

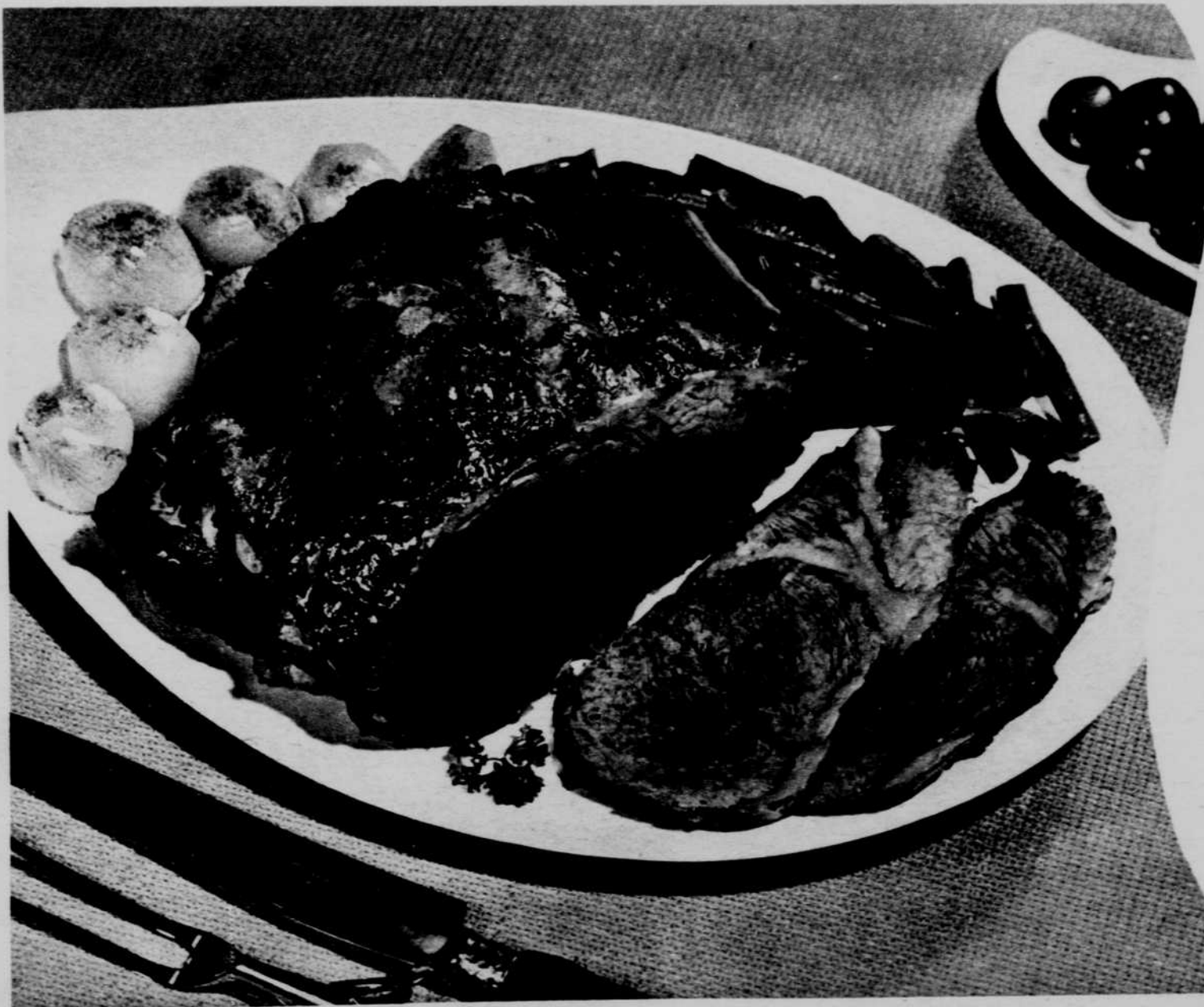
MAKE THE MOST OF MEAT

By Virginia Felstehausen

HAM NOODLE CASSEROLE

4 ounces noodles, cooked	1 teaspoon dry shredded green onion
2 cups cooked ham	2 teaspoons prepared mustard
½ cup milk	1 cup cultured sour cream
1 10½ ounce can cream of mushroom soup	

Gradually add milk to cream of mushroom soup, stirring over low heat until smooth. Stir in dry shredded green onion and prepared mustard. Fold in cultured sour cream. Drain the cooked noodles. Thinly slice ham. In buttered casserole, arrange alternate layers of noodles, ham and sauce. Repeat layers. Garnish with toasted slivered almonds. Bake in 325° oven 25 minutes. Makes 6 servings.



BONELESS CHUCK POT-ROAST

3 to 4-pound boneless chuck pot-roast	Salt
3 tablespoons lard or drippings	Pepper
	¼ cup water

Brown meat on all sides in lard or drippings. Pour off drippings. Season. Add water. Cover tightly and cook in a slow oven (300°F.) or on top of range for 3 to 4 hours, or until tender.

And here's an idea for that second meal:

BEEF STUFFED TOMATOES

2 cups coarsely ground cooked beef	1 tablespoon lemon juice
½ cup finely chopped celery	½ cup mayonnaise
1 tablespoon finely chopped onion	½ teaspoon salt
	6 medium tomatoes
	¾ cup crushed potato chips

Combine ground cooked beef, celery, onion, lemon juice, mayonnaise and salt. Remove slice from tops of tomatoes and scoop out centers. Stuff tomatoes with meat mixture and top with crushed potato chips. Bake in a moderate oven (375°F.) 20 to 25 minutes. 6 servings.

Green peppers may be substituted for tomatoes. To prepare green peppers for stuffing, remove slice from tops of peppers and scoop out seeds. Cook in boiling salted water 5 minutes.