

Pot Roast Offers Good Food at Low Cost

Cut food costs by taking advantage of the plentiful supply of excellent cuts that offer maximum food value at minimum cost.

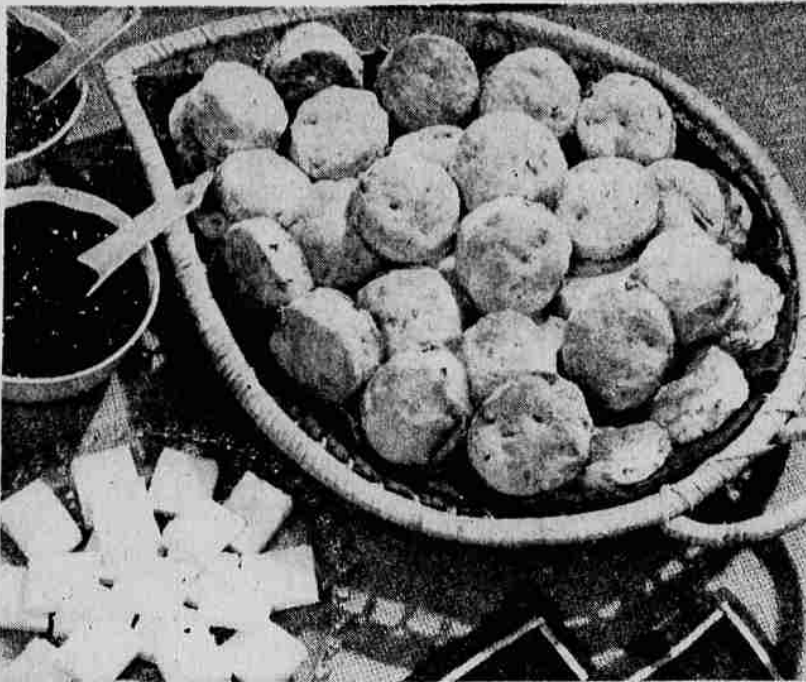
One of the best these days is pot roast of beef. It's as easy to cook as it is to boil water and even new brides will find it drawing the praises of her new husband.

Here's how: Select four or five pounds of beef chuck, rump or round. Rub the meat with salt, pepper and flour and brown on all sides in a little hot fat in a deep, heavy pan with cover.

Slip a low rack under the meat to keep it from sticking to the pan. Add 1/2 cup of water and cover pan closely. Cook slowly over low heat until done—about three hours.

For a whole dinner out of one pot, add potatoes, carrots and onions during the last hour of cooking. When done, it will break cleanly and evenly.

Test macaroni, spaghetti and noodles for doneness by pressing a piece gently against the side of the pan with a spoon or fork.



Milk Needed 'Christmas Squares' Last In Daily Meals Minute Idea for Holidays

Sometimes it is difficult to get the adults in your family to drink milk, but you can usually persuade them to eat it in the form of cheese, cottage cheese or ice cream, or by cooking with milk.

A clever homemaker can make milk a part of every meal every day. For breakfast there's cereal cooked and served with milk, milk and cheese in scrambled eggs and omelet and milk in cocoa and coffee.

For lunch and dinner, remember the many delicious creamed dishes which you may serve—creamed meat, vegetables or fish over toast, hot biscuits or rice, macaroni and cheese, cheese souffle, cottage cheese salads and many tasty casserole combinations. For dessert, milk may be served in baked custard, cheese-cake, puddings, simple cakes—and, of course, the ever-popular favorite—ice cream.

There's no reason why everyone in your family shouldn't be getting his full quota of milk every day. These recipes will add milk to your menu—and zest and flavor to your meals.

Make Mince Pie By Easy Recipe

For a modern version of mince pie, here's "Nectar Mock Mince Pie," as a quick version of the homemade kind without all the work. Raisins, prunes, tart apple, spice and apricot whole fruit nectar are its principal ingredients and make it extra good.

Sausage Corn Casserole
(Serves 4)
4 ounce elbow spaghetti
1/2 pound sausage meat
2 tablespoons sausage drippings
2 tablespoons flour
1/2 teaspoon salt
1 cup milk
1 cup whole kernel corn
1 cup grated Cheddar cheese

Cook spaghetti in boiling salted water until tender (about 6 minutes). Drain and rinse. While spaghetti is cooking, brown sausage into 24 tiny balls. Brown slowly in covered skillet. Pour off all but 2 tablespoons of the drippings. Stir in flour and salt. Gradually add milk, stirring constantly until thickened. Fold in spaghetti and corn. Put half this mixture into greased 1 1/2 quart casserole. Arrange half the sausage balls and cheese over the spaghetti. Cover with remaining spaghetti mixture and then the sausage balls. Sprinkle cheese around meat. Bake at 350° F., for 20 minutes. Serve hot.

Salmon Recipe Given By Institute

Among the most appetizing of all foods are salmon steaks served with a creamy egg sauce. Regardless of the form in which salmon is purchased, it is high on the list of popular foods. To keep the meat of the salmon moist and flavorful, National Fisheries Institute recommends poaching or steaming the steaks although they may be sautéed, broiled or baked as well.

Poached Salmon Steaks with Egg Sauce

Place salmon steaks on a heat-proof plate or pie pan. Place plate or pan on a large square of cheesecloth. Bring corners of cheesecloth up over plate and secure. Put about a half-inch of water in the bottom of a large frying pan or kettle (one big enough to hold plate or pie pan). Add 1/2 teaspoon salt and 1 teaspoon pickling spices to water. Bring water to a boil, then turn heat down so that water simmers. Place plate of fish steaks in simmering water. Cover and let simmer 10 minutes. Remove steaks and drain. Serve immediately with egg sauce.

Egg Sauce
1/2-cup butter
2 tablespoons flour
1 cup hot water or fish stock
1/4-teaspoon salt
1/8-teaspoon white pepper
1 teaspoon lemon juice
1 hard-cooked egg, sliced

Melt butter in a saucepan. Remove pan from heat and stir in flour until smooth. Gradually add water or stock and seasonings. Return pan to heat and cook, stirring constantly until thickened, about 3 to 5 minutes. Add sliced egg and pour over poached salmon. Makes enough sauce for 3 to 4 salmon steaks.

REACH FOR U-I sugar for your Christmas Dinner

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NOW THAT THE SEASON of parties is upon us again, we'd do well to spare a thought for a slightly sobering fact. This season is one of the most dangerous of all as far as traffic accidents are concerned. And no matter how reluctantly they do it, sooner or later the time comes for your guests to drive home. Now, there is no doubt that a cup of good strong coffee makes a driver more alert. For this reason, every holiday hostess will earn the gratitude of her departing guests by a simple act of thoughtfulness and responsibility. She will make it her business, as soon as they begin to leave, to buttonhole them and insist that each driver down a cup or two of strong hot coffee. No matter what else you serve during the evening, the "one for the road" that will send your guests safely on their way is coffee. To emphasize the importance of this parting cup, here's a recipe for quickly made, delicious little pasties to serve along with it. Bite-size, crispy, filled with a tasty mixture of ham and cheese, they're just right for the occasion.

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NALLEY'S POTATO CHIPS
Large, crisp, golden—here's everyday food for everyone. Always fresh, always salted just right. Wonderful for holiday chips and dips!

NALLEY'S BAKON BITS
Bacon rind, deep fried in fat, then cut into strips and salted. This is an unusually good snack. Try it!

Almond Crispies
A cookie jar full of cookies is always a happy sight. Fill yours with these "Almond Crispies" and you'll delight each and every sampler. They're full of ground almonds and chewy bits of dark raisins.

CREAMY PUMPKIN CHIFFON PIE
1 1/2 envelopes (1 1/2 tbs.) unflavored gelatin
1/4 cup cold coffee
1/4 cup light molasses
1 cup boiling water
2 tablespoons sugar
1/2 teaspoon powdered ginger
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 pint soft coffee ice cream
1 cup canned pumpkin
Soften gelatin in cold coffee. Combine molasses and boiling water; add to gelatin, stir until gelatin dissolves. Combine sugar and spices; add; stir until sugar dissolves. Add ice cream; stir until completely blended; stir in pumpkin; mix well. Spoon into Walnut Ginger Crumb Crust. Garnish with whipped cream if desired.

Switzerland leads all nations in the per capita use of cheese with 20 pounds or more per person each year. The present U. S. consumption is about 7.5 annually for each person.

Merry Christmas from NALLEY'S

Remember... IF IT'S NALLEY'S IT'S GOOD