



Stuff a meat loaf and the old stand-by takes on a new appearance. This loaf with a well-seasoned bread filling presents an especially interesting main dish for a buffet table. Spiced crabapples garnish the platter.

Double Meat Loaf Looks, Tastes Good

MENU
 Double Stuffed Meat Loaf
 Spiced Crabapples
 Glazed Carrots
 Spinach Souffle
 Relish Tray
 Hot Rolls
 Spice Cake a la mode

That dear old standby, meat loaf, can take on more personalities, and usually come up with a pleasing result. Here's one they call a double stuffed meat loaf, and which includes a built-in bread stuffing. When it's sliced it makes a handsome dish, and of course as usual, it's in the lower cost bracket.

If company is coming, let this meat dish be the center of attraction for a buffet table. Garnish with spiced crabapples and include in the menu glazed carrots, spinach souffle and perhaps a layer cake dessert.

Vary Meat
 Ground beef is used in the recipe; however, you may make each meat loaf entirely different by combining various meats. Ground ham and pork mix into a perfect loaf. Lamb and veal each make fine loaves. Ground liver in a loaf is in excellent way of serving this variety meat.

Along with meat mixtures, there are special additions that may be made for variety's sake. You may season the mixture with catchup or chili sauce. Or spread catchup in the loaf pan or ring mold before adding the meat mixture. When turned upside-down it has a nice glaze. Another version of stuffing may have a row of hard-cooked eggs arranged lengthwise through the center of the loaf. Or before baking, you may lay slices of mild cheese over the loaf.

Here is the recipe:

DOUBLE-STUFFED MEAT LOAF
 2 pounds ground beef
 1 1/2 teaspoons salt
 1/2 teaspoon pepper
 1 small onion, chopped
 1 tablespoon Worcestershire sauce
 1 cup dry bread crumbs
 2 beaten eggs
 1/2 cup tomato juice
 1 cup soft bread crumbs
 1/2 teaspoon salt
 1/2 teaspoon sage
 1 tablespoon grated onion
 1/2 cup melted fat or drippings
 1 cup tomato juice

Thoroughly combine meat, seasonings, onion Worcestershire

sauce, the dry bread crumbs, eggs and 1/2 cup tomato juice. Place half meat mixture in greased 4 1/2 by 8 1/2 inch loaf pan. Make bread stuffing by combining soft bread crumb, salt, sage, onion and fat; spread the stuffing over meat. Top with remaining meat mixture. Pour tomato juice over loaf. Bake in slow oven (300°) for 1 1/2 hours. 6 to 8 servings.

Casserole Recipe Year 'Round Dish

The casserole dish finds popularity any time of the year. In summer it's for outdoor dining, for fall it's family meals and of course, the club dinner menu always includes a number of surprises in casserole dishes. Here's one:

SPAGHETTI TREAT
 4 ounces elbow spaghetti
 1 pound pork sausage
 2 tablespoons diced onion
 2 tablespoons sausage drippings
 2 tablespoons enriched flour
 1 1/2 teaspoons salt
 1 tablespoon sugar
 1 tablespoon vinegar
 2 1/4 cups canned tomatoes (1 No. 2 can)
 1 cup cooked lima beans

Cook spaghetti in boiling salted water (about 7 minutes). Drain and rinse. While spaghetti is cooking, make half the sausage into patties and brown well. Crumble rest of sausage into skillet and brown. Drain all sausage on absorbent paper. Brown onion in sausage drippings. Stir in flour, salt, sugar and vinegar. Gradually add tomatoes and cook, stirring constantly until thickened. Fold in spaghetti, crumbled sausage and lima beans. Pour into 2-quart casserole. Arrange sausage patties on top of spaghetti mixture. Bake in moderate oven (350°) 25 minutes. Makes 4 servings.

Spinach Goes Along With Tuna

Spinach becomes a glamor food when it's combined with tuna and topped with cream sauce and Swiss cheese. The best part is that it takes only a few minutes to get it ready for the oven and then only about a half hour to make. Use fresh-cooked spinach or frozen.

1 can tuna
 1 package frozen chopped spinach
 1 1/2 cups white sauce
 1 cup (1/2 pound) grated Swiss cheese

Let spinach partially thaw. Break apart and arrange in a greased 8-inch square baking dish. Flake tuna and add to spinach. Spread white sauce over spinach and tuna. Sprinkle with grated cheese and a dash of paprika. Bake in a moderate oven (350°) 25 to 30 minutes or until spinach is done and cheese melted. Makes 4 servings.

Heartier Foods On Menus Now

The time of the year has now arrived when the family begins to yearn for some of the longer cooking meats. That is one of the interesting things about a country where there's a change of season, we get so hungry for the type food served at the next season.

POTTED VEAL WITH DUMPLINGS
 2 lbs. veal shoulder
 1 onion
 1 quart water

2 teaspoons salt
 1/4 teaspoon pepper
 1/2 teasp. Worcestershire sauce
 2 cups diced potatoes
 6 carrots
 4 tablespoons flour
 1/4 cup cold water

Remove fat from meat; cut meat into 1-inch cubes. Simmer with sliced onion in water for 1 hour. Add salt, pepper, Worcestershire sauce, potatoes and sliced carrots. Continue cooking for 15 minutes. Thicken mixture with flour and water blended together. Prepare dumplings; drop by teaspoonsful on top of meat. Cover tightly; steam 12 minutes.

Ginger Cookies Attract the Young

The flavor of ginger is especially appreciated by youngsters and cookies are tops among their favorite. The combination is almost irresistible. Here is one of many recipes for gingerbread cookies, this is an old one.

DROP GINGERBREAD COOKIES
 1/2 cup shortening
 1 teaspoon salt
 1 teaspoon soda
 1 1/2 teaspoons ginger
 1/2 cup sugar
 1 cup molasses
 1 tablespoon vinegar
 3 tablespoons water
 3 cups sifted enriched flour

Heat oven to 400° (moderately hot). Cream together first 4 ingredients. Gradually blend in sugar and molasses. Combine vinegar and water; add alternately with flour. Drop batter onto lightly greased cookie sheets. Bake 12 minutes or until brown. Yield: 3 dozen crinkle top, 3-inch cookies.

Jellied Shrimp Aspic is Good

Shrimp aspic is a pretty salad, frosted all over with a mixture of tomato cocktail sauce and mayonnaise. Underneath there is pale green avocado and celery and pink shrimp molded in gelatin.

SHRIMP ASPIC
 1 large avocado
 1 1/2 cups prepared shrimp
 1 cup finely cut celery
 3 tablespoons lemon juice
 2 1/4 tablespoons plain gelatin
 1/2 cup cold water
 1/2 teaspoon salt
 3 bouillon cubes
 3 cups hot water
 1/4 cup mayonnaise
 Salad greens
 Dressing

Cut avocados into halves lengthwise, and remove seed, and skin. Cut fruit into cubes. Combine with shrimp, celery and lemon juice. Soften gelatin in cold water. Dissolve softened gelatin, salt and bouillon cubes in hot water. Chill until consistency of unbeaten egg white. Fold in mayonnaise and avocado-shrimp mixture, blending lightly. Pour into mold and chill until firm. Unmold on shredded salad greens. Frost with dressing and cut into slices to serve.

Dressing: Combine 1/4 cup tomato cocktail sauce with 1/4 cup mayonnaise. Serves 8.

The Liberty Bell has been removed from Independence Hall in Philadelphia on nine occasions since 1776. Most of these were for exhibitions in other cities except in 1777, when it was hidden in an Allentown, Pa., church to keep it out of British hands.

Special Omelet Offers Surprise

This quick omelet is one of our favorite budget-stretching egg supper dishes. With the celery and onion are cooking, you can beat the yolks and whites separately and cut the mellow-flavored olives into chunks. To save time we use the pitted olives. Combine all ingredients and bake 20 minutes. Serve with tomato sauce.

OLIVE OMELET
 1/2 cup ripe olives
 2 tablespoons butter or margarine
 1 1/4 cups sliced celery
 1/2 cup chopped onion
 5 eggs
 1/4 cup milk
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 Tomato sauce

Cut olives from pits into large pieces. Melt butter in 10-inch skillet, add celery and onion, cover and cook slowly 10 minutes. Separate eggs and beat yolks well. Combine with milk. Add salt to egg whites and beat until stiff. Fold in egg yolk mixture, olives, onion, celery and pepper. Turn into same skillet. Bake in moderate oven (350 degrees) 20 to 25 minutes, until top springs back when touched lightly. Cream and fold in half. Cut into wedges and serve with well-seasoned tomato sauce. Serves 4.

DAY'S MENU

A good menu for hungry people is this typically autumn meal:
 Sizzling hamburgers
 Grilled tomatoes, cheese
 Whipped potatoes
 Celery-apple salad
 Chilled melon a la mode

GRILLED TOMATOES
 4 firm ripe tomatoes
 2 tablespoons butter
 1/2 cup grated cheddar cheese
 Salt and pepper
 Paprika

Remove stem and end from tomatoes. Dot with butter. Top with grated cheese. Sprinkle with salt, pepper, and paprika. Place in broiler under low heat for 10 minutes until cheese has melted.

FLAVORFUL HAMBURGERS
 1 pound chopped beef
 1/2 cup bread crumbs
 1 egg
 1 teaspoon prepared mustard
 1 teaspoon Worcestershire sauce
 Salt, pepper

Mix all ingredients together. Shape into four patties. Place in heat and broil ten minutes on each side or long enough to obtain desired doneness.

WHIPPED POTATOES AND ONIONS
 6 medium sized potatoes, cooked
 1/4 cup milk
 1/4 cup butter
 1 cup sliced onions
 Salt, pepper

Melt butter in skillet; add onions and cook until delicately browned. Mash potatoes, add milk and browned onions. Season with salt and pepper.

SPREADS WHOLE WHEAT

Here are three appetizing spreads for whole wheat sandwiches. Dried chipped beef, grated cheese and bits of celery moistened with mayonnaise to make a spread; grated carrots, chopped dates, and chopped nuts combined with mayonnaise; and a mixture of chopped seedless raisins, honey, and peanut butter.

RAISINS ARE HARD
 If you want to freeze cookies for later use, watch out for raisins, they are hard to cut when frozen and may cause the cookies to be poor shapes.

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Breakfast Good Time for Fruit

Prunes are a favorite breakfast fruit with many families. For better breakfast month combine with orange sections and then top with a thin, spicy lemon and orange syrup. Have the cooked prunes and syrup ready in the refrigerator and at the last minute section the oranges and combine with the prunes and syrup.

CALIFORNIA COMPOTE
 1 1/2 cups prunes
 3 medium-sized oranges
 6 tablespoons granulated sugar
 3 tables. ons white corn syrup
 1 tablespoon coarsely grated orange rind
 2 cups water
 2 tablespoons lemon juice
 1/4 teaspoon clove
 1/4 teaspoon cinnamon
 1/4 teaspoon nutmeg

Cover prunes with water and boil 45 minutes or until tender. Fit a 1/2 half prunes. Chill. Pare and section oranges. Combine with prunes and syrup.
Syrup: Combine sugar, corn syrup, rind, water, lemon juice and spices. Boil 10 to 15 minutes. Chill.
 Serves 6.

HOT BREAKFAST

Better breakfast month is September so it's a good time to take stock that all school-going youngsters are eating a good breakfast. An occasional treat like hot raisin muffins made with biscuit mix will help bring them to the table on time.

Designing Woman

By Elizabeth Hillier



LEAD A SOFTER LIFE

Lead a softer life with new pillows for sofas, studio couches, beds and chairs. They're extra comfort and make a room look more comfortable, and designed like these they're very much in style. Favorites are simple and untrimmed, somewhat flat rather than plump and soft rather than firm. Use them to tuck up under elbows on armless or wood arm sofas, studio couches and chairs, to shorten the widths of seats that are too deep or just to lounge back on because the lounging's more comfortable that way. Cover fabrics for the pillows needn't match the upholstery covers. They usually do not—the fabrics need be no more than equally formal or informal. The pillows should be colorful—use them to repeat room scheme colors or to splash bright new color in the room. Toss three or more pillows in three colors together and they do wonders to wake up the color scheme. You'll find many new pillows in the stores now in a variety of shapes and sizes, or you can make your own, ticks first filled with feathers or kapok before the covers. (Copyright by John F. Dille Co.)

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