

## Meat From Cans Fills Many Needs

Supplementing Leftovers Among Possibilities of Prepared Food.

Miss Ruth Chambers, whose articles start today as a daily feature in this paper, is a home economist, writer and writer of wide experience. She is a member of the staff of the National Live Stock and Meat Board and has done considerable work in experimental cooking and is a dietitian of note. She will appear later in the month under the auspices of the Times.

BY RUTH CHAMBERS

The housewife who prides herself upon her cooking and who likes to have her meals marked by that distinctly home-cooked flavor is apt to overlook the convenience and the variety presented by the excellent quality of prepared meats now offered in cans or tins.

She may consider that their use smacks too much of "cooking with a can-opener," not realizing that these foods need not be served just as they come from the can, but that they may be used in a variety of ways, sometimes to supplement leftovers of home-cooked meats or vegetables, in preparing a hurry-up meal or as a reserve in case guests arrive unexpectedly or prolong their stay till meal time.

These ready-cooked meats are frequently a real economy, not only of time but of fuel.

**Creamed Ham Dish**

Here is a way in which a can of deviled ham may form the basis of a delicious hot dish of creamed ham and cauliflower. Cook a head of cauliflower whole. If you prefer, use new cabbage, cutting the head in quarters and cooking it in boiling salted water until tender. In the meantime, melt 3 tablespoons of butter, smooth into it 3 tablespoons of flour. Add gradually 1 1/2 cups milk; season with a bit of pepper, a dash of paprika and 1 teaspoon minced parsley. When the cream sauce is smooth, add a can of deviled ham and stir until smooth and very hot. Pour over the cauliflower or cabbage and serve at once.

This sauce may be served over vegetables, such as asparagus, or it may be served with creamed eggs.

Here is a cold dish made with prepared or left-over ham. To 1 cup chopped cooked ham add 2 cups cottage cheese which has been beaten until smooth. Shape into croquettes and roll in finely chopped nut meats. Serve on a salad plate with lettuce or curly endive.

**Frankfurters and Eggs**

Frankfurters are one kind of prepared meats which every one seems to like. They may be combined with scrambled eggs for a tempting breakfast dish.

Heat the frankfurters thoroughly in boiling water and then skin. Keep them not while you scramble the required number of eggs and place in a mound on a hot platter. Lay the frankfurters around the base of the mound. Sprinkle the eggs liberally with paprika to give color. Garnish the platter with sprigs of parsley or a bit of watercress.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal of difference in its appeal. The cold meat platter may be as appetizing in appearance as it is easy to prepare.

Here are some suggestions for tasty combinations of food.

In using corned beef—the canned variety is very good for this purpose—arrange the slices between rows of sliced beets which have been dipped in finely minced parsley. At each end of the platter put a cupped lettuce leaf, filled with Tartar sauce.

A colorful plate consists of tongue slices placed in rows on the platter, alternating with rows of sliced tomatoes and sliced green peppers filled with cream cheese and sprinkled with paprika.

Mayonnaise dressing mixed with a little grated horseradish makes a piquant accompaniment for cold corned beef or cold roast beef.

Cubes of mint jelly add flavor and color to the platter of cold lamb. Slices of pineapple may be used as a garnish for the cold meat platter.

Stuffed celery makes an attractive addition. Roquefort cheese is one of the most popular fillings, but cream cheese mixed with chopped nuts or crushed pineapple is very appetizing.

**Serving Important**

Sometimes the way of serving cold meat makes a great deal