

TONGUE WILL GIVE VARIETY TO MEAT DIET

Combining With Mushrooms
Among Methods
Suggested.

"Variety! Variety! Variety!" is the re-echoed cry of the housewife when she plans three meals a day, every day in the week, every week in the month, and every month in the year.

She looks about for something new and something different. There are many meats which she seldom serve, chiefly because she does not know how to prepare and cook them. Here are some suggestions to add variety.

Chartreuse of Tripe

Prepare about a pound of tripe for cooking by cleaning and removing any loose skin. Start in cold water, bring to the boiling point, drain, add boiling salted water, then cook, below the boiling point, until tender, about four hours.

Cut the tripe into very thin shreds, and then cut these crosswise into inch long pieces. Slice a Spanish onion in very thin slices and cook in bacon fat or butter until the onion is yellowed. Add the tripe and let it get hot clear through, but be careful not to let it burn.

Blend in two tablespoons of flour and a cup of stock or water; stir until it boils and the flour is cooked. Season with salt and enough paprika to give a red color. Serve in a deep dish with an inch-thick blanket over it, consisting of fresh chopped greens—watercress or lettuce, or cooked spinach.

Tongue

Tongue, either fresh, corned, smoked or pickled, offers great resources for new and different dishes. It may be cooked in many different ways—fried, baked, braised—but however it is served it must first be prepared by cooking in water.

Wash the tongue in cold water, cover with hot water, and cook slowly until it is tender. This requires four or five hours. Then remove the skin and hard parts. The skin comes off most easily when it is hot.

If the skin does not come off easily, the tongue is not done, so return it to the water and cook it more. It may be served either hot or cold or prepared in various combinations for serving.

Baked Tongue and Mushrooms. Cut the cold boiled tongue into slices one-half inch thick. Slice the mushrooms and spread them flat on the tongue in a baking dish.

Scatter balls of butter over them. Bake forty-five minutes. Prepare a gravy by browning four tablespoons flour with two tablespoons butter, and adding slowly two cups broth.

Pound to a paste three boned anchovies and a teaspoon minced onion. Add these and a tablespoon lemon juice, salt, and pepper to the gravy. Pour this sauce over the tongue and mushrooms and bake for another twenty-five minutes.



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COOKIE JAR CAN BE FILLED BY USE OF TEN-MINUTE RECIPES



By NEA Service

In the old days, filling the cookie jar constituted a full day's work for mother. But modern cookies entail no such amount of labor. Here are ten-minute recipes—the newest cookie shortcuts—that are failure-proof and so easy that the children can turn them out. You don't even have to roll or cut these cookies!

The horseshoes on the cookie plate in the picture are coconut macarons. Mix one-half cup sweetened condensed milk, two cups of shredded coconut, and, if you like the flavor, a teaspoon of vanilla. Drop by spoonfuls on a well buttered pan. Shape with the fingers

into horseshoes. Bake in a moderate oven, 350 degrees, until a delicate brown.

The "lucky" four-leaf clover of confectioners' frosting decorates a new shortcut version of an old fashioned cookie. Sift one cup of flour and one teaspoon baking powder together twice. Add one egg slightly beaten, two tablespoons of melted butter, three-fourths cup sweetened condensed milk and one-half teaspoon vanilla. Blend thoroughly. Drop by teaspoonfuls onto a buttered pan. Bake 10 minutes in a slow oven 325 degree. Makes two dozen.

When the cookies are cool, decorate them with four-leaf clovers which are made by pressing simple confectioner's frosting, which has been tinted green, out of a pastry tube.

(An easy recipe is to cream two tablespoons of butter with one-quarter cup of sweetened condensed milk. Add, gradually, one and one-half cups of very finely-ground confectioner's sugar, sifted, and beat until the frosting is smooth, creamy and light in color. Add one-half teaspoon of vanilla.) This frosting can be tinted any color by adding a speck of food coloring.

For chocolate crumb cookies, melt two squares of unsweetened chocolate in a double boiler and add one-third cup of condensed milk, stirring over boiling water five minutes until the mixture thickens. Add one cup of toasted bread crumbs, a few grains of salt and one-half cup of chopped walnuts.

Blend thoroughly. Drop by spoonfuls on to a buttered baking sheet. Press half a walnut or pecan into each cookie. Bake ten minutes in a moderate oven, 350 degrees. Makes two dozen.

To make marathon nut cookies, thoroughly blend one cup of sweetened condensed milk, one cup finely chopped nut meats, one cup of dry bread crumbs, one-half teaspoon of salt and two teaspoons cinnamon. Drop by spoonfuls on buttered baking sheet. Bake twelve min-

utes, or until brown, in moderately hot oven, 375 degrees.

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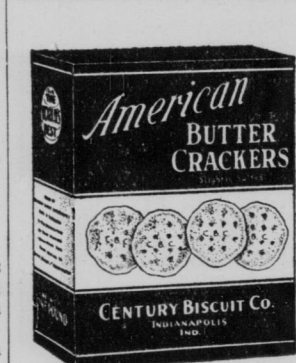
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Have you ever thought of serving sandwiches for breakfast? A hot layer sandwich with toast, a meat, a vegetable and eggs will be a good menu. Add to this a fruit, a cereal and coffee, and you can be sure that your men folk will start off for their offices content. Here's the menu for such a breakfast:

Stewed apricots, cereal with cream, hot layer sandwich and coffee.

And here's the way to make the hot layer sandwich:

Frizzle four slices of thin cold boiled ham in a hot skillet, and lay them on four rounds of hot buttered toast.

Have the asparagus tips from a 10½-ounce can hot, drained and buttered, and lay them on top of the ham. Poach four eggs and place on top of the asparagus.

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