

cups of boiled rice, one cup of tomatoes. Add a small lump of butter and season with salt and pepper.

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Combine these ingredients, put in casserole and bake one and one-fourth hours.—M. H.

**Creamed Carrots and Onions**—One large bunch carrots, two medium-sized onions, one cup milk, two tablespoons butter, two tablespoons flour, salt and pepper to taste. Wash, scrape and cut carrots into small pieces, slice onions and boil together until tender. Make a white sauce with the milk, flour and butter; add salt and pepper. Drain carrots and onions and stir into a cream sauce. Serve hot.—Mrs. J. H. T.

**Scrapple**—In these days of wheat and meat conservation, suggestions of ways to extend meat flavor are welcome. A dish which has a strong meaty flavor is peculiarly satisfying when combined with some bulky food, such as cornmeal or other cereal. It is especially satisfactory as well as relatively high in food value. This is the type of dish, too, which, combined with fruit or green vegetables, forms a desirable meal combination. Such a one is well exemplified in "scrapple," the dish so common among the "Pennsylvania Dutch." It is a combination of meat scraps and broth with cornmeal, and needs thorough cooking. Use three-fourths cup of cornmeal, salt and pepper and one-third pound of pork with bone (shoulder, neck or ham shank). Cook the pork in water until the meat can be easily removed from the bone. Remove the meat. Boil down the broth to about a quart or add water to bring it up to this amount. Cook the cornmeal in this. Add meat finely chopped, and seasonings. Pour into pans; when cold, cut in slices and brown in hot fat.—H. S. P.

**Spice Cookies**—One cup clean dripping, one cup molasses, one teaspoon soda, one teaspoon cinnamon, one cup sugar, one-half cup boiling water, one teaspoon ginger, one-third teaspoon nutmeg, flour to stiffen. Roll in balls about the size of a walnut. Flatten slightly with the palms and bake until they are a nice brown.—T. R.

**Rice Cornbread**—Cooked rice can be used in any cornbread dough. It adds lightness to the bread. From the rice growers of Louisiana comes this recipe for rice cornbread: 3 eggs, 1 pint milk, 1½ cups boiled rice, 1½ cups cornmeal, 2 teaspoons fat, 1 teaspoon salt, 1 teaspoon baking powder. Beat eggs very light, add milk, and other materials. Beat hard and bake in shallow greased pan in hot oven.—Helen W.

**Escalloped Rice and Salmon**—Wash and cook in double boiler, one cup rice and salted water. Open a can of pink salmon and remove bones and skin. Use a layer of rice, then layer of salmon, with plenty of butter, until dish is full with on top. Then pour on a cup or more of milk and bake. Take a fork and stir mixture together and use bread crumbs.—Mrs. L. C.

**Requested Recipes**

**Meat Loaf**—Take two parts of hamburger to one of sausage (pork) and one cup bread crumbs (soaked in a little water if very dry) one egg, salt and pepper to taste, and chopped onion or sage as you like, or both. Form into a loaf and bake in medium oven. One pound hamburger and one-half pound of sausage is about right for a family of five or six.

**Bran Doughnuts**—One pint sour milk (or part water) one teaspoon soda dissolved in milk, one and one-half cups sugar, one egg, one-half cup nut meats, one-half nutmeg (grated), pinch salt, two teaspoons baking powder sifted with two cups barley flour. Use enough bran to make rather a stiff dough. Cover light paper with bran and a little

sugar. Roll dough one-half inch thick, cut in strips one and one-half inches wide and three inches long; cut through center of each piece, drop in hot fat. They cook very quickly. The bran on the outside makes them crisp and delicious.

**Wholesome and Cheap Dinner to Serve About Four People**—1½ lbs. shank beef (ask for soup bone); put on to boil in cold water on slow fire for five hours; add one cup split peas (yellow), salt and pepper to taste; three sprigs parsley, one of thyme or savory (summer), four carrots, four parsnips, two large onions, one potato cut thin. Tie in a clean cloth one and one-half cups split peas. Boil same length of time; when done, mash these in a bowl, add little piece butter, pepper, salt and serve with meat.

**Sweet Potato Pie**—Crust, two tablespoons barley flour (large ones) and two of wheat flour, add pinch of salt and one of baking powder, two large spoons of oil or other shortening. Rub well together and add two spoons of cold water or milk. Roll out as usual.

**Buttermilk Cake**—Two cups brown sugar, one cup buttermilk, one-half cup shortening, two eggs, one tablespoon cocoa (heaped), two and one-half teaspoons baking powder, one teaspoon soda.

**Orange Cake**—Three tablespoons of lard and one cup of sugar; cream; add two-thirds cup milk, add slowly, one egg, beaten good and two cups flour (mix wheat and rice flour) and four teaspoons baking powder sifted with flour and one-eighth teaspoon of salt mixed with flour. Add one teaspoon of orange flavor and grated rind of one orange. Beat well for eight minutes. Grease cake tins. Bake about twenty minutes, then take out and sprinkle powdered sugar or cinnamon on top.

**Creamed Oysters**—1 pint oysters, 2 tablespoons fat, ¼ cup flour, ½ teaspoon salt, ¼ teaspoon pepper, 2 cups liquid (oyster liquor and milk). Melt the butter and add the flour, salt, and pepper. Stir over the fire until well mixed, being careful not to brown. Add the liquid gradually and cook until thick and smooth. Add the oysters and cook until the oysters are plump and the edges begin to curl. Serve on toast.

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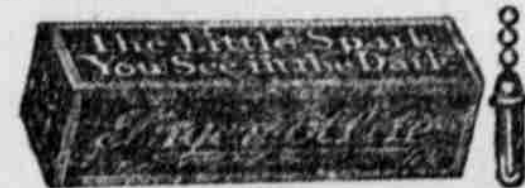
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