From the Heart of the Wheat
What You are tomorrow
Depends upon what
You Eat today

Setting the table correctly
is the starting point of a successful dinner
INTRODUCTION

THIS book has been compiled for the benefit of housewives who desire to serve, in unusual and appetizing forms, Macaroni Foods of superior quality and high nutrition value.

In the pages following, there are 43 inviting recipes for delicious, wholesome Macaroni, Spaghetti, Elbow Macaroni and Egg Noodles dishes and 26 menus.

Some are familiar and favorite dishes. Others have been specially prepared for this book. Those that are not illustrated are as tempting as those that are.

Each recipe has been thoroughly tested by competent chefs and dietitians; then served for approval to the executives of the C. F. Mueller Co.

C.F. MUELLER CO.
JERSEY CITY, N.J.
FOOD VALUE
AND HIGH QUALITY

Healthful and Nourishing Foods, Easily Prepared in Many Tempting Forms.

Physicians will tell you that Macaroni, Spaghetti or Egg Noodles are among the most nourishing foods you can eat.

For building up young bodies, for giving strength and vigor to the whole family, they have no equal.

The reason is in the ingredients. Mueller's Macaroni, Spaghetti and Elbow Macaroni are made from farina ("The Heart of the Wheat") and contain just those food elements that build flesh, tissue, red blood and bone.

No other food so thoroughly takes the place of meat, being just as substantial, but more healthful and nourishing. And—very important—the price is half that of meat.

When prepared in any of the different ways described in this recipe book, the Mueller Foods are so delicious, so easily digested, so satisfying, that they are welcomed by the "dainty" eater, the invalid, or the heartiest appetite.

The recipes in this book will enable you to serve many delightful combinations of Mueller's with vegetables, bacon, fish, eggs, oysters, sausages, mushrooms, salads and desserts.
MUELLER'S EGG NOODLES

are made from the best wheat and finest quality selected eggs, absolutely pure and free from all artificial coloring. In purity, richness and delicate flavor, Mueller's Egg Noodles are a pleasing surprise to all.

Made in two sizes—fine and wide. The fine size is generally used for soups; the wide size for side dishes or as a meal.

MUELLER FOODS ARE TRIPLE-SEALED

The Mueller package is air-tight and moisture-proof. The carton itself is paraffine lined, and between the carton and the contents is placed a sheet of wax paper which is interlocked with the carton at both ends when assembled for packing.

After packing, the carton is completely enclosed and sealed with the outer wrapping, thus forming a protective triple-sealing which keeps the contents fresh, full-flavored, and free from all deterioration or contamination.

For this reason Mueller Foods, no matter how long they are kept, are always fresh, wholesome and tasty. You can safely keep the pantry shelves well stocked with Mueller's, ready to prepare for the family meals or the unexpected guests.

"The kind that made mother stop making her own"
Directions for Cooking

RECIPE No. 1

The initial preparation for Macaroni, Spaghetti and Elbow Macaroni is the same.

**COOK ONLY 9 MINUTES**

For 1 package of MUELLER’S PRODUCTS, use no less than 1 gallon of boiling water, to which add 1 tablespoonful of salt. Be sure that the water is boiling rapidly when the products are put into it. Many housewives add 1 tablespoon of butter, which gives an added flavor. Stir occasionally; **boil 9 minutes**, until tender. Strictly follow these directions, because MUELLER’S Macaroni, Spaghetti and Elbow Macaroni are different from other brands. It is important that they be boiled no longer than the time specified, because (1) they have a thin wall, which causes them to cook quickly and acquire uniform tenderness, (2) being made of farina and (3) dried by our highly improved and unique drying system, they expand in the cooking process and become tender, light and fluffy. It is due also to the drying system that MUELLER’S retain the nutty flavor peculiar to wheat.

When baked in oven or recooked with other ingredients, parboil 7 minutes.

**Directions for Cooking Egg Noodles**

Egg Noodles are cooked according to Recipe No. 1. When baked in oven or recooked with other ingredients, parboil 5 minutes.
SAUCES

**Brown Sauce:** Heat a full tablespoon butter, until it begins to brown; add an equal quantity of flour and cook until brown and thick, then add, slowly stirring, 1 cup of stock; stirring and cooking until smooth and thick, season with paprika, salt and a teaspoon of Worcestershire Sauce.

**Tomato Sauce:** Add 1 cup water to 1 quart can of tomatoes, 1 large sliced onion, 1 clove of garlic, 8 cloves, 4 allspice. Let this boil until onion is well cooked; remove from fire and press through sieve. Heat 3 large tablespoons butter in separate dish, add 2 tablespoons flour and brown well, stir in the boiling tomatoes and season with salt and paprika.

**Tomato Sauce, Italian Style:** Heat a large tablespoonful butter and add level tablespoon each of mushrooms, parsley, onion (chopped) and half a bay leaf; add a level tablespoon flour, stir and cook; add, stirring half cup each of white wine and stock (consomme soup may be used), salt, pepper and a small blade of mace. Simmer half hour, cool, skim off fat, strain and serve.

**White Sauce:** Heat a large tablespoonful of butter in a saucepan; put in a rounding tablespoon flour and stir until cooked together, then add slowly, stirring 1 cup of hot milk and cook until smooth and thickened; when well mixed add salt and pepper, and if desired, a teaspoon of onion juice scraped from the cut edge of an onion.

**Mushroom Sauce:** Cut stale bread into 1/3-inch slices, shape with a large round cutter and sauté in butter until delicate brown. Peel 2 cups mushrooms and cut in pieces. Cook in 2 tablespoons butter for 5 minutes. Cook 1/2 teaspoon chopped onion in 1 tablespoon butter for 3 minutes. Add 1 cup tomato puree, 1/2 teaspoon salt, 1/2 teaspoon pepper, and heat to boiling point. Arrange mushrooms on the toast, pour the tomato mixture over them and sprinkle with 1 tablespoon chopped parsley. Serve at once.
SPAGHETTI RECIPES

In the following recipes Spaghetti is specified; in others Macaroni; either may be used as you may prefer.

Spaghetti a l'Ohio: 1 package of Mueller's Spaghetti; cook according to Recipe No. 1 (parboil 7 min.). 4 slices lean bacon, ¾ pound ground round steak, ½ cup mushrooms cut in quarters, 1 tablespoon butter, 1 can tomato soup, 2 pieces of pimento cut in small pieces, ¼ teaspoon pepper, ½ teaspoon salt, 2 medium sized onions sliced.

Method:—Peel and stew ½ cup of mushrooms for 15 minutes. If you are very fond of mushrooms, make it one full cup. Cut bacon in small pieces; brown in frying pan; add onions and ground steak; cook for five minutes. Mix the parboiled spaghetti with all the ingredients; pour into well greased baking dish; bake in slow oven ½ hour.

Spaghetti with Chicken Livers and Mushrooms: 1 package Mueller's Spaghetti; cook according to Recipe No. 1. ¼ pound mushrooms, 1 tablespoon butter, 1 tablespoon flour, 1 onion chopped fine, 1 cup soup stock (Consomme) 1 cup tomatoes, 4 chicken livers, ½ teaspoon salt, ½ teaspoon pepper.

Method:—Melt butter, add onion and peeled mushrooms; cook for 5 minutes without browning; add flour, soup stock and tomatoes. Cook for 15 minutes, add seasoning. Cut chicken livers, fry in tablespoon butter. Add sauce. Pour over spaghetti; cook 2 minutes.

Spaghetti Chop Suey: 1 package Mueller's Spaghetti; cook according to Recipe No. 1 (parboil 7 min.). 2 onions (medium sized), 1½ cups chopped celery, 1 teaspoon salt, 1 tablespoon sugar, 2 tablespoons fat or butter substitute, 2 green peppers, 2 cups tomatoes, ¼ teaspoon pepper and ½ pound round steak (chopped).

Method:—Melt fat in frying pan, cook chopped pepper, chopped
onion and celery slowly for 10 minutes. Add tomatoes and seasoning, cook until thick. Cook other ingredients together for 5 minutes. Add drained spaghetti, cook slowly for \( \frac{1}{2} \) hour. Fry round steak in small cakes; crumble; serve piping hot.

**Spaghetti with Tuna Fish:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1. 1 small can Tuna fish, 1 tablespoon chopped parsley, \( \frac{1}{2} \) cups tomato, 1 teaspoon sugar, 1 onion chopped, 1 teaspoon salt, \( \frac{1}{8} \) teaspoon pepper, 2 tablespoons butter.

*Method:*—Melt butter in frying pan, cook parsley and onion 5 minutes, add tomatoes and seasoning; cook 10 minutes; add flaked tuna fish, cook until thoroughly heated; mix with spaghetti. Garnish with parsley.

**Spaghetti Royal:** 1 package Mueller’s Spaghetti; cook according to Recipe No. 1 (parboil 7 min.). \( \frac{1}{4} \) pound bacon cut in small squares, 1 onion chopped fine, \( \frac{1}{4} \) pound Snappy cheese minced, 1 can tomato soup.

*Method:*—Pan-broil bacon. Place layer of spaghetti in the bottom of baking dish, dot with pieces of cheese and bacon, then another layer of spaghetti, etc., until used up. Pour a can of tomato soup, which has been flavored with onion, over the top. Bake in moderate oven for 15 minutes.

**Spaghetti with Oysters or Clams:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). 1 quart oysters drained (or clams), 1 tablespoon butter, salt and pepper to taste, 1 cup buttered cracker crumbs, 2 cups milk (scalded), 2 tablespoons cornstarch.

*Method:*—Grease a baking dish; put in a layer of spaghetti, then layer of oysters, dot with butter, season, repeat layers until material is used, finishing with layer of spaghetti. Moisten cornstarch with oyster liquor, then stir into milk and bring to boiling point. Cook 5 minutes and add 1 tablespoon butter. Pour this mixture over the layers in dish, sprinkle cracker crumbs over the top and bake in quick oven until browned. Serve hot.
**Spaghetti au Gratin:** 1 package of Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). ½ pound cheese, Swiss or Parmesan (grated), 2 tablespoons butter, 1 cup cream, salt and pepper to taste.

*Method:*—Put a layer of spaghetti into a greased baking dish, then layer of cheese, seasonings, then another layer of spaghetti and so on, until all is used. Dot top with butter. Add cream and bake in moderately hot oven until golden brown. Serve hot in dish in which it was cooked.

**Spaghetti Deviled:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). 1 cup grated cheese, 2 tablespoons melted butter, 5 yolks of eggs, ½ teaspoon mustard, 2 cups white sauce (page 5) 1 teaspoon salt, ¼ teaspoon red pepper, ¼ cup bread crumbs.


**Spaghetti with Pork:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). 1 pound pork chops, 1 can tomatoes, 1 teaspoon salt, ½ teaspoon pepper, ½ pound grated cheese, 1 onion chopped, 1 teaspoon parsley.

*Method:*—Stew tomatoes with onion, parsley, salt and pepper. Mix spaghetti and simmer 2 minutes. Cut chops into neat pieces; place in hot skillet, cook until tender—then add to spaghetti. Cook together 3 minutes. Add grated cheese just before serving.

**Spaghetti with Scallops:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). 1 quart scallops, 2 tablespoons butter, 1 tablespoon flour, 1 cup milk, ¾ cup tomatoes, 1 teaspoon salt, 1 cup grated cheese, ¼ teaspoon mustard, buttered bread crumbs, 1 cup white sauce (page 5).

*Method:*—Put a layer spaghetti in the bottom of a greased baking dish. Parboil scallops, drain and cut into pieces. Melt butter in saucepan, stir in flour; when smooth add milk, stir until boiling; add tomatoes, again bring to boil; add cheese, scallops and seasonings. Put a layer of scallops with mixture on top of spaghetti and continue until dish is full, having spaghetti on top. Sprinkle with crumbs, pour over white sauce (page 5) and bake in moderate oven until browned. Serve hot.

**Spaghetti and Veal or Lamb:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). Rack of veal or lamb, 18 oysters, 1½ cups cider, ½ lb. Parmesan or Swiss cheese, 1 teaspoon salt, ¼ teaspoon pepper, 1 onion chopped, 1 tablespoon
chopped parsley, 1 can tomato soup, 1 cup soup stock or boiling water, 2 tablespoons flour, 2 tablespoons butter.

**Method:**—Place meat in cooking pot with onion, salt, pepper and cider. Cook for 1 1/4 hours if veal (if lamb 1 hour); baste frequently. Mix oysters with parboiled spaghetti, cheese and part of the tomato sauce. Pour over the meat; cook ten minutes longer. Garnish with chopped parsley. Serve with tomato sauce.

**Tomato Sauce:** Melt butter, add flour, seasoning, then soup stock and 1 can of tomatoes or boiling water and condensed tomato soup. Cook for 5 minutes. Strain if necessary.

**Spaghetti, Sausage and Fried Apples:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1. 1 ring sausage, 1 cup milk, 1 tablespoon butter, 3 apples.

**Method:**—Add milk and butter to cooked spaghetti, place in saucepan, set on back of stove to cook slowly until all the milk is absorbed. Prick the sausage in a couple of places, set in a pan of boiling water and simmer 20 minutes. Pare, core and slice apples, fry in fat until brown. Place spaghetti in center of dish, surround it with sausage and apples. Serve hot.

**Macaroni Rarebit:** 1 package Mueller’s Macaroni; cook according to recipe No. 1. 2 tablespoons butter, 3 cups grated cheese, 3 egg yolks, 3/4 cup milk, 1/2 teaspoon mustard, 1/2 teaspoon salt, 1/4 teaspoon cayenne pepper.

**Method:**—Melt butter, add cheese, stir until cheese is melted, add yolks beaten with the milk, stir until smooth, season with mustard, salt and cayenne, add Macaroni. Serve on toast or wafers.

**Macaroni Goulash:** 1 package Mueller’s Macaroni; cook according to recipe No. 1. 2 pounds beef cut in 1 inch cubes, 2 oz. salt pork, 1 pt. boiling water, 2 cups canned tomatoes, 1 onion cut fine, 1 stalk celery, 2 cups diced carrots, 1 green pepper, 4 cloves, 2 bay leaves, 1/4 teaspoon paprika, 3 tablespoons flour, 1 tablespoon chopped parsley.

**Method:**—Cut pork in small pieces, render in iron pot, brown onion slightly; add meat which has been rolled in flour, cook until browned; add boiling water, cover and cook slowly 1 hour. Now add diced celery, carrots and tomatoes, bay leaves, paprika and cloves. Cook slowly 1 hour. About 10 minutes before serving add green peppers (eliminate seeds). Place meat in platter, surround it with Macaroni. (Egg Noodles or Spaghetti can also be used.) Garnish with chopped parsley.
**Spaghetti Souffle:** 1 package Mueller’s Spaghetti; cook according to recipe No. 1 (parboil 7 min.). 5 eggs, 1 tablespoon chopped parsley, 1 onion grated, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $2\frac{1}{4}$ cups white sauce.

*Method:*—Recipe for white sauce page 5. Add beaten yolks and spaghetti. When cold add the stiffly beaten whites. Pour into a buttered dish. Bake in a hot oven 18 minutes. Serve with mushroom or tomato sauce. (Recipes page 5.) Serve at once.

**Macaroni and Vegetable Dinner:** 1 package Mueller’s Macaroni; cook according to recipe No. 1. 6 carrots, 1 qt. string beans, 4 beets, 1 qt. spinach, 2 cups white sauce for the vegetables.

*Method:*—Wash vegetables, cook separately in salted water until tender, drain, season with salt, pepper and butter. Place macaroni in center of large platter and arrange vegetables in separate piles around it. Pour mushroom sauce (page 5) over macaroni.

**Macaroni Bird’s Nest:** 1 package Mueller’s Macaroni; cook according to recipe No. 1. 1 can peas, 1 cup bread crumbs, 2 tablespoons butter, 1 cup milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ cup grated cheese, 4 slices of bacon cut into squares.

*Method:*—Brown butter in frying pan, add macaroni, milk and pepper; cook for 2 minutes. In another pan heat peas and balance of milk; season to suit taste. Serve macaroni in nest form on a large platter or dish. Set peas in center of it; sprinkle with American cheese if desired. Top off with bacon.
Elbow Macaroni Salad a la Mueller. 1 package Mueller's Elbow Macaroni; cook according to recipe No. 1. 1 large head lettuce, 1 onion grated fine, ½ cup crisp celery diced, ½ cup shredded cabbage, ½ pimento cut, 1 teaspoon chopped parsley, 1 teaspoon sugar and 1 cup mayonnaise.

**Method:**—Mix ingredients with mayonnaise, let stand 1 hour, now add the chilled Elbows. Serve in crisp lettuce leaves, add more mayonnaise (or French Dressing).

Elbow Macaroni on Toast: 1 package Mueller's Elbow Macaroni; cook according to recipe No. 1 (parboil 7 min.). 2 tablespoons butter, 1 small can tomato puree, 1 tablespoon sugar, 6 or 8 pieces toast. White sauce (page 5).

**Method:**—Add Elbows to white sauce and simmer for 5 minutes. Heat the tomato puree in a sauce-pan with the sugar. Just before serving mix thoroughly. Serve on buttered toast.

Elbow Macaroni and Stuffed Tomatoes: 1 package Mueller's Elbow Macaroni; cook; (see recipe No. 1.) 6 medium tomatoes, 3 tablespoons butter, 2 tablespoons flour, 1 cup milk, ½ cup grated cheese, 1 teaspoon salt, ¼ teaspoon paprika, parsley, ½ cup bread crumbs.

**Method:**—Cut off tops of tomatoes; remove all seeds, drain. Melt butter, add flour, gradually add milk, stir constantly. Remove from fire, add seasoning; grated cheese; mix with 1 cup of Elbows. Fill tomatoes with mixture, cover with bread crumbs; dot with butter. Bake in moderate oven until tomatoes are cooked. Surround baked tomatoes with remainder of Elbow Macaroni, sliced hard-boiled eggs and parsley.
**Elbow Macaroni Soup:** 1 package Mueller’s Elbow Macaroni. 2 lbs. soup meat, veal bone, soup greens, ½ can tomato paste, 1 tablespoon salt, ¼ teaspoon pepper, 1 gallon water. (½ lb. liver improves the flavor).

*Method:*—Wash meat, place in soup kettle with soup greens and cold water, let simmer for 1½ hours. STRAIN. Add tomato paste, cook slowly for half hour. Take out meat. Add Elbows and boil for 9 minutes. Season.

**Elbow Macaroni Salmon Salad** (Shrimp can be substituted): 1 package of Mueller’s Elbow Macaroni; cook according to recipe No. 1. 2 tablespoons vinegar, 2 cups shredded salmon, one onion grated, 1 green pepper minced, 1 cup mayonnaise, 2 hard boiled eggs.

*Method:*—Mix the cold Elbows with the salmon, green pepper and onion; add mayonnaise. Serve on lettuce and garnish with eggs. (If shrimps are used, freshen by rinsing in cold water.)

**Elbow Macaroni, Kidney and Cheese:** 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1. 1 cup minced Swiss cheese, 1 cup milk, *1 cup cooked kidneys, 2 tablespoons butter or substitute, ½ teaspoon salt, ¼ teaspoon paprika, 2 egg yolks.

*Method:*—Melt butter, add milk, *cooked kidney and cheese, stir over fire until the cheese is melted. Stir in the well beaten yolks, add seasoning. Mix macaroni and cheese mixture. Turn into a baking dish. Bake until a golden brown.

*In 1 quart of water, cook kidney. Add 2 tablespoons butter or substitute until browned; garnish with 1 large carrot diced and 2 onions; season to suit taste.*

**Elbow Macaroni Baked with Eggs:** 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1.

*Method:*—Cook white sauce (recipe page 5) until thick. Add cooked Elbows and mix thoroughly. Pour into greased baking dish. Drop 6 eggs over top, sprinkle with a little cheese. Bake in a moderate oven until eggs set.

**Elbow Macaroni Apple Pudding:** 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1 (parboil 7 min.). 2 cups apple sauce, ¼ cup butter or substitute, ½ cup sugar, 2 tablespoons bread crumbs or chopped nuts, rind and juice of one-half lemon.
Method:—Place a layer of the parboiled Elbow Macaroni in a greased baking dish. Spread with apple sauce which has been sweetened and flavored with lemon, dot with pieces of butter. Cover with the rest of macaroni, dot with butter. Sprinkle the top with bread crumbs or chopped nuts. Bake in a moderate oven 20 min. Serve hot or cold with a custard sauce or with evaporated milk.

Elbow Macaroni and Marmalade Pudding: 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1 (parboil 7 min.). 3 cups milk, 2 eggs, 1 cup marmalade, ¾ cup sultana raisins, 3 tablespoons sugar, 2 tablespoons butter.

Method:—Put milk in sauce-pan, add Elbows; bring to boiling point; remove from fire, add marmalade, raisins, salt, well beaten eggs, sugar and butter. Pour into buttered dish and bake as a custard for ½ hour. Serve hot with whipped cream if desired.

Elbow Macaroni with Left Over Meat: 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1 (parboil 7 min.) 1 cup left over meat, ½ cup gravy, 2 cups tomatoes, 1 tablespoon sugar, ½ onion chopped, 1 tablespoon butter, salt and pepper to taste, 1 cup grated cheese.

Method:—Grease baking dish; add Elbows; pour the following sauce over—Melt butter, add onion, cook until tender, add tomatoes, gravy, meat and seasoning. Boil for 5 minutes; add grated cheese and pour over Elbows. Bake 20 minutes.

Elbow Macaroni, Ham and Eggs: 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1.

Method:—Fry 2 slices of ham, that is, place the trimmed slices of ham in a hot frying pan so as to cook through (the time depending upon the thickness of slices). Place on warm platter. Turn the cooked Elbows into the frying pan and cook in the ham fat 2 minutes. Cover the slices of ham with Elbows. Set the fried eggs on top. Garnish with parsley. Serve at once (with toast if desired).

Elbow Macaroni Custard with Strawberries: 1 package Mueller’s Elbow Macaroni; cook according to recipe No. 1 (parboil 7 min.). 4 eggs, ½ cup sugar, 2½ cups milk, 1 tablespoon butter, 1 teaspoon vanilla, 1 box strawberries or any other fruit.

Method:—Beat eggs, add milk, sugar and vanilla. Mix with cooked Elbows. Pour into greased round mould or small greased cups. Bake as a custard in moderate oven 30 minutes. Cool. Turn out of mould, serve with berries, fresh or stewed, and whipped cream.
Elbow Macaroni, Lobster Croquettes: 1 package Mueller's Elbow Macaroni; cook according to recipe No. 1. 4 tablespoons butter, 4 tablespoons flour, 1 cup milk, 1 tablespoon lemon juice, 2 egg yolks, 1 teaspoon salt, 1/2 teaspoon cayenne pepper, 1 cup lobster meat, 1 teaspoon Worcestershire sauce, 1 cup bread crumbs. 

Method:—Melt butter, add flour, when blended gradually add the milk. Cook until thick; add seasoning, yolks, Elbows and flaked lobster meat. Spread on platter to cool. Shape into croquettes, roll in fine bread crumbs, egg whites, again in crumbs. Fry in deep hot fat until a golden brown. Drain and serve hot, either plain or with white or brown sauce (page 5 for recipe).

Elbow Macaroni Balls: 1 package Mueller's Elbow Macaroni; cook; (see recipe No. 1). 6 tablespoons sugar, 4 eggs, 2 tablespoons butter, 2 cups milk, 2 teaspoons vanilla, bread crumbs, 1/4 cup raisins.

Method:—Melt butter, add flour, gradually add milk, stir until boiling. Add sugar and yolks mixed together, Elbows and vanilla. Cool and divide into portions and roll into balls with a few crumbs. Brush with the beaten whites of eggs, toss in fine bread crumbs and fry brown in hot fat. Serve with maple syrup.

Egg Noodles and Prunes: 1 package Mueller's Egg Noodles (wide); cook according to recipe No. 1. 1 lb. prunes, 2 pieces stick cinnamon (2 inches each), 1/2 lemon cut in thin slices, 1/2 cup sugar.

Method:—Soak prunes over night, cook slowly until tender with lemon and cinnamon, lastly add sugar. Place Egg Noodles on platter, sprinkle with sugar and cinnamon; garnish with cooked prunes.
Egg Noodles, Gelatine and Ham:
1 package Mueller’s Egg Noodles; cook; (see recipe No. 1.) 1 cup diced cooked ham, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 tablespoon parsley, 2 tablespoons grated cheese, 2 cups gelatine flavored with 2 tablespoons Chili Sauce.

**Method:**—Mix diced ham with seasonings, parsley and half of grated cheese. Pour into a wet mold. Strain gelatine over; set aside to become firm. Turn moulded ham on a dish, surround with Egg Noodles. Garnish with chopped parsley and grated cheese.

Egg Noodle Poinsettia Salad:
1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1. 3 sweet pickles, 1 onion, 1 stalk celery, 1 can pimentos, 2 hard boiled eggs, 1 cup Russian dressing, $\frac{1}{2}$ cup whipped cream.

**Method:**—Cut celery fine, chop onion, mix with the cooked Egg Noodles. Make a Russian dressing—1 cup mayonnaise, 3 chopped sweet pickles, half can pimentos, 4 tablespoons Chili sauce, ($\frac{1}{2}$ cup whipped cream if desired). Garnish top with Poinsettia flowers, made by cutting the pimento into strips and arrange in the form of petals, yolk of hard boiled eggs for centers and thin strips of pickles for leaves and stems.

Egg Noodle Pudding:
1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1. 1 cup sugar, $\frac{1}{2}$ cup butter or substitute, 3 eggs, $\frac{1}{2}$ lemon (grated), $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup walnuts (chopped), 3 apples cut into thin slices, and $\frac{1}{2}$ teaspoon salt.

**Method:**—Cream butter and sugar, add eggs, lemon rind, raisins, walnuts, apples and salt. Mix thoroughly with Egg Noodles. Pour into a well greased dish and bake in moderate oven about 1 hour.
**Egg Noodles with Chicken and Mushrooms:** 1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1. 1 chicken, (while roasting), add 1 onion, 1 cup drippings, salt and pepper to taste, 1 lb. mushrooms.

*Method:*—Dress chicken and season. Place on its back in a dripping pan with plenty of fat. Sprinkle with salt and pepper and sliced onion. Place in hot oven, reduce heat after 15 minutes. Baste chicken every 10 minutes. It takes about 1 hour to roast a 4-lb. chicken. Peel mushrooms, cut the dried end off of stem, cook in boiling salted water 20 minutes.

Gravy for Roast Chicken—2 tablespoons fat, 2 tablespoons flour, 1 cup mushroom liquor or soup stock, ¼ teaspoon salt, ¼ teaspoon pepper.

*Method:*—Pour the fat from roasting pan, except 2 tablespoons, brown it with the flour, stirring constantly so that it becomes an even brown, add the soup stock or mushroom liquor and seasoning. Cook 5 minutes. Strain. Place roasted chicken on platter, surround it with the Egg Noodles, garnish with mushrooms and brown gravy.

**Egg Noodle Soup:** 1 package Mueller’s Egg Noodles (fine); cook according to recipe No. 1 (parboil 5 min.). 2 lbs. soup meat, 1 lb. bones, 2 carrots, 3 onions, 2 turnips, 2 cloves, soup greens, 1 tablespoon salt, ¼ teaspoon pepper, 1 can tomato pulp.

*Method:*—Put meat and bones in enough water to cover, when it boils, skim and add carrots, onions, turnips, etc., and simmer for 2½ hours. Strain through colander. Add cooked Egg Noodles and cook 5 minutes longer.

**Egg Noodles and Peanuts:** 1 package Mueller’s Egg Noodles, fine or wide; cook according to recipe No. 1 (parboil 5 min.). 1 cup peanuts, 2 cups milk, 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon salt, ¼ teaspoon pepper, 2 tablespoons bread crumbs.

*Method:*—Grind peanuts. Melt butter, add flour and gradually add milk and seasoning. Add peanuts. Put a layer of Egg Noodles in a buttered baking dish, then a layer of peanut mixture, etc., until all is used up. Sprinkle top with bread crumbs. Bake until brown.

**Egg Noodle Chow Mein Delight:** 1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1. ½ lb. pork, ½ lb. veal, ¾ cup boiled ham, 1 cup celery cut in thin strips, 1 cup sliced onions, ¼ lb. mushrooms or a bunch of radishes, 1 hard boiled
egg, paprika, 1 to 1 1/2 cups soup stock or canned consomme, 2 tablespoons fat, 1 tablespoon flour.

Method:—Cut meat in small pieces; brown in hot fat. Add celery, onion, stock; cook slowly until tender. Add boiled ham and mushrooms. Thicken the gravy with 1 tablespoon flour; season. Place Egg Noodles in serving dish covered with meat, garnish with hard boiled egg and paprika. Macaroni or spaghetti may be served the same way.

Egg Noodles and Sauerkraut: 1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1 (parboil 6 min.). 1 qt. sauerkraut, 1 lb. sausages, 1 teaspoon salt, 1/2 teaspoon pepper.

Method:—Place a layer of sauerkraut in the bottom of a casserole dish. Next a layer of the seasoned Egg Noodles, then a minced sausage. Continue until all is used up. On top place whole sausages, prick each with a fork. Cover dish tight and bake 1 hour.

Egg Noodles and Corn: 1 package Mueller’s Egg Noodles; cook according to recipe No. 1 (7 min.). 2 eggs, 3 tablespoons butter, 3 cups milk, 3 tablespoons bread crumbs, 1 cup corn, 1/2 cup chopped nuts.

Method:—Mix the corn, eggs, milk, nuts, seasoning and bread crumbs. Add to Egg Noodles. Pour mixed ingredients into a well greased baking dish. Sprinkle with bread crumbs and dot with butter. Bake as a custard until firm in a moderate oven.

Egg Noodle Chocolate Pudding: 1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1 (parboil 5 min.). 1/2 cup butter, 1/2 cup sugar, 3 eggs, 1 1/2 cups milk, 2 oz. sweet chocolate, 1 teaspoon vanilla, 1/2 cup walnuts, chopped fine.

Method:—Cream butter and sugar, add well beaten eggs and melted chocolate, walnuts, milk and vanilla. Add the Egg Noodles to this. Bake as a custard for 40 minutes. Serve with whipped cream.

Egg Noodle Pie: 1 package Mueller’s Egg Noodles (wide); cook according to recipe No. 1 (parboil 6 min.). 1 onion sliced, 4 tomatoes sliced, 1 lb. cooked beef or mutton, 1 teaspoon salt, 1/4 teaspoon pepper, 1/4 teaspoon grated nutmeg, 1 cup bouillon or soup stock, 1/4 cup grated cheese.

Method:—Line the buttered baking dish with the parboiled Egg Noodles, arrange the meat, cut in thin slices, onion and tomatoes in layers. Add seasoning, pour the stock over and cover the top with the remaining Egg Noodles. Sprinkle with bread crumbs and grated cheese. Bake in hot oven for 1/2 hour.
Thanksgiving Dinner

Menu
Stuffed Celery  Olives
Egg Noodle Soup (recipe page 16)
Roast Turkey  Brown Gravy
Cranberry Sauce
Whole Jellied Apples
Mueller’s Macaroni, Chicken Livers and Mushrooms (recipe page 6)
Hearts of Lettuce with Mayonnaise
Pumpkin Pie with Whipped Cream (recipe below)
Nuts  Raisins  Candy
Coffee

Pumpkin Pie Recipe

1 1/2 cups steamed and strained pumpkin, 2/3 cup brown sugar, 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/2 teaspoon salt, 2 eggs, 1 1/2 cups milk, 1/2 cup cream.

Method:—Peel pumpkin, cut in pieces; cook slowly for 4 hours with only water enough to keep it from burning. Slow cooking makes the pumpkin rich and sweet. When done, mash it and strain through colander. To the pumpkin add boiling milk, salt and spices. Beat eggs well and stir into the cream. Add this to pumpkin mixture. Add sugar, line pie plate with plain pastry dough, brush it over with white of egg. Crimp an ornamental border of puff paste around the pie and fill it with the pumpkin custard. Bake in moderately hot oven until firm in center and browned. This recipe makes 2 good sized pies. Add whipped cream.
Christmas Dinner

Menu

Elbow Macaroni Soup *(recipe page 12)*
Celery
Filet of Halibut
Roast Turkey
with garnish of Sausage and Watercress
Giblet Gravy
Mueller’s Spaghetti Souffle *(recipe page 10)*
Scalloped Onions
Cranberry Sauce
Plum Pudding *(recipe below)*
Stuffed Dates
Coffee
Salted Pecans
Candy

Plum Pudding Recipe

1 pound raisins, 1 pound suet, ½ pound flour, 4 eggs, ½ pint milk, ½ pound lemon peel, 1 pound currants, ½ pound sugar, 1 pound bread crumbs, ½ cup rum or brandy, ¼ citron peel.

*Method*:—Mix dry ingredients all together, then add liquids and beaten eggs. Put in well-buttered mold, set in saucepan with boiling water to reach one-half up its sides; now steam about 3 hours; turn out carefully on dish. Serve with wine sauce.
Good Menus for Summer

Breakfast  
Fresh Fruit  
Egg Noodles and Prunes  
Buttered Toast  
Milk

Breakfast  
Egg Noodle Custard with Fruit  
Muffins  
Milk

Luncheon  
Egg Noodle Soup  
Spaghetti a l'Ohio  
Fresh Green Peas  
Lettuce Russian Dressing  
Ice Cream  
Iced Coffee

Luncheon  
Spaghetti with Tuna Fish  
Fruit Salad  
Cocoa

Dinner  
Pickled Tongue  
Egg Noodle Poinsettia Salad  
Cheese and Crackers  
Cocoa

Dinner  
Vegetable Soup with Egg Alphabets  
Chow Mein Delight  
Lettuce and Tomatoes  
Cheese  
Iced Coffee

Breakfast  
Egg Noodles with Strawberries and Cream  
Bran Muffins  
Milk

Breakfast  
Elbow Macaroni Ham and Eggs  
Toast  
Milk

Luncheon  
Spaghetti Bird’s Nest  
Spinach  
Coffee

Luncheon  
Spaghetti and Vegetables  
Deep Dish Cherry Pie  
Coffee

Dinner  
Elbow Macaroni with Left over Meats  
Creamed Carrots  
Egg Noodle Chocolate Pudding  
Iced Tea

Dinner  
Macaroni Goulash  
Spinach boiled with Lettuce  
Elbow Macaroni Marmalade Pudding  
Iced Coffee
Good Menus for Winter

Breakfast
Elbow Macaroni and Eggs
Toast
Coffee

Luncheon
Spaghetti with Oysters
Stuffed Onions
French Cauliflower
Coffee

Dinner
Spaghetti Chicken Livers
and Mushrooms
Corn Fritters
Spinach
Egg Noodle Pudding

Breakfast
Egg Noodles with Prunes
Ginger Biscuits
Coffee

Luncheon
Egg Noodle Soup
Spaghetti with Tuna Fish
Lettuce
Chocolate Layer Cake
Tea

Dinner
Noodles, Sausages and Sauerkraut
Lettuce Hearts with
Chiffonade Dressing
Elbow Macaroni Apple Pudding
Coffee

Breakfast
Spaghetti with Sausage and Fried Apples
Breakfast Muffins
Milk

Luncheon
Macaroni with Bird's Nest
Lima Beans
Mashed Turnips
Plain Sugar Cookies
Coffee

Dinner
Planked Steak
Spaghetti Deviled
Tomato Cauliflower Souffle
Mince Pie
Coffee

Breakfast
Bananas with Lemon Juice
Cereal
Egg Noodle Pie
Coffee

Luncheon
Elbow Macaroni
Kidney and Cheese
Spinach
Mock Chicken Pie
Coffee

Dinner
Pea Soup
Lettuce with Russian Dressing
Spaghetti a la Ohio
Fricassee Veal
Cottage Pudding
Tea
How and Where Mueller's Foods are Made

Among the Food Factories of the world; those of the C. F. Mueller Co. have no superior in cleanliness and perfect order.

Mueller's Food Products were first placed on the market in 1867. The reasons why they were successful from the beginning, and in due time gained the enviable position of the world's leading macaroni products, should interest every housewife.

The Mueller "family" of foods, generally classed under the one name "macaroni," consists of macaroni, spaghetti, egg noodles and elbow macaroni. The remarkable success of this "family" is chiefly due to the nature and quality of the materials and painstaking care used in its manufacture.

Mueller's Macaroni and Spaghetti are made from farina, the heart of the wheat—containing the gluten cells which supply the body and muscle-building elements of meat, but in a purer and more digestible form.

Mueller's Egg Noodles are made of choice selected wheat and fresh eggs bought expressly for the Mueller factories, and selected and handled with the utmost care. Mueller's Egg Noodles are known as "the kind that made Mother stop making her own."

But these materials, although of the highest quality procurable, do not alone account for the supremacy of Mueller foods. The model factories, recognized leaders in all that is modern, sanitary and efficient, share the credit.
These great factories are without doubt among the finest examples of immaculate cleanliness and perfect order to be found among the food factories of the world. Machines, many of them invented and exclusively used by Mueller's, take the place of human hands wherever practical. The neatly uniformed workers are worthy of their surroundings. Every floor is filled with sunlight.

From the moment when the materials come in until the completed products are packed in their air-tight, triple-sealed cartons, every process is safeguarded, every phase of the work watched and supervised scrupulously, every care exercised to make certain the quality, purity, uniformity, delicious flavor and food value which have made Mueller's the most popular macaroni products in the world.
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