

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 chopped green pepper
Paprika
1 cup whipped cream
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, diced
2 sprigs chives, chopped
1/2 cup whipped cream
1 tablespoon Roquefort cheese, crumbled
French dressing
Mayonnaise 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 seasonings.

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 cubed apple
1 cup diced celery
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 Ginger Ale Salad
2 cups diced cold roast pork
1 cup ginger ale
1/4 cup lemon juice
2 tablespoons sugar
1/4 cup celery finely 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 of 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 WKBF, every
Mon., Wed., and Fri.
at 9:30 a. m.



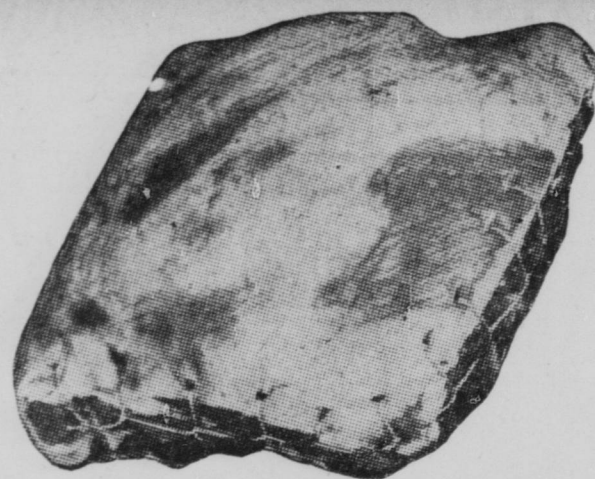
9 Strained Foods



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

Only 10c a Can
At Independent Grocers

CUSHION STYLE LAMB ROAST FAVORED



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

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

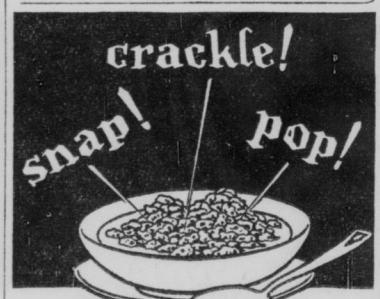
The cushion style shoulder of lamb provides that much looked for "variety," yet stays within the realm of economy. Flavor, tenderness, variety, economy and ease in carving are the talking points for the cushion style lamb shoulder.

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.

Sear 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.



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 WAXTITE 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.

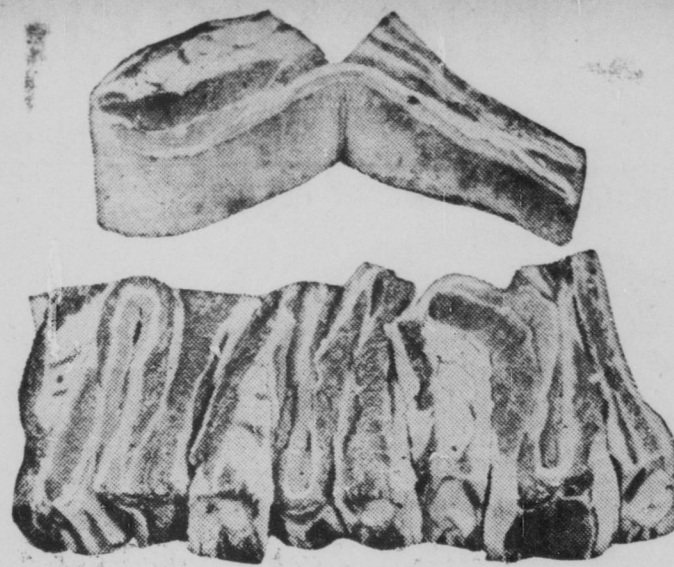
Here's a way, for instance, in which she can save time in her kitchen by means of a bit of system which will help her not only in her cooking, but in her shopping.

Clip out the following table of the average number of cupsful and the average net 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.

Size of Can	Average net weight	Average Cupsful
2 oz.	8 oz.	1-1/3
4 oz.	11 oz.	2-1/3
6 oz.	16 oz.	3-1/3
8 oz.	20 oz.	4-1/3
10 oz.	28 oz.	5-1/3
12 oz.	32 oz.	6-1/3
14 oz.	35 oz.	7-1/3
16 oz.	40 oz.	8-1/3
18 oz.	45 oz.	9-1/3
20 oz.	50 oz.	10-1/3

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.

SAW SHOULD CUT VEAL RIBLETS



A veal stew or a veal pie can be made or ruined by the way in which the meat is cut up for that purpose. In the mean time prepare a sauce as follows:

In our illustration we have the breast of veal cut into riblets. A saw has been used on the bones and as a result each piece of meat that goes into stew or pie is just as good looking as every other piece.

The veal riblets are fine for fricassee. The recipe given below is one that was picked up from our foreign neighbors, who have veal cookery down to a fine art.

Wipe off three pounds of veal riblets. Salt and cook gently in a

Mix 1 1/2 tablespoons flour with 1 1/2 tablespoons butter, add 1 chopped onion, some chopped parsley, 1 teaspoon sugar and 1 1/2 cups soup stock. Add the veal, cover and cook for about two hours. When serving, arrange the meat nicely in the center of the platter.

Pour over it the sauce, which should be creamy but not thick and from which all fat should be removed. Serve with dumplings.

BOILING ROOSTERS 10c Lb.
EGGS 15c
Young Roasting CHICKENS 14c Lb.
FREE DELIVERY ON 75¢ OR OVER PURCHASES. Phone Orders Must Be in by 1 P. M.
Hoosier Poultry Market
107 NORTH ALABAMA ST.—LINCOLN 1881

GINGER HELPS VEAL FLAVOR

Dash of Spice on Each
Chop Will Impart
Subtle Taste.

Have breast of veal cut in half-inch slices, ask the butcher to pound these thin with his mallet. This pounding helps to make the meat tender.

A skimpy dash of ginger on each piece will give the stew a subtle flavor. Brown the slices in butter or fat, then put them in a stew kettle with a chopped onion, half a cup of canned tomatoes and a cup of water.

Cover the dish and stew very gently for two hours, adding hot water whenever necessary.

When nearly done mix a teaspoon of flour into a tablespoon of butter

and add this with a tablespoon of chopped parsley. It should cook a few minutes after the flour is put in. Serve with boiled cauliflower.

Marion Poultry Co.
1022 S. MERIDIAN ST.
DREXEL 3441
ALL POULTRY DIRECT
FROM INDIANA FARMS

Boiling
CHICKENS Lb. 9c
1933
SPRINGERS Lb. 14c
1934
FRYS Lb. 23c up
Plenty of Hens, Ducks,
Geese and Fresh Eggs.
FREE DRESSING
Plenty of Parking Space

American Graham Crackers

Honey-flavored, delicious, and so good for a really healthy lunch with rich milk or half-and-half! Made from graham flour ground on old-fashioned buhr mill stones. Be SURE you get AMERICAN Graham Crackers—another "World's Best" value!

Century Biscuit Co.
INDIANAPOLIS

Ask YOUR Grocer for the BIG Red, White and Blue Package!

Thrift week At All **REGAL STORES**
Individually Owned Food Markets

GIVE MOTHER A TREAT
On Mother's Day by Inviting Her Over to Dinner

PURE CANE SUGAR 5-Lb. Cloth Bag
24c
A SPECIAL WEEK-END VALUE STOCK UP WITH CANE SUGAR

Soda Crackers Economy Fresh 2-Lb. Pkg. 17c
Hershey Cocoa 1/2-Lb. Pkg. 9c
Clean Quick Soap Chips 5-Lb. Pkg. 25c

Green Beans 2 No. 2 Cans 21c
Regal Cut Stringless
Sauer Kraut 2 Cans 25c
Regal No. 2 1/2 Cans
Del Monte Peaches 16c
Large No. 2 1/2 Cans

Swans Down Cake Flour Pkg. 25c
MILK Van Camp's 3 Tall Cans 17c
JELLO All Fruit Flavors Pkg. 5c
Palmolive 3 Cakes 14c
Toilet Soap
CORN 2 No. 2 Cans 21c
Regal Fancy Country Gentleman

Chipso MAKES CLOTHES WEAR LONGER
Chipso QUICK SUDS
Cotton Mops Round, No. 12 Size, Each 25c
2 Pkgs. 29c
REGAL STORES
Prices Good in Indianapolis, Beech Grove and Plummer's

REGAL COFFEE
That New Blend for Those Who Want the Best Lb. 25c
Little Sport Coffee Lb. 21c

Sale of FLOUR
SNOW CAP A Blend That Meets Your Demand for Every Purpose Lb. 24 Bag 73c
Gold Medal FLOUR 10-Lb. Bag 24 Lb. 98c
49c

Fresh FRUITS and VEGETABLES
"TREE TO U" BRAND
Tree and Sun Ripened **ORANGES** 8 LB. BAG 39c
Carrots Bunch 5c
New Potatoes 6 Lbs. 23c
Celery Stalk 5c
Cabbage 3 Lbs. 10c

GREEN BEANS Round Stringless 2 LBS. 23c
Gold Brook Butter In 1/4-Pound Prints Lb. 26c
HOOSIER GOLD, LB., 28c

Pork Loins Lb. 14 1/2c
Rib End for Roast
Spiced Ham Lb. 29c
Boiled Ham Sliced Lb. 33c
Beef Roasts Lb. 14c
Chuck Fancy Roast Cuts, Lb., 18c
Bacon Squares Boiled With Greens Lb. 12 1/2c
Sliced Bacon No Rind Lb. 20c
Frankfurters Lb. 10c

Swift's Jewel SHORTENING
Now! A Really Fine Pure Vegetable Shortening at a Sensible Price
Lb. Pkg. 11c
Jewel

Healthy Baby . . Happy Mother

BOTH Like These Strained Foods!

BABY thrives on KO-WE-BE strained foods because they give him all the goodness and vitamins that nature put into the finest FRESH vegetables and fruits... cooked and strained for easy digestion.

Mother prefers these baby foods because they cost so little and save her so much time, work and money. No raw foods to wash, peel, cook and strain! Just open a KO-WE-BE enamel-lined can and the finest of fresh-tasting strained foods are ready to heat, season and serve. Ask your doctor about feeding them to YOUR baby.

KO-WE-BE Means The Best
STRAINED FOODS FOR BABY