

### Suggested Luncheon Dish for May Day...

For lunch on a May, day spread the sunny atmosphere at your table. How? With peppy deviled eggs, baked in a sauce of cream of mushroom soup.

This is a luncheon dish you can practically fix while you prepare breakfast. That is, you can cook the eggs then. And later, devil the yolks with sippy seasonings. 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

dark. And cool eggs are easier to shell and to cut. Eggs baked in a mushroom sauce, with a generous sprinkling of cheese, have a real melt-in-your-mouth flavor

#### Lamb Shoulder Is A Bargain, and Good

Plentiful, bargain-priced lamb shoulder is fine for this meal-in-one dish that needs only a salad, dessert and beverage. Good eating for growing boys and girls as well as for their parents.

#### Scotch Lamb Stew

2 pounds lamb shoulder  
1 tablespoon shortening  
1 quart water  
½ cup pearl barley  
1 onion, sliced  
2 tablespoons minced parsley  
3 celery tops  
2 teaspoons salt  
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, 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.

A crisp salad of greens, radishes and cucumber accompanies the eggs nicely. Last course, rhubarb betty with cream.

#### Baked Deviled Eggs with Mushroom Sauce

6 hard-cooked eggs, cut in half lengthwise  
2 tablespoons mayonnaise  
1 teaspoon prepared mustard  
Dash salt and pepper  
Dash Worcestershire sauce  
1 can (1½ cups) condensed cream of mushroom soup  
½ cup milk  
½ cup shredded sharp processed cheese  
Blend egg yolks, mayonnaise, mustard, salt, pepper and Worcestershire sauce; stuff into egg whites. Place eggs in a small shallow baking 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.



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 requires 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 may list among your favorites even though you've never served them with fish.

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  
½ 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 broiling with a little of the Kitchen Bouquet browning glaze.

Arrange fish to be broiled on the 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 of aluminum foil placed under the fish will make your dish-washing simpler later.

#### Sour Cream Sauce

3 tablespoons butter  
¼ cup sliced scallions  
¼ cup diced green pepper  
½ teaspoon salt  
½ teaspoon pepper  
1 cup sour cream  
1 teaspoon lemon juice  
½ 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.

#### Spley Tomato Sauce

3 tablespoons chili sauce

2 tablespoons lemon juice  
1 teaspoon Worcestershire  
¼ teaspoon kitchen bouquet

½ teaspoon dry mustard  
¼ teaspoon curry powder  
Combine all ingredients and

heat thoroughly. Pour over broiled or baked fish. Makes about ½ cup sauce.

#### 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 ½ cup of grated cheese plus 1½ cups milk. Use a sharp cheddar cheese or a processed cheese, depending on your tastes. Another delectable addition is 1 tablespoon Parmesan cheese with regular tomato soup. A gourmet's meal when you top the soup with crisp croutons. Eat it with a light tossed salad.

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