Suggsted Luncheon Dish for May Day..

For lunch on a May, day dark. And cool eggs are easier at your table. How? With peppy deviled eggs, baked in a sauce of cream of mush
some suppose the sunny atmosphere easier to shell and to cut.

Eggs baked in a mushroom sauce, with a generous sprink-ling of cheese, have a real melt-in-your-mouth flavor melt-in-your-mouth fla room soup.

This is a luncheon dish you Lamb Shoulder Is ean practically fix while you prepare breakfast. That is, you A Bargain, and Good ean cook the eggs then. And Plentiful, bargain-priced later, devil the yolks with lamb shoulder is fine for this sippy sessonings. Some tips on the eggs will help to give best results. Have the water simmering instead of boiling as eggs cook. Otherwise they may be tough. Cool the cooked eggs quickly by running cold water over them; this helps prevent yolks turning

Cheese Adds Bit

Good as gold is tomato soup when flavored with a generous measure of grated cheese. A pleasing proportion is 1 can of condensed tomato soup with 1/2 cup of grated cheese plus 1½ cups milk. Use a sharp cheddar cheese or a processed cheese, de-pending on your tastes. Another delectable addition is tablespoon Parmesan cheese and served with sugar and gourmet's meal when you top the soup with crisp croutons. Eat it with a light tossed salad.

Canned apple sinces, nearest and served with sugar and cream over split, buttered hot biscuits is a dish that everybody, but everybody, will go for in a big way.

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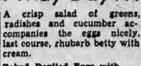
meal in one dish that needs only a salad, dessert and bev-erage. Good eating for grow-ing boys and girls as well as for their parents.

Scotch Lamb Stew

- 2 pounds lamb shoulder tablespoon shortening
- 1/2 cup pearl barley
- 1 onion, sliced 2 tablespoons minced
- 3 celery tops

6 medium potatoes Cut meat in 2-inch cubes. Brown in hot fat in a heavy kettle. Add water, barley, onion, parsley, minced celery tops and seasoning. Cover and cook slowly 1½ hours. Add peeled potatoes and continue cooking about ½ hour.

Canned apple slices, heated,



Mushroom Sauce

- hard-cooked eggs, cut in half lengthwise
- 2 tablespoons mayonnaise 1 teaspoon prepared mustard Dash salt and pepper Dash Worcestershire
- sauce
- 1 can (1% cups) condensed cream of mushroom soup cup milk 14 cup shredded sharp

processed cheese
Blend egg yolks, mayornaise, mustard, salt, pepper
and Worcestershire sauce; stuff into egg whites. Place eggs in a small shallow bak-ing pan. Blend soup and milk; pour over eggs; sprinkle cheese on top. Bake in a moderate oven (375 F.) about 30 minutes or until lightly browned. 6 servings.

Cheese for Salad Loaf

Cheese as a milk alternate is best eaten as part of a meal rather than at the end of the meal for easier digesting, Cot-tage cheese, not as concentrated as other varieties, has a lower fat content. Cottage or cream cheese gives an interesting flavor contrast in fruit

For brolling use split small salads. Cheddar cheese may be combined with left-over meat, vegetables, macaroni or rice in a cream sance for a main dish casserole. A melted cheese auce makes a savory topping for asparagus or broccoli.

Here is the recipe for a cottage cheese molded salad that s flavored with diced crisp vegetables. It's rich in milk utrients and main-dish hear-

Cottage Cheese Salad Loaf

- 1 envelope unflavored gelatine cup cold milk
- % cup hot milk 2 cups cream-style cottage cup hot milk
- cheese (1 pound)



Bake deviled eggs in a sauce of cream of mushroom soup. They come out tasting like a "little bit of heaven".

Sauces Aid to **Broiled Fish**

Broiling is one of the easiest

ways to prepare fish because it cooks so quickly and re-quires a minimum of handling from the stove to the table. Though nothing approaches the sheer deliciousness of fresh broiled fish liberally sprinkled with lemon juice and amply seasoned, any of the sauces on this or the preceding page make unusually outstanding dishes from most broiled fish. Don't overlook the sauces you

For broiling use split small whole fish weighing up to two pounds. Or use fish steaks, fillets or seafood such as shrimps, lobster or soft-shelled crabs.

2 teaspoons grated onion 1 cup finely diced celery 1/2 cup finely diced green pepper

Soften gelatine in cold milk Add hot milk and stir until gelatine is dissolved. Blend in cottage cheese; add salt, onion, celery and green pepper. Turn into large of individual molds and chill until firm. Unmold and serve on watercress with tomato wedges and mayonnaise. Yield: 6 servings.

Brush the fish before broil-ing with a little of the Kitchen

Bouquet browning glaze, Arrange fish to be broiled on he rack in the broiling pan, or on a heat-proof serving platter, and broil about 4 inches from moderate heat in pre-heated broiling compartment. It is unnecessary to turn fish fillets and split whole fish. Remember that a sheet fish. Remember that a sheet of aluminum foil placed under the fish will make your dishwashing simpler later.

- Sour Cream Sauce
 3 tablespoons butter
 4 cup sliced scallings
 4 cup diced green pe
 4 teaspoon sait
 5 teaspoon pepper
 1 cup sour cream
 1 teaspoon lumpon into cup diced green pepper

1 teaspoon lemon juice 14 teaspoon kitchen bouquet Melt butter in small saucepan. Add scallions and green pepper. Cook over moderate heat about 3 minutes. Add seasonings, sour cream, lemon juice and kitchen bouquet. Bring to boil and let simmer a couple of minutes. Pour over

broiled fish. If desired, return under broiler until lightly browned. Makes about 1½ cups sauce. Spicy Tomato Sauce 3 tablespoons chili sauce

2 tablespoons lemon juice 1 teaspoon Worcestershire 1/2 teaspoon kitchen bouquet

1/4 teaspoon dry mustard 1/4 teaspoon curry powder Combine all ingredients and

heat thoroughly. Pour over broiled or baked fish. Makes about ¼ cup sauce.



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