

Cooking for 2 Presents A Problem

Planning meals for two is often more of a problem than menu planning for the larger family. With the small family in mind, here are three simple appealing menus suggested.

The first dinner combination, requiring little more than an hour to prepare, consists of stuffed pork chops (apple-prune stuffed), buttered green lima beans, potatoes (baked in the oven with the chops), a relish tray and a dessert of cheese cake and coffee.

To prepare the chops, choose thick rib chops. With a sharp knife, cut along the rib bone and into the meat for 1 1/2 inches to form the pocket. Stuff with a pitted prune and several whole kernel slices. Other stuffings might be whole kernel corn and cracker crumbs or onion-seasoned bread stuffing. When filled, brown the chops in their own or in a small amount of additional fat. Pour off ex-

cess fat, cover tight and cook in a 350 F. oven for 1 hour.

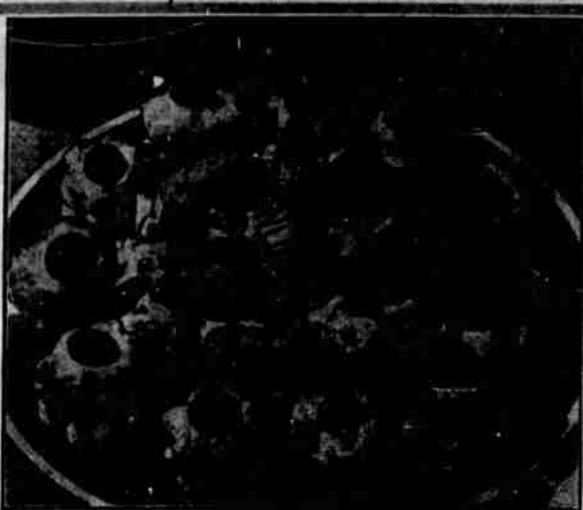
A second dinner suggestion features thrifty lamb patties. If you cannot purchase these in your market, ask your meat man to grind lamb shoulder. Then you can form the ground lamb into patties from 1 to 1 1/4 inches thick. In cooking, place the patties on the broiler rack 2 inches from the heat. Cook for about 10 minutes, season, then turn and finish cooking on the second side.

With the broiled patties you might serve creamed potatoes, french green beans with mushrooms, a citrus fruit salad, lemon sponge dessert and coffee.

Another choice for two is a smoked shoulder butt. This boneless cut from the pork shoulder may be sliced for pan-broiling, or it may be left whole for roasting or cooking in liquid. Serve this smoked meat with buttered broccoli, potatoes au gratin, tossed salad and jelly roll.

Short Ribs of Beef
Inexpensive cuts of meat contain the same high nutritional value as the most costly steak. Buy some short ribs soon and try this good tasting recipe to serve four. Brown 1 1/2 pounds short ribs of beef. Add a large can of tomatoes, 1 small onion, diced, and salt and pepper. Cover and simmer slowly for 45 minutes. Sprinkle uncooked elbow macaroni, 1 or 2 ounces, around the short ribs. Cover and continue cooking for 20 minutes.

Five Canned Foods Used for This Delicious Tuna-Olive Lenten Dish



An accent of ripe olives adds drama to a delicious main-dish seafood combination to bring new interest to Lenten dinners. Not only is the Tuna-Olive Lenten dinner good to eat and easy to prepare from ready-to-use quality canned foods, but it's easy on your budget, too.

Five canned foods provide the basis for one of the best-tasting and prettiest one-dish meals that have been originated in many a day. The ingredient list includes canned peas, tuna, ripe olives, cream of celery soup, and evaporated milk. And that's all, except for the biscuits which

are a cinch to make with prepared biscuit mix. When it comes to variety, convenience, flavor, nutrition, economy—almost any advantage you can name—the foods which are ready to serve and easy to store in protective tin cans rank high in favor. And in Tuna-Olive Lenten Dinner they merit special praise.

Tuna-Olive Lenten Dinner
1/2 cup evaporated milk
1/2 cup water
1 1/2 cups biscuit mix
2 teaspoons evaporated milk
1 can cream of celery soup
1/2 cup evaporated milk
1 7-ounce can tuna, flaked
1/2 cup sliced pitted ripe olives
1 1-pound can peas, drained

Combine 1/2 cup of evaporated milk and water; stir into biscuit mix with a fork. Turn out on a lightly floured board; knead lightly. Roll 1/4 inch thick. Cut into 12 biscuits with a 2-inch floured cutter; place on greased baking sheet. Brush tops of biscuits with 2 teaspoons of evaporated milk. Bake in a hot oven (425 F.) 10 minutes, or until brown. While biscuits are baking, combine remaining ingredients in saucepan; heat to serving temperature. Place biscuits in a ring on a warm platter; if desired, place additional ripe olive slices in center of each biscuit. Spoon tuna mixture in center. Yield: 4 servings.

Canadian Bacon Broiled Popular

Here's a clever combination for brightening your dinner table. It's a simple broiler meal prepared with smoky Canadian-style bacon and fruit on brochette.

For this serving have slices of Canadian-style bacon cut about 1/4-inch thick. To prepare the fruit kabobs use metal or wooden skewers. Alternately thread the skewers with sliced crabapples and pineapple chunks.

To broil place the Canadian-style bacon slices on your broiler rack and adjust the pan so that the top surface of the meat is 2 inches from the heat. This allows for a moderate cooking temperature. Arrange the fruit on the rack with the meat. At the end of 5 or 6 minutes, turn the bacon and the kabobs. Cook an additional 5 minutes. Serve this combination on a chop platter with meat slices radiating out from one side, the kabobs from the other.

Pancake Idea for Sunday AM

Brunch is a very short word indeed for the longest, and perhaps the most pleasant, meal of the day.

Sunday morning brunch is especially delightful during Lent when, as the family relaxes at the table after church, the events of last night and plans for the afternoon ahead mingle pleasantly with fragrant aromas from the kitchen.

For a luscious variation on the pancakes-and-syrup theme, try these Thin Pancakes topped with Spiced Maple Butter.

Thin Pancakes
1 cup sifted flour
1 teaspoon double-acting baking powder
1/2 teaspoon salt
1 tablespoon maple-blended syrup
1 egg, well beaten
1 cup milk
3 tablespoons butter or other shortening, melted

Sift flour once, measure, add baking powder and salt, and sift again. Combine syrup, egg and milk; add gradually to flour, beating only until smooth. Add shortening. Bake on hot, greased griddle. Makes 10 large pancakes.

Spiced Maple Butter
1 cup maple-blended syrup
1/2 to 1/4 cup butter
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1/2 teaspoon mace

Combine all ingredients in saucepan. Place over medium heat until butter is melted and syrup is hot. Beat with rotary egg beater until blended. Serve hot on pancakes. (Mixture may be stored in the refrigerator and reheated before using. Beat to blend.) Makes 1 1/2 to 1 3/4 cups butter, or enough to serve with 21 to 24 pancakes.

If desired, 1 teaspoon mixed pumpkin pie spices may be used in place of the above spices.

Seasoning
Broiled meat should be seasoned after it is cooked. Salting before cooking draws out some of the juice and increases the time required for browning.

Sunday Night Supper

Sunday night suppers are traditional. Would you like to have a look at a standard menu? Large dried lima beans with bacon and onion, raisin muffins, canned cling peach and grapefruit salad, walnut cake. If guests happen to drop in once, we find them making a habit of it come Sunday eve!

For Sandwiches

Children are fond of various versions of ripe olive sandwich fillings. We thought we'd share them with you. Chopped ripe olives and hard-cooked eggs, chopped ripe olives and walnut, chopped ripe olives and ground raw carrot seem to be top favorites.

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Steer Steaks Rib lb. 59c	Little-necks—Sole
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