

**Variety in Menu Easy With Effort**

Variety is always possible in menus for the day if a little thought and effort are put forth. Along with this suggested set is given a recipe for a cheese and broccoli soup:

- BREAKFAST**  
Tomato Juice  
Ready-to-eat Cereal  
Milk  
Toast Butter Jelly  
Milk Coffee
- LUNCH**  
Cheese Broccoli Soup  
Egg Sandwich on Buttered Toast  
Pickled Beets Celery  
Appriot Sauce  
Milk
- DINNER**  
Fried Liver and Onions  
Buttered Rice  
Buttered Peas and Celery  
Mixed Green Salad  
Bread Butter  
Butterscotch Pudding  
Milk
- Cheese-Broccoli Soup**  
1-1-pound bunch broccoli  
3 tablespoons butter  
2 tablespoons finely minced onion  
3 tablespoons flour  
4 cups milk  
2 teaspoons salt  
1/4 teaspoon pepper  
1/4 teaspoon paprika  
1/2 teaspoon Worcestershire sauce  
1 cup shredded American cheese  
Prepare broccoli. Cook in an inch of boiling water (1/2 teaspoon salt to 1 cup water) for about 15 to 20 minutes, or until tender. Sieve or chop fine and measure (there should be about 1 1/2 cups). Melt butter in saucepan, add onion and cook until tender. Blend in flour, add milk, stirring constantly, and cook until smooth and thick. Stir in broccoli, seasonings and Worcestershire sauce. Add cheese and stir until melted. Serve in warm soup bowls, with a sprinkling of shredded cheese on top. Makes 6 servings.

**Barbecue Chicken Any Time**

A request came in last week for easy, good barbecue sauces. With chicken so abundant now it is nice to barbecue it once in a while - you do not have to wait for barbecue season, it's a year around dish now with the modern conveniences in the kitchen.

Brown chicken on top of the range, then, after turning pieces skin side up, pour over Lemon Barbecue Sauce and continue baking, tightly covered, in oven until tender, about 45 min.

**Lemon Barbecue Sauce**  
Mash 1 small clove garlic with 1/2 tsp. salt. Add and mix well 1/2 cup cooking oil (salad oil) 1/2 cup lemon juice (2 lemons), 2 tsp. finely chopped onion, 1 tsp. black pepper, and 1/2 tsp. thyme.

Another idea for using chicken in a different way is to fry the chicken in the oven by melting 1/4 cup fat in skillet at 400 degrees. Dip cut-up chicken into seasoned flour and place in pan in single layer, skin side down. Bake 30 min., then turn. After turning brush with Texas Barbecue Sauce and bake, covered, for 30 to 35 min., until tender.

**Texas Barbecue Sauce**  
Mix in sauce pan 2 tsp. brown sugar, 1 tsp. paprika, 1 tsp. salt, a tsp. dry mustard, 1/4 tsp. chili powder, 1/4 tsp. cayenne papper, 2 tsp. Worcestershire sauce, 1/4 cup vinegar, 1 cup tomato juice, 1/4 cup catsup, 1/2 cup water. Simmer 15 min. or until slightly thickened.

**This Casserole Fine For Company Buffet; Easy One to Make**

A delicious casserole, fine for a buffet party, recently was put out by Chef Marchitelli of the Mayflower in Washington, D. C. It's not so complicated to make as the title would imply:

- Triton's Triumph**  
(Serves Six)  
1 cup mayonnaise  
1 teaspoon Worcestershire sauce  
1 tablespoon prepared mustard  
2 teaspoons capers (optional)  
1/4 cup sherry wine  
Dash cayenne pepper  
1/4 teaspoon curry powder  
1 tablespoon parsley flakes  
1/2 cup finely chopped onion  
1/2 cup finely chopped celery  
1 1/2 cups shredded bread  
1/2 cup water  
2 cans (5 to 6 oz.) crab meat  
2 cans (5 to 6 oz.) jumbo shrimp

Combine mayonnaise, Worcestershire sauce, mustard, capers and wine. Add other ingredients and mix gently. Season with salt as needed. Place in greased casserole. Bake in a moderate oven (350 degrees) about 30 minutes, until heated.

there's only one  
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