



As Tasty a Dish As Ever You Ate . . .

A Sure Winner For Family

Serve these Beef Birds once, and we predict your family will clamor for them again and again. It's that sort of dish, hearty meat, pungent stuffing, rich brown gravy, good eating from the first nibble to the last eager bite. It's a dish your family will want often, but it's also new and different enough to be worthy of serving to guests.

Notice the unusual stuffing—made with canned apple slices. It's a simple dish to make, too. When you buy the top round, ask the butcher to give it to you in thin slices. Lay the stuffing on the meat slices, roll up and tie. Save out some of the canned apple slices to put in the pot toward the end of the cooking. Let them heat through in the apple and meat juices. Then serve the apples hot and delicious with the Beef Birds.

Beef Birds With Pungent Apple Stuffing
 1 1/2 lbs. beef, top round, cut in slices
 5 cups (2 cans) sliced apples
 Few grains salt
 8 tablespoons chopped onion
 8 tablespoons prepared horseradish
 2 tablespoons fat
 1 cup apple juice
 Have beef sliced thin and cut in 8 pieces. Lay several apples slices on each piece; sprinkle with salt and pepper. Place 1 tablespoon each of onion and horseradish on each slice. Roll up and tie with string. Brown meat rolls in fat; add apple juice. Cover; simmer 1 1/2 hours. Ten minutes before end of cooking time, add remaining apples. Thicken stock with a little flour mixed to a smooth paste in cold water. Yields 6-8 servings.

Variation in Toppings Make Grapefruit a Hit at Any Meal



Tangy grapefruit halves are a boon to hurried meal-planners, for with variations in toppings they'll please every member of the family. Those who like things tart and on the sharp side may add salt or nutmeg, or eat the fruit plain, the sweet-tooths have a wide choice—honey, brown sugar, maple syrup, or molasses. And for a special flavor treat, put a spoonful of warm mincemeat in the center of each half. Sharp French dressing ladled over the sections is mighty good eating, too, as a dinner appetizer.

The fruit now is of excellent quality. There is both the pretty pink-fleshed fruit and the white-

meated; seeded or seedless varieties. When you purchase grapefruit, pick out the plump, heavy ones, and be sure to get the thinnest ones to get the most for your money.

To prepare for serving, cut fruit in half; with a sharp knife, cut around each section, loosening fruit from dividing membranes; do not cut around entire outer edge of fruit. Serve with any of the toppings mentioned, or dot with butter and put under your broiler until slightly browned on top. Broiled grapefruit is a good winter dessert, and one that's as good for you as it is good to eat.

Between-Meal Egg Dishes Easy And Nourishing Ones

Here are two ways to vary egg servings. In a between-meal egg nog, unsulphured molasses replaces sugar to lend its own sweetening and distinctive flavor. For a salad, a good one is the molded kind that combines sliced hard cooked eggs with crisp, chopped vegetables. Use unflavored gelatine and season the salad yourself with salt and lemon juice.

EGG SALAD LOAF
 1 envelope unflavored gelatine
 1 egg separated
 1 tablespoon unsulphured molasses
 1 cup hot or cold milk
 Nutmeg
 Beat egg yolk and unsulphured molasses, stir in milk. Beat egg white stiff but not dry; stir in molasses-milk mixture. Sprinkle with nutmeg. Yield: 1 serving.

1/2 cup cold water
 1/2 teaspoon salt
 2 teaspoons lemon juice
 1/2 teaspoon Tabasco
 1/2 cup mayonnaise or salad dressing
 1 1/2 teaspoons grated onion
 1/2 cup finely diced celery
 1/4 cup finely diced green pepper
 1/4 cup chopped pimiento
 4 hard cooked eggs, chopped
 Soften gelatine in cold water. Place over boiling water and stir until gelatine is dissolved. Add salt, lemon juice and Tabasco. Cool. Add mayonnaise or salad dressing, mix in remaining ingredients. Turn into large or individual molds and chill until firm. Unmold on crisp greens. Yield: 6 servings.

Coconut Pie Liked By Family

Coconut pie is always a favorite with the family. Here's another recipe for it:

COCONUT PIE SUPREME
 3 tablespoons sugar
 6 tablespoons flour
 1/4 teaspoon salt
 2 cups milk
 2 egg yolks, slightly beaten
 1 1/2 cups shredded coconut
 1 1/2 teaspoons vanilla
 1 tablespoon butter
 1 egg whites
 4 tablespoons sugar
 1 baked 9-inch pie shell
 Combine sugar, flour, and

salt in double boiler. Add milk and egg yolks, stirring until smooth. Then add 1 cup of the coconut. Cook over boiling water 5 minutes, or until thickened, stirring constantly. Cover and cook 10 minutes longer. Remove from heat and add vanilla and butter.

Beat egg whites until foamy, add 4 tablespoons sugar gradually, and beat until stiff. Fold in hot mixture. Cool. Turn into cold pie shell and sprinkle with remaining 1/2 cup coconut, plain or toasted.

Tasty with meat are canned apple slices, dotted with butter, sprinkled lightly with curry powder and broiled. Especially good with veal and lamb.

Tarragon Adds to This Chicken Dish

Favorite chicken dish of many is the specialty of the Valois Restaurant in New York. Chef Allen uses fresh tarragon steeped in vinegar which he prepares. However, bottled tarragon in vinegar may be used. During this season of abundance of broiler-fryer chickens, we suggest a bird for each two persons.

Roast Chicken, Tarragon
 Rub cavity of 2 to 2 1/2 pound bird with 1/2 teaspoon salt. Brush or rub skin with melted fat and truss if desired. Place breast down on rack and roast at 350 degrees, basting occasionally with melted butter. Bird will be done in about 1 1/2 hours. Sprinkle with 2 tablespoons finely chopped tarragon in vinegar five minutes before taking from oven.

Lamb Kabobs Good For Family Dinner

To vary uses of lamb, try these Kabobs:

Lamb Kabobs
 2 pounds lamb shoulder, cut in 1 1/2 inch cubes
 1/2 cup salad oil
 2 tablespoons vinegar
 2 tablespoons lemon juice
 1 teaspoon dry mustard
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1/2 cup chopped onions
 4 tomatoes
 2 medium green peppers
 1 can small whole onions
 16 skewers

Blend salad oil, vinegar, lemon juice, seasonings and chopped onion in juice, seasonings and chopped onion in bowl. Add lamb cubes, let stand several hours, or over night, in the refrigerator. Drain. Thread cubes of lamb on 8 skewers. Quarter tomatoes, cut green peppers in 1-inch squares. Thread tomato wedges, green pepper squares and whole onions on 8 remaining skewers. Brush with marinating mixture. Place lamb kabobs on rack in broiler pan. Broil 3 inches from heat for 12 minutes. Turn. Place vegetable kabobs on broiler pan. Broil additional 10 to 12 minutes or until meat is done. 6 servings.

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