

### A Lenten Biscuit Loaf New

Flaky biscuit crust enfolding a delicious mixture of tuna or salmon and your favorite vegetable, seasoned with cheese and onion—that's Lenten Biscuit Loaf. Topped with mushroom, vegetable, or white sauce, it's a meal in itself.

The golden-brown laced crust is so pretty, too, with the filling just peeking through. The Stir 'N Roll crust stays crisp, top and bottom.

Although it looks fancy, it's really easy to make. Here's how you do it:

**Lenten Biscuit Loaf**  
Preheat oven to 425 degrees (hot).

Mix together 1 cup tuna, flaked (about 6½-oz. can) (or 1½ cups flaked salmon), ½ cup chopped onion, 1 cup well drained cooked Lima beans or

green beans or peas (frozen or canned), ½ to 1 tsp. salt, ¼ tsp. pepper, 1 cup diced American cheese, 2 tbsp. chopped pimiento, if desired.

Let stand while making biscuit dough. Sift together 2 cups sifted flour, 3 tsp. double-action baking powder, 1 tsp. salt. Pour into one measuring cup (but don't stir together) ½ cup cooking or salad oil, ½ cup milk.

Then pour all at once into the flour. Stir with fork until mixture cleans sides of bowl and rounds up into a ball. Smooth by kneading dough about 10 times without additional flour.

Roll out between waxed papers into a rectangle 10x12in. Place on ungreased cookie sheet. Spread filling down center of dough, covering space about 4-in. wide. Along each side, make 7 cuts about 3-in. long. This makes a fringe of 8 stripes along each side. Starting at the top, bring the first two opposite strips up over the filling, sealing ends by pinching together. Continue to cross the

opposite strips over filling.

Bake 20 to 25 minutes in hot oven (425 F). Serve immediately with your favorite mushroom, vegetable or white sauce.

Hint: Be sure to seal dough together well so filling won't spill out.

With the Biscuit Loaf as the main dish, you might serve also a crisp green salad. For dessert, perhaps strawberries and cream with cookies. Or, tender, pink shined rhubarb would be seasonable.

#### Dried Fruit Balls

Easy to make confection with no cooking required. Wholesome and delicious for children and grownups, are these dried fruit balls. Wash and dry 1½ cups seedless raisins and 1 cup dried prunes. Put through food chopper, then add 1 tablespoon lemon juice, 1/8 teaspoon salt. Mix thoroughly and form into balls made from a rounded tablespoon of the mixture. Roll each ball in confectioners' sugar until well coated.

### St. Patrick's Day March 17; Try This Cake

Soon 'tis the day to be a-wearin' of the green, and your dinner table, too, should do honor to St. Patrick. If you have a green tablecloth, this is the night to use it. And for dessert, serve this pretty-as-a-picture shamrock cake, piled high with green frosting and liberally sprinkled with pistachio nuts.

#### Shamrock Cake

1 cup shortening  
2 cups granulated sugar  
4 eggs  
3 cups sifted cake flour  
1½ teaspoons baking powder  
½ teaspoon salt  
Few grains mace  
1 cup milk  
½ teaspoon almond flavoring  
½ cup broken nuts  
Cream shortening and sugar. Add unbeaten eggs, one at a time, beating well after each addition. Mix and sift flour, baking powder, salt and mace. Combine milk and almond flavoring. Add dry ingredients alternately with milk to first mixture. Stir in nuts. Bake in 2 greased 10-inch layer cake pans in moderate oven, 325 degrees F, 45 to 50 minutes. Fill and frost with pistachio frosting.

#### Pistachio Frosting

½ cup butter or margarine  
5 cups confectioners' sugar  
4 to 5 tablespoons milk  
¼ teaspoon almond flavoring  
Green food coloring  
Cream butter or margarine. Add sugar gradually, while creaming. Add just enough milk to make frosting easy to spread. Add almond flavoring. Tint pale green with food coloring. Yield enough to fill and frost top and sides of 10-inch 2-layer cake.

To decorate, press a shamrock shaped cookie cutter lightly on frosting in center of cake. Fill in pattern with pistachio nuts.

#### Suggestions Listed On Cooking Meats

The most nutritious variety meats (organ meats) are liver and kidneys. These contain large amounts of iron and B vitamins and frequently are recommended by doctors for inclusion in the diet.

Questions often arise on the preparation of these two meats. Liver: Calves, young steer and lamb liver may be broiled or panfried. Beef and pork liver should be cooked by braising (browning, then cooking slowly until tender in a covered skillet).

Kidneys: Lamb and veal kidneys may be broiled or panfried.

### Shrimp Creole Proves A Very Tasty Dish

Dress up the family's favorite—tomato soup—with easy frills for flavor and drama. Chive cheese cutouts, deviled egg slices and broiled cheese-topped crackers will perk up the family's interest.

#### Shrimp Creole

½ cup chopped onion  
½ cup chopped celery  
3 tablespoons salad oil  
1 can condensed tomato soup  
½ cup water  
½ teaspoon garlic salt  
1 teaspoon vinegar  
2 cups cooked shrimp  
40 crackers, finely rolled (about 1½ cups crumbs)  
1 tablespoon butter  
Saute onion and celery in salad oil until tender; combine with tomato soup, water, garlic salt, vinegar and shrimp. Spread half cracker crumbs over bottom of 2-quart casserole; cover with shrimp mixture. Top with remaining crumbs; leave center uncovered. Dot with butter; bake in moderately hot oven (375

### Soup Liked By Children

A treat for the children's lunch is this nutritious hamburger-vegetable soup with milk. (Be sure to save Dad a bowlful for his dinner.)

#### Hamburger-Vegetable Soup

½ pound hamburger  
2 tablespoons fat  
½ cup chopped onions  
¼ cup chopped green pepper  
1 cup tomato juice  
½ cup diced potatoes  
½ cup diced carrots  
1 teaspoon salt  
2 cups milk  
3 tablespoons flour  
In a two-quart saucepan, melt fat and in it cook onions and green pepper until tender. Add hamburger and cook until well seared. Add tomato juice, potatoes, carrots and salt. Cover and simmer until vegetables are tender, about 20 minutes. Mix

a little milk with the flour to make a thin paste. Add to soup, then add remaining milk; stir over low heat until thickened. Season to taste with salt and pepper. 4 servings.

New Zealanders eat about 39 pounds of butter a year on the average, which is believed to be more than is used by the people of any other country.

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