

LAMB STEW GINGER TATERS

For good eating, you can't beat an old-fashioned hearty lamb stew with lots of whipped potatoes to pour the gravy over. This stick-to-the-ribs dinner provides all the nutrition your family needs and is kind to the food budget. You can prepare the stew in the morning—while it's simmering you have time for other things—and add the onions just before heating it up to serve.

Save time on making the potatoes, too, by using instant whipped potato flakes. They're one of those marvelous new convenience foods that eliminate so much of the work of cooking. . . in this case, the boiling, peeling and mashing of potatoes. All you do is add cold milk and the paper-thin "flavor flakes" to salted boiling water, drop in a chunk of butter and beat. In seconds, you have delicious lump-free potatoes.

LAMB STEW WITH GINGER POTATOES

(Makes 4-6 servings)

- 1/4 cup shortening
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon rosemary leaves
- 2 pounds stewing lamb, cut into cubes
- 3 cups hot water
- 6 small carrots, cut in 2-inch pieces
- 1 can (one pound) small whole onions, drained

Melt shortening in Dutch oven or heavy kettle. Combine flour and seasonings. Roll lamb cubes in seasoned flour. Brown thoroughly in hot shortening. Add hot water. Cover. Cook over low heat about 1 1/2 hours or until meat is tender. Add carrots; cook until tender, about 25 minutes. If desired, thicken stew by stirring in

one tablespoon seasoned flour mixed with about 1 1/2 tablespoons cold water. Add onions and continue to cook over low heat until heated throughout, about 10 minutes.

GINGER POTATOES

(Makes 4-6 servings)

- 1 1/2 cups water
- 1/2 teaspoon salt
- 1/2 cup cold milk
- 1 envelope instant whipped potato flakes
- 1 tablespoon butter
- 1/4 teaspoon ginger

Combine water and salt in saucepan; cover and bring to a boil. Remove from heat. Add milk immediately, then instant whipped potato flakes and butter; stir gently with a fork until liquid is absorbed. Whip briskly. Beat in ginger. Serve with lamb stew.

there's only one
SKIPPY



BEWARE
OF IMITATIONS
LOOK FOR THE
HAPPY
LITTLE DOG

TOPS IN QUALITY!
LOW IN PRICE



STUFFED CABBAGE

TANGY BISCUIT TOPPER

Give a tang to biscuit topping for a meat pie by adding a table-

spoon of instant minced onion to the milk before stirring into the dry mixture.

Fall Cooking Easy On Cooks

Stuffed cabbage is filling and easy to prepare and is on the favorite list for most people. Here is the recipe:

- 12 to 14 large cabbage leaves
- 2 pounds ground beef
- 15 crackers, finely rolled (about one cup of crumbs)
- 1 cup chopped onion
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
- 1/2 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon garlic salt
- 2 eggs, well beaten

Soak cabbage leaves in boiling water for about 2 minutes. Drain. Combine remaining ingredients and mix well. Spoon about four tablespoons of mixture into the center of each leaf. Fold over, envelope style. Secure with toothpicks. Place in a shallow baking dish. Pour sauce over cabbage rolls and bake in moderate oven (325 degrees) 45 minutes. Serve from chafing dish. Makes 8 servings.

Sauce: Combine 2 8-ounce cans tomato sauce, 1/2 cup chili sauce, and 1 tablespoon horseradish. Heat.

FISH CHOWDER

Nothing tastes better than a big steaming kettle of fish chowder on a brisk fall day. And this chowder recipe is special enough to please the fussiest eater. In a big pot combine 2 cans of frozen fish chowder with 1 quart of milk, a can of cream-style corn and 2 cans of broken-up Maine Sardines. Simmer gently until piping hot. Season to taste and serve in individual bowls. A nice crusty loaf of warm French bread will add the finishing touch to a perfect meal.

GOOD AS USUAL

This menu won't be new to you, but it's well worth a reminder that a platter of just-off-the-fire fried chicken (the easy, quick-frozen kind) when delicately browned and flanked by dishes of young brussels sprouts and green beans—seasoned, buttered and piping hot—makes a fella's mouth water.

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