



### Steak and Rice Hearty Combination Main Dish

Rice is good in combination with meat dishes, the two providing the main dish with only a salad and light dessert needed to top off the menu.

**Steak With Rice**  
 1 pound round steak  
 1/4 cup of flour  
 Dash of pepper  
 2 tablespoons of bacon fat or other shortening  
 2 cup water  
 1 teaspoon Worcestershire

**saucé (optional)**  
 3 cups cooked rice  
 Cut meat into servings. Mix flour, pepper and salt. With edge of saucer, pound flour into meat, using all the flour. Brown both sides in fat in heavy skillet. Add water and Worcestershire, stir well from bottom to loosen browned bits. Reduce heat, simmer steak about 1 to 1 1/4 hours, until done. Add a little water if needed. Stir from bottom occasionally to keep from sticking. Cook rice during the last half hour, keep hot. Serve steak and gravy with plenty of hot rice. 4 servings.

### Tuna and Noodles

A tuna sauce that is served over crisp French-fried noodles (we tell you how) forms this main dish done in the oriental food fashion. The result is delicious. Four servings.

**Singapore Tuna on Noodles**  
 1 can flaked tuna  
 1 cup coarsely chopped celery  
 3/4 cup mushrooms (4 ounce can)  
 1/2 cup coarsely chopped green pepper  
 1 cup water or liquid from mushrooms  
 4 teaspoons soy sauce  
 4 ounces fine noodles  
 Fat for deep frying  
 1/4 cup water  
 1 tablespoon cornstarch  
 Melt fat in heavy skillet. Add onion and brown lightly. Add tuna, celery, mushrooms, green pepper, 1 cup water and/or liquid from mushrooms and soy sauce. Cover; simmer 15 minutes.

**Swiss Steak and Rice**  
 2 pounds round steak, cut 1 to 1 1/2 inches thick  
 1 1/2 cups flour  
 1 1/2 teaspoons salt  
 2 tablespoons shortening, salad oil or melted suet  
 1 clove garlic, minced  
 1 medium onion, chopped  
 1 medium green pepper, chopped  
 1 No. 2 can of tomatoes  
 1/2 teaspoon tabasco  
 1/4 to 1/2 cup water  
 4 cups hot cooked rice

Cut steak into individual servings, removing excess fat. Mix flour and salt. With edge of saucer pound flour into cut surface of meat, using all the flour. Brown meat on both sides in shortening in heavy skillet or kettle. Add remaining ingredients except water. Cover and let simmer 1 1/2 hours, or until tender. Stir from bottom occasionally to keep from sticking. Add water if needed. Or better still, bake covered at 300 F. (slow oven) for 2 hours, until tender. Cook rice during the last half hour. Serve steak and gravy with hot rice. 6 to 7 servings.

### Oranges Add to These Ham Loaves

**Upside Down Ham Loaves**  
**Topping:**  
 8 tablespoons brown sugar  
 1/2 teaspoon dry mustard  
 6 orange cartwheel slices, unpeeled  
**Loaves:**  
 1 pound smoked ground ham (2 cups)  
 1 pound pork sausage  
 1 small onion, finely chopped  
 1/2 cup bread crumbs  
 1 egg  
 1/2 cup fresh orange juice  
 1/2 teaspoon paprika  
 1/2 teaspoon Worcestershire sauce  
 1/2 teaspoon dry mustard  
 Pinch of cloves (optional)  
 Place 1 tablespoon brown sugar in each of 6 small casseroles or baking dishes. Sprinkle a little

### Touch of Green

Since there are so many naturally green foods it won't be at all difficult to plan a St. Patrick's Day menu with green foods predominating. If you're planning to entertain at luncheon we suggest a hearty gelatin salad made with sieved avocado and tuna. Pass hot shamrock-shaped baking powder biscuits with it. of the mustard in each, and top with slice of orange. Mix other ingredients until well blended. Pack lightly over orange slice in each baking dish. Bake at 350 F. for 45 minutes. Remove from oven, let stand about 5 minutes, then turn upside down. Serves 6.

## A Hearty One-Dish Meal Offering

By ZOLA VINCENT  
(Foods Writer)

Healthy appetites and hearty food are what make our western boys and girls outstanding in vigor and energy. We think these are major reasons for their

### Ideas on Using Bacon

A recent pork survey indicated that slightly more than half the pork used by city families is cured and that more than a third of the cured pork was in the form of ham. Bacon, however, was the most widely used single meat item.

Bacon at its best is crisp enough to be eaten with the fingers, not brittle. Bacon is high in nutrition value; easily digested by young and old alike.

**Buying Bacon**  
 Look for bacon which has clear white fat evenly distributed with lean. Allow 1/2 pound for serving 4 persons 2 strips each. Buy for immediate needs only. Bacon kept for more than a week may lose its fine flavor, become dry when cooked.

**Storing Bacon.** Carefully refrigerate bacon away from strong-flavored foods. Keep well-wrapped. Remove from protective cellophane only when ready to use.

**How to Pan-Fry.** Place bacon strips in cold frying pan. Cook over moderately low heat for 6 to 8 minutes, turning frequently until all parts of the bacon have become crisp but not brittle. Pour off fat as bacon cooks. Do not allow fat to smoke. Refrigerate drippings in small jars to be kept handy for use later in cooking, flavoring.

**How to Bake Bacon.** Arrange bacon strips with fat edge of each strip overlapping lean of next strip on rack in shallow pan. Baking is regarded as ideal method for cooking a large quantity of bacon. Place pan on top shelf of 400 degree oven and bake 12 to 15 minutes or until desired crispness. No turning or draining. Bacon browns evenly when baked this way.

**How to Broil Bacon.** Place bacon strips on broiler rack or on wire rack set in shallow pan if preparing small quantity. Place broiler rack 3 to 3 1/2 inches from source of heat. Let bacon broil 2 to 2 1/2 minutes per side, turning only once. Bacon will be crisp but not brittle.

**California Lima Beans.** There's a lot of good nutrition and good eating to be found in a lb. pkg. of dry large limas. The 2 1/2 cups in the package will make 5 or 6 cups of beans when cooked. For soaking and cooking the limas, allow 2 1/2 cups water for each cup of beans.

**Celery Leaves**  
 Be sure to tuck some of the delicately crisp celery tops into your next mixer green salad bowl. Adds color contrast as well as delightful flavor.

### St. Patrick's Dish

Serve something traditional on St. Patrick's Day like Irish stew and Irish soda bread. Make the stew with part beef and part lamb, and simmer the meat without browning it first. Season and proceed as usual. Irish bread is ideal to serve with it. It's flavorful with both caraway seed and raisins which taste wonderful with the stew.

### Codfish Balls

Small codfish balls, brown and crusty on the outside and soft and moist on the inside are really tasty to eat. Start with canned codfish and mix with well-seasoned mashed potatoes and some ready-chopped ripe olives for the basic mixture. Shape into inch balls and fry until golden in a shallow layer of hot fat in a skillet.

good looks, too. One dish meals are a boon to busy mothers. We put these two thoughts together and came up with this dish.

If you happen to have a chafing dish handy (Christmas, you know), serve this Julienne stew in it; otherwise prepare and serve it in your very best looking skillet (on a trivet, that is). This can be very successful party food as well as family food. We doubled the recipe and served it to eight young people Saturday night. They ate all 12 servings. Fix a single recipe for the family or double it for a party. Rice and Chinese noodles are ideal accompaniments requiring no last minute attention. A generous tossed green salad, beverage, fruit.

This uses lean veal shoulder which is "julienne'd" just like the vegetables. Julienne means "cut in thin strips." Sour cream adds the final perfect touch and flavor.

**Veal-Julienne Stew**  
 3 tablespoons butter  
 1 1/2 pounds lean shoulder of veal in one piece

7 tablespoons flour  
 1 1/2 cups hot water  
 3 medium onions sliced lengthwise  
 3 medium potatoes, cut in thin strips  
 3 medium carrots, cut in thin strips  
 1 small green pepper, cut in thin strips  
 2 cups sour cream  
 Salt and pepper

Melt butter in large, heavy skillet. Cut lean shoulder veal in thin strips; roll in 3 tablespoons of the flour; cook in butter until browned. Add water and onion slices. Simmer until meat is almost tender, about 30 minutes. Add carrot and potato cut in thin strips; cook until almost tender. Add green pepper cut in thin strips. Cook until tender.

Mix sour cream and remaining 4 tablespoons of flour until smooth. Add to stew. Stir until blended. Cook over moderate heat, stirring until thickened. Season with salt and pepper. Six servings for four persons.

### Frozen Fruit Salad

A frozen fruit salad can add a touch of spring to a winter menu. Cream together a 3-ounce package cream cheese with 1/4 cup mayonnaise and 1/2 teaspoon salt. Fold in 1 cup whipped cream and 1 No. 2 1/2 can well-drained canned fruit cocktail. Pour into freezing tray and freeze. Cut and serve on crisp salad greens.

### Sandwich Filling

You'll want to use this extra good-tasting meatless sandwich filling often during the Lenten season. Mix together 1/4 cup finely chopped walnut, 1/2 cup finely chopped pimiento-stuffed olives and enough mayonnaise to bind the olives and walnuts together.

### FRUIT APPETIZER

Fruit appetizers are delicious. Steam prunes until soft enough to remove pits. Pit and fill with bits of chipped beef or ham.

### Festive Fruit Puffs

Add a festive note to any entree with these broiled fruit puffs! Combine 2/3 cup mayonnaise with 1/4 cup chopped sweet pickle. Pile into canned peach halves and broil until filling of puffs is golden brown. Delightful with lamb.

### Fruit Cup Tasty

Combine cooked prunes, sliced banana and sectioned oranges for a tasty fruit cup. It makes a delicious dessert to serve with thin crisp butterscotch cookies after a hearty meal of stew and dumplings.

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<b>SOUP</b> 10c Campbell's 8-oz. cans All Kinds	<b>Green Beans</b> 2 cans <b>29c</b> Capital—303 Size	<b>RICE</b> 5 lbs. <b>59c</b> California White Pearl
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