Royal Toast– It Speaks For Itself

When the occasion arises, whether it be a day when father is home for lunch, or a Sunday night supper, or late in the evening after an unsatisfactory dinner at the Jone', don't miss the chance to earn praise with

ROYAL TOAST

1½ cups Sanish sauce
3 chicken livers
½ cup chopped smoked tongue
1 cup cold chicken
12 mushrooms
5 slices bread, 1 inch thick
Butter
Salt and pepper

Put the Spanish sauce in a saucepan, and add to it the mushrooms, which have been peeled and sliced thin, and the chicken livers cut in two. Simmer very gently, with sauce pan covered, until the livers are done then add the cut up chicken and tongue, and heat without boiling. Cut the crusts from the bread, and from the middle of each slice cut a round piece with the smallest sized cookie cutter. Fry both the rings and the round pieces in butter until a golden brown on both sides. Put the rings on a hot platter, cover them with an abundant helping of the meat mixture, and place the round pieces on top of each slice.

Any cold left-over meats may be substituted for those indicated, although the dish usually has tongue as a base.

SPANISH SAUCE

1 pint soup stock
4 scant tablespoons flour
2 tablespoons butter
1 tablespoon chopped raw ham
1 onion
1 small carrot
1 whole clove
Salt and pepper
1 sprig parsley

Put butter and ham in a saucepan, add flour to it, and stir over a low fire until lightly browned. Pour in gradually the stock; add sliced onion, clove, acrrot, parsley, salt and pepper. Simmer gently one hour. Skim off all grease, strain and use.

Delicious Dressings That Can Be Made In Five Minutes

A new dressing makes a new salad even if it is served on the identical kind of salad green we have been eating every day for years. Here are some delicious dressings that can be made in five minutes and, best of all, they are guaranteed failure-proof. They make the family much more enthusiastic about their quota of greens that is such an important part of the health budget.

COLE SLAW DRESSING

1 1-3 cups (1 can) sweetened condensed milk
1 teaspoon salt
½ cup vinegar
1 teaspoon dry mustard

Blend thoroughly sweetened condensed milk, salt, vinegar and mustard. Stir until mixture thickens. Allow to stand a few minutes to stiffen. This makes an especially good dressing for cole slaw.

MUSTARD SALAD DRESSING

¼ cup sweetened condensed milk
¼ cup tomato catsup
¼ cup prepared mustard

Thoroughly blend sweetened condensed mlik, tomato catsup and prepared mustard. Makes ¾ cup.

The Amateur Chef

As an aid to the already worried housewife—whose husband is turning into an amateur chef we have decided to give an occasional recipe—the type recipe that we hope will appeal to his culinary imagination.

As a starter here is a dish for

SHRIMP A LA MARINERA

18 large shrimp
2 tablespoons olive oil
1 bay leaf, minced
1 onion, chopped
1 clove garlic, minced
1 teaspoon parsley, minced
Salt
Pepper
1 cup dry white wine

Thoroughly wash and shell the shrimps.

Slowly fry the onion in olive oil. add garlic, bay leaf, and parsley, and fry; add pepper and shrimps and fry for 3 minutes. Then add wine and a little salt. Cook gently for 20 minutes. The sauce may be thickened with a teaspoon of cornstarch melted in a little water, if desired.

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Come Sunday Night Supper

There will always come a time Sunday evening, provided of course, that we didn't have a very late dinner, that the family will start showing signs of hunger. This is the "get up and go" sign to mother because when her family is hungry there's only one thing to do about it.

How nice it would be on this particular Sunday night to serve supper in the living room for a change—on little tables before the fire for instance—and with a supper that is simple it's no trouble at all to serve there. And as in this Sunday's menu you can nicely and easily serve cold sliced ham, etc., to tomato and Boston bean salad being made thusly:

TOMATO AND BOSTON BEAN SALAD

6 firm tomatoes
1 small can oven baked beans, Boston style
3 tablespoons India relish
2 tablespoons stuffed olives chopped
Mayonnaise
Lettuce

Cut a thin slice from top of tomatoes, remove seeds, sprinkle with salt and invert to drain. To the oven baked beans, add relish and olives. Moisten with mayonnaise. Mix thoroughly and stuff tomatoes. Top each with a spoonful of mayonnaise and place a narrow strip of tomato crosswise over the top as a garnish. Serve in a nest of crisp lettuce.

Nearly all of us have a pet recipe for biscuits so we'll skip over them this time and go on to the dessert—and that'e really something—caramel ice cream, made right in your own refrigerator and not a difficult recipe either—in fact, very simple once you learn how it's done.

CARAMEL ICE CREAM

2 cups milk
2-3 cu sugar
¼ cup hot water
2 tablespoons cornstarch
Dash of salt
3 eggs
1 cup whipping cream
1 teaspoon vanilla

Heat the sugar in a heavy frying pan stirring until melted and light brown in color. Add one-quarter cup hot water and stir until smooth. Scald 1½ cups milk in top of double boiler. Mix cornstarch, salt, then moisten with ½ cup cold milk. Add to hot milk and cook for 25 minutes, stirring occasionally, then add the caramel plus one tablespoon of sugar. Beat three egg yolks and one egg white, add the hot custard, return to the double boiler and cook for five minutes. Chill over ice cubes and water. Whip two egg whites until stiff and add vanilla and finally the cream which has been whipped until thick but not stiff. Freeze without stirring at a high temperature. When frozen, reset to lower temperature until used.

Stuffed Flank Steak Will Ease Presure On Family Budget

The fact that a woman went outside her budget one week is so common now days that one doesn't stop to give it a second thought—that is, no one but the woman concerned—for her life is different—she must plot and plan inexpensive, tasty meals for days on end to make up the difference in her budget and here is one of the many dishes that she can depend on.

STUFFED FLANK STEAK

1 flank steak
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons fat drippings
1 tablespoon grated onion
1teaspoon chopped parsley
1 sliced boiled ham, chopped
1 pint boiling water
1 cup bread crumbs

Wipe flank steak and season with salt and pepper. Heat fat in frying pan, add bread crumbs and the remaining ingredients. Cook until lightly browned, and spread evenly over the steak. Roll and sew the edges together with a coarse thread. Place the roll in a frying pan or heavy kettle with a little fat—Sprinkle with flour, let brown and add boiling water, cover closely and let simmer about two hours or until tender—It may be cooked in a mderate oven (350 F.) Serve in its own sauce. Sauce may be made into gravy and a spoonful of tomato paste, chili sauce, chopped mushrooms, some bay leaves or kitchen bonquet added.

In omelets, a pinch of baking powder added for each egg, gives extra helps to keep the omelet high while lightness and tenderness. It also serving.

If Possible, Don't Miss This Grand Clam Pie

It must be that we are particularly hungry today, because as we sit discussing the various dishes we've tried over a period of a month they all sound just too good to miss and it seems that we should put every single one down on paper for others—well, we probably will before many more weeks have passed, but right now here is just one of dozens that we can think are very, very good, and if there is any possible way you can get clams don't fail to try it—if you like clams at all.

CLAM PIE

2 dozen clams
3 medium onions, sliced
2 medium potatoes, cut in ¼-inch slices
3 tablespoons butter
2 tablespoons flour
2 cups rich milk or thin cream
Salt and pepper
1 tablespoon minced parsley
3 large crackers

Scrub the clams thoroughly. Place in a saucepan, adding one cup of hot water. Simmer until the shells open slightly. Remove the clams from shells, reserving the water in which the clams were steamed. Chop clams fine. Strain liquor and cook sliced onion and potatoes in this broth until tender, but not broken. Melt 2 tablespoons butter, stir in flour. Add milk gradually, stirring until thickened. Add clams, potatoes, onions and liquid in which they were cooked. Season, simmer 2 minutes, pour into a well-buttered glass baking dish and sprinkle with parsley. Split crackers and soak in cold milk until softened. Arrange over clam mixture. Dot with remaining tablespoon of butter, sprinkle with paprika and bake in a moderately hot over (425d F.) until the crackers are lightly browned. Serves six.

Scrambled Eggs With Rice

A pleasing change from the usual scrambled eggs with bacon, is scrambled eggs with rice. A simple, yet very pleasing combination and one that will give that breakfast the much needed variety. Serve with it for example, a chilled grapefruit, some cinnamon toast and coffee or cocoa or milk as you choose.

SCRAMBLED EGGS and RICE

2 cups hot cooked rice
½ teaspoon salt
3 eggs
¼ teaspoon black pepper
1 tablespoon fat

Beat the eggs. Add the bot rice and seasonings. Mix well. Heat the fat in a heavy frying pan. Add the rice and egg mixture. Fry until dry, stir with a bread spatula or pancake turner to prevent burning. Serve hot for breakfast—or if preferred as a luncheon dish, a cup of left-over meat or vegetable may be added to the mixture before cooking.

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Sandwich Assortment For "Off Feed" Days

As taste changes, one will find that she can neyer have too many little sandwich recipes on hand. Some days one kind just won't sound good, she must therefore have others ready to be made.

Caviar Sandwiches: To ¼ pound of Russian or domestic caviar add 2 tablespoons lemon juice, a little paprika and 3 tablespoons of olive oil. Sair until creamy. Spread on thin slices of bread.

Shrimp and Chicken Liver Sandwiches: Take ½ cup each, cooked shrimp and chicken livers, ½ Bermuda onion and green pepper, seeds removed, put through meat grinder, season with salt and moisten with catsup or mayonnaise and spread between thin slices of buttered bread.

Sweetbread Sandwiches: Chop cold boiled sweetbreads. Mix with mayonnaise, chopped celery and nut meats. Spread between slices of bread.

Avocado Sandwiches: Mash the meat of a ripe avocado with a fork. Sprinkle with salt and pepper and spread thinly between thin slices of wheat or rye bread.

Have you ever tried using Melba toast instead of plain bread or regular toast for hors d'oeuvres?

Luncheon Tongue Sandwich

1 large loaf rye bread
Butter
6 slices tongue
3 tomatoes
12 slices bacon
Lettuce
Mayonnaise
Mixed sweet pickles

Spread slices of bread, allowing two for each serving. On one slice place sliced tongue. On the other thinly sliced tomatoes and broiled bacon. Fill lettuce cups with mayonnaise and pickles to granish.

Baked Oysters or Clams

Another excellent cocktail idea consists of taking oysters or clams on the half shell, dotting each with a half-inch bit of bacon, seasoning with paprika and setting into the oven to roast.

And for cocktails, even in homes which serve the alcoholic variety, it is quite proper to have a non-alcoholic cocktails as well. And this can consist of a clam juice cocktail, tomato juice cocktail or a "moderation cocktail" consisting of Rhine wine in cocktail glasses with a bit of lemon peel, or sherry wine with a dash of orange bitters.

To Make The Most Of The Lowly Hash

Taking the bits of left-over meat—and making a hash of them, is nine times out of ten done only on occasions when the family is certain of no company—and at that—it is often so unappetizing that it ceases to be a joke. Now, just between us, there's no reason in the world why a dish of hash can't be served even to company—that is, hash prepared with a little imagination. It really makes a grand dish and just to show what it can be—here is just one of many recipes for its preparation:

HASH

2 cups cooked meat, finely chopped
1 large onion, minced
1 garlic clove, minced
1 large tomato, chopped
1 green pepper, chopped
Broth
2 tablespoons butter
1 tablespoon flour
1 cup white wine
1 teaspoon minced parsley
Salt and pepper

Brown the flour in the butter, add onion, and slowly fry; add clove, or garlic, green pepper and tomato, then the wine and a little broth to thin the sauce. Last of all add the meat, either chopped or cut up. Simmer for half an hour or until well blended. Add salt and pper. Serve in a ring of mashed potatoes, and sprinkle with parsley.

Peach Malted Milk

2-3 cup plain malted milk powder
1 quart milk
1 pint peach ice cream

Add malted milk powder to the milk and beat until well mixed. Stir in ice cream and pour into six tall glasses.

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