

WARTIME RECIPES

RELIEF WORK STEW.

One-fourth (or more) pound of beef. Two level teaspoons salt and bit of pepper, or salt to taste.
Two pounds potatoes. One-half teaspoon caraway seed or more if liked.
Two large onions. One-half teaspoon caraway seed or more if liked.
One tablespoon potato or barley flour.

Use an iron kettle if you have it. Cut the meat into tiny pieces, brown in a very little fat. Cut the onion up and brown with the meat, until all is a rich brown color. Add the flour, stir well, then add the seasoning and water. Dice the potatoes, put in the kettle, add enough water to just cover, then cover the kettle closely, and let it simmer slowly until the potatoes are tender, and the meat flavor has gone through the potatoes. This dish, as one woman remarked, makes one feel as though one had eaten a great deal of meat. More meat than the above can be used, but it is fine as given. This is a recipe which I learned in Europe, during my stay there helping with the relief work for the prisoners of war. MRS. C. HOFFMAN JR., Phillips, Wis.

POTATO BISCUIT.

One cup cold mashed potatoes. Four teaspoons baking powder.
One cup rice flour. Two tablespoons fat.
One-third cup milk. One-half teaspoon salt.

Sift dry ingredients and add to the potato; work in the fat and add milk to make a soft dough. Drop on a greased pan and bake in a moderate oven.

ELIZABETH GERHARD,
Purdue University, Lafayette, Ind.

COTTAGE CHEESE.

"Eat one pound of cottage cheese, which has a food value of one pound of meat," says the department of agriculture.

To make this cheese successfully, put a gallon of sour milk on the stove or range, where it is not too hot, let it heat until the whey rises to the top, but be careful that it does not boil, as this toughens and hardens the curd. Place a piece of thick cheese cloth over a sieve, and pour this whey and curd into it, leaving it covered to drain two or three hours, then put it into a dish and chop fine with a spoon, adding salt to taste, and melted butter or cream [sweet or sour]. Mix salt and cream through the mass, working it fine with the hands into small flat balls. Keep in a cool place.

In serving, this may be varied by adding a few chopped olives, if liked, or a few chopped olives and nuts. Served on a lettuce leaf, and sprinkled with paprika, it makes a very appetizing as well as inviting appearance, and is delicious served simply with bread and butter.

This cheese may be made of sweet milk by forming the curd with prepared rennet, but in most localities sour milk is cheaper.

MISS ELIESE S. GALLET, Chilton, Wis.

KALE SOUP—[Vegetarian].

Two quarts water. Two level teaspoons dried kale.
One-half cup steel cut oatmeal. Two level teaspoons salt.
One small onion cut up fine. Pepper.
Lump butter.

Oatmeal should be added to boiling water and simmered slowly for two hours; onion, potatoes and kale added the last half hour; lump of butter in tureen.

NOTE: Kale is a curly, dark green cabbage, on the market late in fall (after frost). Should be washed carefully and placed on wrapping paper on top of radiator or in oven to dry. Remove stems and crush balance. Dries quickly; remains a fine color and keeps indefinitely in a bottle or jar.

KATHERINE E. COOPER,
4611 Magnolia Ave., Chicago.

SAILOR'S STEW.

Three pounds potatoes. One-fourth pound chopped beef ground fine.
Two ounces onions.

Put two cups of water in pan. Add chopped beef and heat well with a fork. Bring to the boil, stirring all the time to prevent lumps forming. Cover and let simmer for five minutes. Peel potatoes and cut them into inch squares. Cut up onions and add them all to the boiling meat with two additional cups of water. Add pepper and salt. Stir well. Cook until potatoes are tender. Must not be sloppy.

JESSIE H. CLARKE,
3433 West Lake St., Chicago.

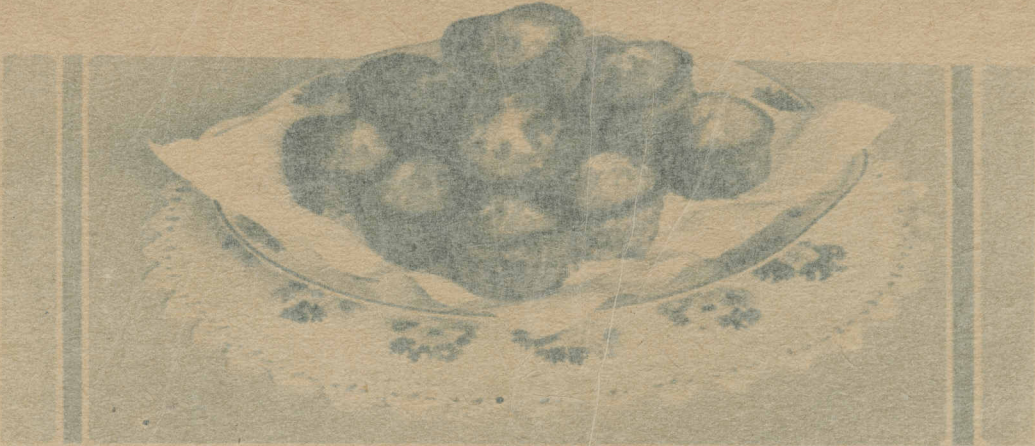
Have you sent in your recipe for "The Tribune's" Wartime Recipes contest yet? Don't delay with yours. It may be the one to get the \$500 prize.

In all 126 prizes are offered—six capital prizes of \$500 to \$25 each and 120 prizes of \$10 each. For every recipe accepted and published \$10 will be paid. The first ten successful recipes are published on this page and ten recipes will be published each Sunday up to and including July 21st.

Write recipes plainly on one side of paper. Sign your name and address and send to

"Wartime Recipes"

THE CHICAGO TRIBUNE



RICE FLOUR CUP CAKES.

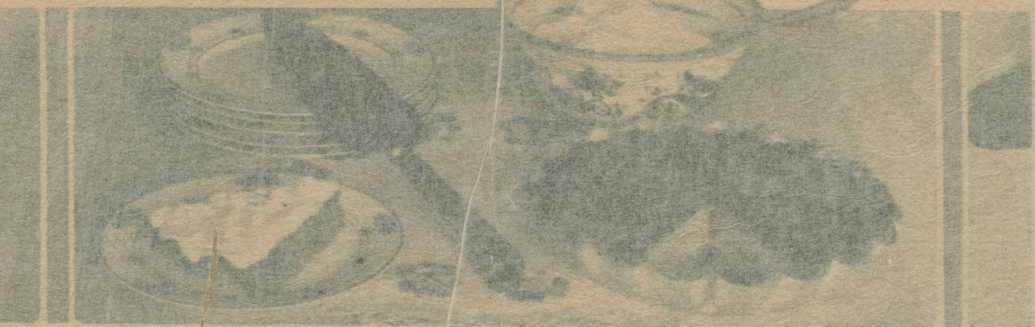
Three-quarters cup rice flour. Two-thirds cup sugar. One-half cup butter or butter substitute.

Two tablespoons wheat flour. One teaspoon baking powder. One egg. One-half cup warm milk.

One-half cup small seedless raisins, or flavoring if no fruit is used.

Mix the rice flour, sugar, and fruit. Add the eggs well beaten and the butter or butter substitute melted. Then gradually the warm milk and the wheat flour, into which the baking powder has been sifted. Bake thirty minutes in muffin pan or cup cake pan in moderate oven [300 to 350 degrees].

MRS. JUDSON D. McCARTHY, 7133 Coles Ave., Chicago.



CARROT PIE.

Two cups carrots [boiled soft and mashed fine]. One and one-half cups sweet milk.

Two eggs [well beaten]. Three tablespoons corn syrup.

One-half teaspoon each cinnamon and nutmeg.

Mix ingredients together and bake with one crust in moderate oven.

WITH LIBERTY PIE CRUST.

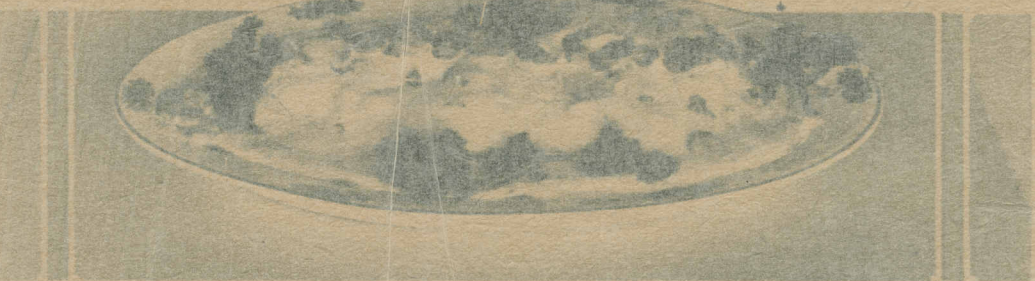
One-half pint oat flour. One-half pint barley flour. Ice water.

Two tablespoons lard substitute.

One-half teaspoon salt [sifted with flour].

Chop in shortening with knife; drip the water into the flour, and work up with a knife until it forms a stiff dough.

MISS MARIE WICKE, Cedar Rapids, Iowa.



MEAT SAVER.

Take pike, perch, trout, crappies, or sunfish and clean thoroughly, and sprinkle with salt. Place on the stove a kettle containing a quart of water and add onion, carrots, and parsley and a little pepper. Boil down until half the quantity of water remains. Wash salt off the fish and put into kettle. Let cook slowly for about fifteen minutes, then turn fish. Then pour on a pint of sweet milk, reserving about a fourth of a cup into which stir cornstarch to thicken the gravy, and add when the whole boils up. Add a little butter and salt to taste. Boil just a few minutes and then serve with plenty of potatoes.

MRS. ADOLPH MENDHEIM, 5633 Wayne Ave., Chicago.



SANDWICH FILLING.

Cook until tender one cup of sliced calf's liver in water to cover with one onion, a bay leaf, a blade of mace, and several peppercorns and cloves. Leave it in the liquor and when it is cool put in refrigerator until wanted. When ready to fill sandwiches drain the liver and put in the chopping bowl with one small onion, one tender stalk from heart of celery, and two hard boiled eggs. Chop to a paste and mix with one tablespoon of butter. Season with salt and paprika. This paste between slices of rye bread makes delicious sandwiches.

MRS. SYLVIA B. FRIEDMAN, 708 1/2 N. Fifth St., Springfield, Ill.



FRUIT AND NUT SQUARES.

Soak dried prunes in water about an hour, and after removing the pits, grind in a meat grinder with equal quantities of figs and raisins. Dates may be used in place of or in addition to the raisins, according to how sweet you wish the mixture. Add about one-fourth as much ground walnut meats as you have fruit. [The proportion of nuts may vary to suit the taste.] Flavor with a dusting of dried orange peel that has been reduced to a powder by pounding in a mortar or crushing with a rolling pin. Add a few spoonfuls of lemon or orange juice to moisten the fruit paste, if too dry. Mix thoroughly and pack into a shallow pan that has been dusted with powdered sugar to prevent sticking. Mark off into squares.

FRANCES RUTNER, 537 Fifth St., Traverse City, Mich.