

MEAT SALADS SERVE AS MAIN DISH OF MEAL

Various Recipes Offered for
Dainty, Satisfying
Mixed Foods.

Meat salads, which are both dainty and yet substantial food, won their popularity first in tearooms and restaurants. The idea was so good that it is being used more and more often in the home, where it makes a very pretty dish for a luncheon party and is also a quick and convenient way to serve leftover meats.

The meat salad may be prepared ahead of time and left in the refrigerator to be the main dish at a quickly prepared evening meal after a busy day spent shopping or golfing or at the matinee.

Here are various meat salads which will prove just right for many occasions. Fruit is combined with meat in some of the salads with very good effect.

Mock Chicken and Celery Salad

2 cups cold, roast pork, cubed
1 cup celery, cut in small pieces
1 cup whipped cream
Paprika
1 cup mayonnaise
French dressing

Add the diced celery and chopped green pepper to the cubed roast pork. Marinate with French dressing. Add a dash of paprika and set in the refrigerator to chill.

When ready to serve, drain from marinade and add whipped cream and mayonnaise combined. Place in a mound in the center of the plate on a bed of crisp lettuce.

2 cups diced cold lamb
1 cup pineapple, chopped
1/2 cup whipped cream
1/2 cup mayonnaise
French dressing
Salt
Pepper
Lettuce

Marinate the cold diced lamb with French dressing for an hour or more. Drain and combine it with the pineapple, chives, and seafood.

Chill and, just before serving, mix with mayonnaise which has been thinned with whipped cream and flavored with Roquefort cheese. Toss until well mixed, then arrange it in crisp lettuce cups.

Veal and Apple Salad

2 cups cubed cooked veal
1 cup diced apples
Orange juice
1/2 cup pecans or English walnuts meats
Salad dressing

Coat the apple dice with orange juice. Combine them with the rest of the ingredients, using a salad dressing of mayonnaise mixed with whipped cream. White grapes or pineapple may be added to the salad mixture if desired.

Serve on crisp lettuce with ripe olive accompanying.

Pork and Apple Ale Salad

2 cups cubed cold roast pork
1/2 cup diced apples
1/2 cup lemon juice
2 tablespoons sugar
1/2 cup celery thinly sliced
2 tablespoons granulated gelatin soaked in
2 tablespoons cold water
1-3 cup boiling water
1/2 cup pineapple cubes

Dissolve soaked gelatin in boiling water. Add lemon juice, sugar, and ginger ale. When the mixture begins to set, fold in other ingredients. Turn into a border mold and chill.

Unmold on a bed of cool, crisp lettuce, and fill the center with a dressing mayonnaise and whipped cream.

Other fruits such as grapefruit, chopped apples, white grapes, and oranges may also be used with this ginger ale and pork combination.

Beet Tops

Put two pounds of beet greens to cook with half a cup of water, three slices of bacon, half a lemon, sliced, a teaspoon each of sugar and salt and a dash of pepper and ginger. Cover the dish and cook for twenty minutes. The flavor will be improved if the greens are kept hot another ten minutes.

Listen to Mrs. Farrell's Cooking School of the Air, over WKBZ, every Mon., Wed., and Fri. at 9:30 a. m.



9 Strained Foods



ALSO — Green Peas, Beets, Green Beans, Celery, and Vegetable Soup.

Only 10c a Can
At Independent Grocers



One of the most practical of lamb cuts is the cushion style of lamb.

Housewives are all too likely to think only of "leg o' lamb" when they wish a lamb roast.

The boneless shoulder of lamb, especially when prepared cushion style, is an ideal roast, and since there is no waste, the price is less than that charged for the more-in-demand leg.

Intensive studies of the compara-

tive quality and palatability of lamb shoulders and lamb legs, conducted by the University of Maryland, shows that a shoulder roast is the peer of the leg roast in juiciness, tenderness and flavor.

A shoulder of lamb "cushion style" means that the bones are removed in such a manner that a "pocket" is formed on the inside, in which a dressing may be placed.

The name "cushion style" is de-

rived from the fact that while cooking the dressing expands, causing the piece of meat to puff up and resemble a pillow.

The cushion style shoulder of lamb provides that much looked for "variety" yet stays within the realm of economy. Flavor, tenderness, variety, economy and ease in cooking are the talking points for the cushion style lamb shoulder.

Have the shoulder boned and the

fat—the thin paper-like covering over the outside—removed at the market.

Wipe the meat with a damp cloth, sprinkle the inside with salt and pepper and pile the dressing lightly into the bone cavity; then sew the edges together.

Lay slices of bacon over the top if the fat covering is thin. Place the roast on a rack in an open pan without water.

Seal for thirty minutes in a hot oven, 480 degrees, or less if bacon has been added. Rapidly reduce the temperature of the oven to 300 degrees and continue cooking at this temperature until tender. This will require two and a half to three hours. Serve hot with brown gravy.

Although the shoulder can be

boiled and sliced like ham, it will make a more festive meal, will go farther and will be far easier to handle if it is boned and stuffed.

Served with currant jelly, green peas, new potatoes rolled in melted butter and chopped parsley or baked sweet potatoes and followed by a green salad, this is a meal to make any family happy.

Have a cured pork shoulder skinned and boned at the market. Wash and soak it over night in cold water. Wipe it dry inside and out and fill it with seasoned bread-crumbs—bread with onions and sage or with apples or raisins and any seasoning you like.

Seal up the opening, lay the shoulder on a rack, fat side up, and roast in a moderate oven. Do not put any water in the pan.

A four or five-pound piece should cook about three and a half hours.

Use leftovers in any way that cold ham is used.

Snap! crackle! pop!

WHAT FOOD
these morsels be

Kellogg's Rice Krispies have a delightful taste-appeal. A treat for the whole family. So crisp, they crackle and pop in milk or cream.

All the nourishment of wholesome rice. Light and easy to digest. Ideal for breakfast or lunch. Fine for the children's supper. Always oven-fresh in the patented inner WAXITE bag. Made by Kellogg in Battle Creek.

Listen!—
get hungry



MEASUREMENT LIST WILL AID COOK IN HOME

Contents of Cans Given in
Weight and
Cupsful.

The superintendent of a large hospital once said that she insisted upon everything being always put back in its place because this system had proved a great time saver.

This would be difficult to do in the average household, but there are many ways, which are totally unnecessary, in which a housewife wastes time. She looks up some things time after time without ever making a note of them, although she knows that she will need them again.

Here's a way, for instance, in which she can save time in her kitchen by means of a bit of system which will help her not only in her cooking, but in her shopping.

Clip out the following table of the average number of cupsful and the weight of the fruits and vegetables found in the standard sizes of cans, and paste it on your kitchen cupboard door, on the flyleaf of your recipe book, or somewhere in the kitchen where it will be plainly visible.

These weights and measures are based on cans of tomatoes, and other fruits and vegetables will vary a bit naturally from these figures, but they are sufficiently accurate to enable a housewife to order the proper size of can at the grocer's if she knows how many cupsful of the product will be needed for her recipe.

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