup milk
 1 teaspoon baking powder

Cream butter, sugar, add eggs and other ingredients, dissolving chocolate in milk. Mix with flour enough to make a cookie dough. Roll out 1/4-inch thick and bake. Cover half with white icing and cover remainder with jam and put together. Decorate with coconut.

Huskier Dish Tastes Good In September

Though days may be warm, a good hot dinner at night tastes mighty good these September days. Here is one combination of fish and vegetable that makes a handsome dish, and a filling one.

- FILLED CARROT RING**
 4 ounces medium noodles
 2 eggs
 1 cup milk
 2 tablespoons melted butter or margarine
 1/4 teaspoon salt
 Dash pepper
 1 cup cooked carrots, riced
 1 small onion, chopped
 Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, beat eggs well. Stir in milk and butter or margarine. Add salt and pepper. Fold in noodles, carrots and onions and mix thoroughly. Pour into well greased 8-inch ring mold. Set in shallow pan of hot water 1/2 inch deep and bake in moderate oven (350°) about 45 minutes. Remove from oven and let stand a few minutes. Loosen edges and invert on hot plate. Fill center with hot Quick Creamed Tuna.

- QUICK CREAMED TUNA**
 1 can condensed cream of mushroom soup
 2 tablespoons cream
 1 can tuna
 1/4 cup sliced stuffed olives
 Combine all ingredients in top of double boiler and heat thoroughly. Makes 4 servings.

- CHEESE-SAUSAGE CUPS**
 4 ounces elbow spaghetti
 Slices summer sausage, 1/4 inch thick
 1 cup grated cheese
 1 cup milk
 1/2 teaspoon salt
 1/4 cup chopped sweet pickle
 1 1/2 cups cooked corn
 Cook spaghetti in boiling salted water until tender (about 12 minutes). Put drained spaghetti in saucepan. Add cheese, milk, salt and pickle. Mix well. Heat over low heat until cheese is melted (about 10 minutes). While cheese is melting, fry summer sausage on one side in lightly greased skillet to form "cups." Fill cups with corn. Makes 5 servings.

Or here is another suitable main dish.

Cinnamon Goes on Crisp Toast Sticks

Cinnamon toast is an old standby in many households, when simplicity is the idea and sweetness the taste.

These bread bits are glorified toast and called:

- CINNAMON STRIPS**
 Toast bread in narrow strips. Roll them first in melted butter, then cinnamon which has been mixed with powdered sugar. Set in oven and allow to remain slowly cooking till coating is melted making a caramelized covering. Serve when hot.

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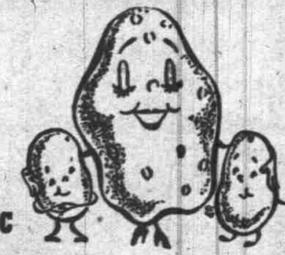
SPEAR MELONS LB. **5c**

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