

## MEATS

**A Nice Way to Roast Beef**—Rump roast, boned and rolled, about six pounds,  $\frac{1}{2}$  pound suet. Cut up suet and let it get hot, have meat washed and dried. Put in aluminum kettle and turn both sides. Then season and cover very closely. Do not put a bit of water on meat and turn gas very low. Cook about three hours or better. The steam cooks the meat very tender and juicy. Remove from kettle, add water and make gravy.—Mrs. Freshour.

**Baked Pork Chops**—One pound pork chops, roll in Thoman's Moss Rose flour, add salt and pepper then place in buttered spider and fry until brown. Remove from spider and place in baking dish and cover with milk, put in oven and bake 1 hour.—Mrs. C. T. Levering.

**Baked Ham**—Buy slice 2 inches thick or more from center of ham. Remove outside edge and skin, rub thoroughly with Thoman's Moss Rose flour, Quaker mustard and stick full of Quaker cloves. Cover with hot water and bake 2 hours.

**Beefsteak Rolled**—Spread a round steak with a layer of dressing, begin at one end of steak and roll it carefully. Tie the roll to keep in shape, bake in oven, basting often, make a gravy of drippings when ready to serve.

**Ham Loaf**—One pound mild ham, 2 pounds lean pork steak (ground), 1 cup bread crumbs,  $1\frac{1}{4}$  cups milk. Bake 40 minutes.—Mrs. Wallace.

**Chicken En Casserole**—Clean and separate fowl into pieces at joints. Chop fine 1 onion and about 1 ounce of ham, melt  $\frac{1}{4}$  cup of butter in frying pan, in this brown the chicken, removing them as cooked to the casserole. Then brown the onion and ham in the pan and add these to the casserole with 1 quart of hot broth or boiling water, 1 pint hot stewed tomatoes, 1 cup boiled rice, 1 teaspoon salt and 1 sweet green pepper sliced fine. Cover dish closely and let simmer in oven  $1\frac{1}{2}$  hours. Chicken or any foods which require slow cooking are delicious cooked in this manner.

**Company Irish Stew**—Put  $\frac{1}{4}$  pound suet in kettle. When fat is rendered out of it remove cracklings and slice 1 onion into fat and cook until a nice brown, cut the 2 pounds round steak in 2-inch squares, throw into the kettle. Shake 2 tablespoons flour over meat and stir over fire until browned. Now add  $1\frac{1}{2}$  pints boiling stock or water with 1 carrot and bayleaf, 1 tablespoon kitchen bouquet, 1 teaspoon salt and pepper, bring to boiling point and simmer  $1\frac{1}{2}$  hours. Ten minutes before meat is done make dumpings and serve around the meat.

**Chicken a La King**—Three and  $\frac{1}{2}$  pounds of young chicken, 1 can broken mushrooms, 1 large green pepper, 1 pimento, 1 can peas, 1 can asparagus tips,  $\frac{1}{2}$  cup chicken fat or butter,  $\frac{1}{2}$  cup flour, 2 cups chicken soup,  $\frac{1}{2}$  cup cream, salt, pepper, 2 yolks of eggs. Boil chicken, cut large white and dark pieces with scissors in thick strips 2 inches long, cut pepper in thin strips, pimento in small pieces. Drain the mushrooms and peas, heat the fat in a spider, add flour when bubbling, add soup, stir until thick and smooth, season with salt and paprika, add liquid from mushrooms stir and to  $\frac{1}{2}$  of this sauce add the chicken and place where it will keep hot, to the rest of the sauce add the cream, stir until smooth, add the peppers, peas, mushrooms and pimentos, add, just before serving, the yolks of 2 eggs first dissolved with a little of the hot sauce. Put chicken with gravy in large serving platter, on top of this add mushrooms and pepper mixture and garnish with asparagus tips in pepper rings placed at equal distances around edge of platter.—Mrs. Delmer L. Wing.

**Chop Suey**—Use 2 pounds of veal steak and  $\frac{1}{2}$  pound pork steak diced. Add 1 can sprouts, 3 cups diced celery, 1 teaspoon salt, 1 bottle LaChoy Sauce, 1 can mushrooms, 3 cups of onions cut fine, 1 tablespoon sugar and  $\frac{1}{2}$  teaspoon pepper. Dice meat and fry in kettle until brown, add some water and let cook until very done. Add sugar, salt, pepper and La Choy Sauce for the last  $\frac{1}{2}$  hour. Cook onions and celery until done, about 15 or 20 minutes. Care must be taken that onions do not cook to pieces. Then combine with meat, adding mushrooms and sprouts. Let heat through and serve with steamed rice. Both meat and vegetables should be cook dry, so that there will be almost no liquor. Serves 8 people.—Mrs. M. S. Graham.

**Dumplings**—Two cups Thoman's Moss Rose flour, 4 teaspoons Queen Flake baking powder,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons butter,  $\frac{3}{4}$  cup milk. Do not cover, cook 3 minutes.—Mrs. W. D. Baltz.

**Casserole of Meat**—One cup diced carrots, 1 cup diced potatoes,  $\frac{1}{4}$  cup diced turnip, 1 large onion, salt and pepper.

Spread steak with paste made of butter and flour. Cut meat to fit the casserole. Oil casserole well with bacon fat. If the steak is cut in three pieces put a third of the vegetables in the casserole. Arrange them in layers, slicing the onion through them. Season with salt and pepper and add a piece of meat. Continue layer for layer of meat and vegetables until all is used. Add 1 cup boiling water, cover and bake  $1\frac{1}{2}$  hours in the morning and 1 hour at dinner time. Serve from casserole.

**Dried Beef With Eggs**—One-fourth pound dried beef, 4 eggs, 2 tablespoons butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{8}$  teaspoon pepper. Melt butter in frying pan, add beef pulled into bits, cover and cook 3 minutes, add milk and eggs, unbeaten. Season with pepper. Cook over a slow fire, lifting and mixing with a fork. When the mixture is dry and rather fluffy serve immediately as longer cooking will make the milk and eggs separate.

**Veal Birds**—Two slices veal steak cut  $\frac{1}{4}$  inch thick,  $1\frac{1}{2}$  cups bread crumbs,  $\frac{1}{2}$  cup nut meats, 2 tablespoons butter, 1 egg, hot water,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, flour. Trim steak and cut in small oval shaped pieces. Mix bread crumbs and nuts with melted butter. Add egg, unbeaten, and mix well. Add water to make moist enough to hold mixture together. Season with salt and pepper. Put some of the stuffing in the center of each piece of meat, pull edges together and pin with toothpicks. Roll in flour and bake in a moderate oven 45 minutes, basting frequently with one tablespoon butter melted in  $\frac{1}{2}$  cup water. Make a cream gravy with the liquor in the pan.

**Creamed Dried Beef**—One-fourth pound dried beef, 3 tablespoons butter, 2 tablespoons flour,  $\frac{1}{8}$  teaspoon pepper, 2 cups milk. Remove any stringy portions from meat. Melt butter in frying pan, add beef and cook until the edges curl. Sift over flour and stir until well blended. Add milk slowly, stirring constantly. Cook until thick and smooth. Serve on triangles of toast or with baked potatoes.

**Macaroni With Dried Beef**—One cup broken macaroni, 1 cup chipped dried beef, 2 cups canned tomatoes,  $\frac{1}{8}$  teaspoon pepper, coarse bread crumbs, butter. Cook macaroni in boiling salted water for 20 minutes. Drain and rinse in cold water. Put half the macaroni in a buttered baking dish, add beef and cover with remaining macaroni. Pour over tomatoes. Cover with bread crumbs, dot with bits of butter and bake half an hour in a moderate oven. The macaroni will absorb the tomato juice and the dried beef adds a delicious flavor.

**Ham Timbales**—One cup ground cooked ham,  $\frac{1}{3}$  cup soft bread crumbs,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon Quaker paprika, 1 egg,  $\frac{1}{2}$  cup milk. Mix ham, salt, crumbs and paprika, add egg well beaten with milk. Pour in a well buttered tin or mould, place in a pan of hot water and bake 30 minutes in a moderate oven. Serve hot or cold.—Mrs. Agnes Bentges.

**Ham with Potatoes**—Put in a baking dish a layer of sliced potatoes then a slice of ham then a layer of potatoes and so on until dish is full enough. Cover with milk and bake, when potatoes are done meat will be done.

**Ham Loaf**—One and one-half pounds fresh lean pork,  $\frac{1}{2}$  pound smoked ham ground together, 2 eggs, 1 cup milk, 1 cup bread crumbs, mix all together and bake in moderate oven 45 minutes. Serve with creamed peas.—Helen Fowler.

**Baked Ham**—Take slice of ham which is not too salty, 1 inch thick, put in baking dish, cover with milk and bake 1 hour.—Emma Campbell.

**Hamburg and Tomato Sauce**—One pound hamburger, 1 egg, 1 bunch celery, 1 green pepper. Put celery and pepper through grinder, add enough Thoman's Moss Rose flour to form balls. Cook 30 minutes in 1 cup tomato soup and  $\frac{1}{2}$  cups water.

**Mexican Roast**—One and one-half pounds round steak, cut from 1 inch to  $1\frac{1}{2}$  inches thick. Pound in with the edge of a plate all Thoman's Moss Rose flour you can on both sides. Sear in a hot spider, then put salt, 2 or 3 spoonfuls canned tomatoes, 1 sliced onion and a sliced green pepper or pimento on top. Pour over hot water and let simmer for  $2\frac{1}{2}$  hours. Thicken sauce for gravy and pour over the meat. Very tender.—E. L.

**Minced Lamb With Olives**—Toast small pieces of bread and keep hot. Remove the skin and gristle from lamb and chop the meat. Add gravy to moisten, then add  $\frac{1}{2}$  cup of chopped green olives. Season with pepper and salt. After a thorough heating place on the toast. Arrange on a platter.

**Pot Roast With Tomatoes and Noodles**—Two pounds of round steak cut for pot roasting, small piece of suet, 3 cups canned tomatoes,  $\frac{1}{4}$  teaspoon pepper, 1 tablespoon butter, 2 tablespoon Quaker pickling spice, 2 small onions, 1 pound noodles, 2 tablespoons salt. Sprinkle meat with the pepper and salt. Dice the suet and try out in a deep iron kettle. When the fat is very hot place the meat in the kettle and brown quickly. Add the onions, tomatoes and the spices from which the red peppers are removed. Cook slowly 2 hours or until the meat is tender. Remove meat from kettle. Skim out spices. Thicken the liquid with a flour paste for a gravy in following manner: Mix 3 tablespoons of Thoman's Moss Rose flour with 1 tablespoon of cold water. When smooth add to it a little of the hot mixture and when well blended pour it gradually into the hot liquid. Continue to stir until the gravy is smooth. Cook the noodles in boiling salted water 20 minutes, drain and blanch in cold water. Cook  $\frac{1}{3}$  of noodles in the hot fat until crisp. Serve the noodles around the meat, with the crisp noodles sprinkled over the top. Accompany with the gravy.—Good Housekeeping.

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**One Piece Meal**—Put in buttered pan a layer thinly sliced raw potatoes, next a layer of sliced raw onions, then over that  $\frac{3}{4}$  cup uncooked rice, then 1 pound hamburger steak and over that 1 quart of canned tomatoes. Season each layer with salt, pepper and butter. Bake in covered dish 1 hour. Take off cover and brown.—Mrs. Harvey Bortle.

**Pressed Veal With Olives**—Boil or roast 4 pounds of veal, then grind and season with salt and pepper, adding all the liquor of meat. Mix well, put into small cups, press two olives in each cup and when cold turn out on lettuce and serve with Quaker salad dressing.

**Veal Loaf With Mushrooms**—Two pounds of veal,  $\frac{1}{2}$  pound fresh pork chopped. Soften 1 cup stale bread crumbs in milk. Add to meat  $\frac{1}{2}$  cup of chopped mushrooms, salt and pepper. Add two beaten eggs. Mix thoroughly and shape in long roll and place in shallow pan. Dredge with Thoman's Moss Rose flour, pour around the loaf the liquor from the can of mushrooms. Bake  $\frac{3}{4}$  hour. Thicken sauce with 2 tablespoons each of butter and flour, rubbed together. Add the balance of mushrooms chopped and pour around the roll on the serving platter. Canned tomatoes may be substituted for the mushrooms.—Franc Gardner.

**Pork Chops With Sauer Kraut**—Put in a baking dish a layer of sauer kraut then layer of pork chops, season with pepper, then a layer of sauer kraut, add as many chops as you have people to serve, bake 1 hour.

**Steak a La Sam Ward**—Take 3 pounds round steak cut  $1\frac{1}{2}$  inches thick. Heat suet in roaster on top of range and when hot put in meat which has been washed, dried and rolled in flour. Let brown on both sides being careful not to burn. Put in oven with  $\frac{1}{2}$  cup of water poured around. Cover roaster and let cook  $2\frac{1}{2}$  hours, then add vegetables, carrots, onions, small diced potatoes, let cook together and when taken out on platter place vegetables around the meat also adding potatoes, either rosettes or put through ricer. Season gravy with kitchen bouquet and pour over.—Mrs. Arthur Caldwell.

**Southern Chicken**—One chicken, 1 bayleaf and onion, 6 Quaker cloves, white sauce, 1 red or green pepper, eggs, paprika and parsley. Dress, clean and cut up the chicken, put into a kettle, cover with boiling water, adding the bayleaf, onion and cloves. Boil rapidly five minutes, then simmer until done. Cut the chicken in small pieces and mix with cream sauce to which you have added the sweet pepper cut in small pieces. Mix well with the chicken using enough white sauce to have the mixture very moist. Put into ramekin dishes or custard cups, set in a pan of hot water, bake ten minutes. Serve a poached egg on top with a dash of paprika or finely chopped parsley. This is a nice luncheon dish or as an entree at dinner.

## EGGS

**Egg Croquettes**—Two tablespoons butter, 2 tablespoons Thoman's Moss Rose flour,  $\frac{3}{4}$  cup milk, 6 hard cooked eggs, 1 teaspoon chopped parsley,  $\frac{1}{2}$  cup chopped cooked tongue or ham. Salt pepper and grated nutmeg to taste, 1 egg, bread crumbs. Chop eggs and mix them with ham, parsley and seasonings, melt butter, stir in flour then add the milk and boil 3 minutes stirring all the time. Add egg mixture and, if required, more seasoning. Cool mixture then divide it into 9 portions and make each into a neat croquette, brush over with the egg beaten with a tablespoon of water. Roll in bread crumbs and fry in hot butter. Drain and garnish with fresh parsley. Will make 9 croquettes.—Committee.

**Omelet**—Four eggs, 1 cup bread crumbs, a small piece of butter, 1 cup hot water. Soak bread crumbs in the water, beat yolks and whites separately. Add yolks first, then fold in whites. Pour in buttered dish and bake. Serve hot.—Committee.

**Baked Omelet**—One tablespoon butter, 4 eggs, 8 tablespoons milk,  $\frac{1}{4}$  teaspoon Quaker cornstarch, 2 tablespoons water, salt and pepper to taste. Beat eggs well, add milk and beat again. Add butter, seasoning and cornstarch mixed with water. Turn into a buttered fireproof dish and bake in moderate oven 15 minutes.—Mrs. H. B. McKale.

**Devilled Eggs**—Eighteen hard cooked eggs, 1 cup Quaker mayonnaise, 2 teaspoons salt,  $\frac{1}{4}$  teaspoon Quaker paprika, 1 tablespoon chopped parsley, 1 tablespoon chopped green pepper, 6 pimentos, stuffed olives chopped fine. Remove shells from eggs and cut in halves lengthwise. Carefully remove the yolks. Mash them well and add all the rest of the ingredients. Blend thoroughly. Refill the egg cases and pile the filling in a rounding effect over the top. Garnish with a small bit of parsley on top of each egg. Arrange around chicken loaf or on a platter edged with shredded lettuce.—Mrs. Hoyt Woodman.

**Escalloped Eggs**—Four hard cooked eggs, 2 tablespoons butter, 2 tablespoons Thoman's Moss Rose flour, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon Quaker pepper,  $1\frac{1}{4}$  cup milk,  $\frac{1}{3}$  cup cheese,  $\frac{1}{2}$  cup crumbs, 1 tablespoon melted butter. As soon as eggs are cooked, crack the shells and drop into cold water. Let stand until cold. Melt butter, add flour, salt and pepper, when blended add the milk. Cook the mixture until it is creamy. Add the cheese and the hard cooked eggs diced. Pour into a buttered baking dish. Sprinkle the crumbs combined with the melted butter over the top. Bake in a moderate oven for 20 minutes.—Committee.

## VEGETABLES

**Boston Baked Beans**—Soak 3 cups of beans over night. Drain. Cut 1 pound of salt pork into inch squares and put in the bottom of a bean pot. Add beans, 1 teaspoon sugar, 2 tablespoons molasses, 1 teaspoon Quaker ground mustard, 1 teaspoon salt. Cover all with water and bake all day adding water as needed.—Mrs. Charles Allen.

**Baked Onions**—Four onions,  $\frac{1}{8}$  pound bacon,  $\frac{1}{4}$  cup bread crumbs,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon bacon fat, 3 tablespoons hot water, dash of pepper. Peel onions and boil them slowly until tender but not soft, then drain. Scoop a small section out of the top of each onion. Place the onions in baking dish, fill cavities with chopped uncooked bacon, also lightly cover the tops of the onions with the bacon. Sprinkle with the salt and pepper, add bread crumbs, pour bacon fat and hot water around onions and bake until the onions are brown, about 40 minutes.—Committee.

**Baked Potatoes and Cheese**—Six baked potatoes,  $\frac{1}{3}$  cup hot milk, 2 teaspoons salt,  $\frac{1}{4}$  pound cheese shredded,  $\frac{1}{8}$  teaspoon Quaker paprika. Cut potatoes in half lengthwise and scoop out the centers. Mash thoroughly. Rub cheese through grater, add to hot milk and beat with egg beater until smooth. Mix with the potatoes, add seasoning and whip until light and creamy. Refill the potato shells and bake in a hot oven for 10 minutes.—Committee.

**Peas, French Style**—Two quarts peas, 4 tablespoons butter, 1 tablespoon Thoman's Moss Rose flour, 1 teaspoon sugar, 2 teaspoons salt,  $\frac{1}{4}$  white onion chopped,  $\frac{1}{2}$  teaspoon chopped parsley,  $\frac{1}{4}$  cup boiling water. Melt the butter over a moderate heat, add salt and sugar and then the peas. Cook slowly until the skin of the peas begin to wrinkle. While cooking shake the pan frequently, but do not stir the peas. When cooked, dredge with the flour and shake the pan until the butter and flour are blended. Then add the onion, parsley and the boiling water. Cook until the peas are tender.

**Cauliflower in Cream Sauce**—One head cauliflower,  $1\frac{1}{2}$  tablespoons Thoman's Moss Rose flour, salt to taste. Trim off the leaves of the cauliflower and let it soak in cold salted water for  $\frac{1}{2}$  hour. Drain. Cover with boiling salted water, using 1 teaspoon of salt for each quart of water, cook until tender, drain and separate into small sections. Make a cream sauce as follows: Melt the butter, add the flour and when well blended add milk slowly. Salt to taste, cook until the sauce thickens. Place the cauliflower in a baking dish, cover with cream sauce and then sprinkle the cheese over the top. Bake until the cheese is brown.

**Candied Sweet Potatoes**—Twelve medium sized sweet potatoes, 1 cup corn syrup,  $\frac{1}{3}$  cup brown sugar, 3 tablespoons butter, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon Quaker paprika,  $\frac{1}{4}$  cup water, peel potatoes and cut in halves lengthwise, arrange in well buttered pan, mix the corn syrup, sugar, butter, salt, paprika and water, boil without stirring 2 minutes. Pour over potatoes and brown in a moderate oven 1 hour, baste often. Cover with lid for first  $\frac{1}{2}$  hour.

**Early Summer Spinach**—Two quarts spinach, 2 tablespoons butter, 2 eggs, 2 teaspoons salt, dash of pepper,  $\frac{1}{2}$  teaspoon chopped onion. Wash the spinach thoroughly, cover with barely enough boiling water to keep it from burning, drain and mash. Melt the butter in a skillet, add the spinach and chopped onion. When thoroughly heated stir in the eggs well beaten and remove from the stove when the eggs are cooked soft.

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**Summer Squash and Onion**—Two summer squash diced, 1 cup minced white onions. 4 tablespoons butter, 2 teaspoons salt,  $\frac{1}{4}$  teaspoon pepper. Wash squash and remove seeds. When diced should have 2 quarts. Melt butter in stew kettle, add onions and cook until onions are light brown. Then add squash, salt and pepper, cover the kettle and allow the mixture to cook over a low flame without stirring for 10 minutes. Continue cooking for 30 minutes, stirring frequently to keep the squash from burning. Sprinkle with paprika when ready to serve.

**Baked Eggplant**—One small eggplant,  $1\frac{1}{2}$  teaspoons salt, 2 tablespoons chopped green pepper, 1 tablespoon butter,  $\frac{1}{2}$  cup grated cheese, dash of pepper. Crumbs from 2 slices of bread. Peel the eggplant, cut in rather thick slices, sprinkle with salt, let stand under a heavy weight for 1 hour then cover the eggplant with boiling water, add 1 teaspoon salt and cook until tender, but not mushy. Drain off the liquid and chop the eggplant into small pieces. Place  $\frac{1}{3}$  the quantity in a buttered baking dish, sprinkle lightly with salt, pepper and green peppers, bread crumbs, cheese and bits of butter. Add the rest of eggplant, cover with grated cheese and bread crumbs, bake 35 minutes.—Mrs. Mignon Walter.

**Quickly Prepared Sweet Potatoes**—Pare potatoes and cut in thick slices. Place in pan in layers, seasoning each layer with salt and sugar. Keep water enough in bottom of pan to prevent burning. Put over slow blaze and steam until tender. Serve with butter.—Roy V. Henderson.

**Cheese and Rice Croquettes**—One cup pimento loaf cheese shredded, 2 cups cold boiled rice, 1 cup milk,  $\frac{1}{4}$  cup butter,  $\frac{1}{3}$  cup Thoman's Moss Rose Flour. Make a thick sauce of the milk, butter and flour, add cheese, stir until melted, salt to taste, cool, mix with rice, shape. Roll in fine bread crumbs, dip in egg beaten and diluted with 2 tablespoons cold water. Roll in crumbs again and fry until brown in deep fat.

**Scalloped Asparagus**—One bunch asparagus, 1 cup fine bread crumbs,  $\frac{1}{2}$  cup thin cream, 2 tablespoons butter, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, few drops onion juice. Clean asparagus, cut into short lengths, barely cover with boiling water and cook slowly until tender. Drain and save the liquor. Melt the butter and pour over the bread crumbs. Arrange the asparagus and the bread crumbs in alternate layers in a greased baking dish, sprinkle with salt and pepper and the onion juice. Cover top layer with crumbs. Add the cream to the asparagus liquor, heat to a boiling point then pour over the asparagus mixture. Bake about 15 minutes.