

Money Saving Dishes and Menus En Casserole



CASSEROLE cooking is done in a covered dish either on top of the stove or in the oven. This form of cookery has been handed down to us from the time when crude, unglazed pottery was used. In primitive times the glowing embers were used as a source of heat for baking foods en casserole. The housewife of today, much like the primitive woman, finds casserole cookery saves the family purse as well as her time and energy.

Several other dishes may be baked while the food en-casserole cooks. Foods thus prepared retain the natural flavor and may be used as a palatable one-dish meal.

The life of a casserole may be prolonged by soaking in water several hours before using it, and then gradually heating it. Like glass jars used in canning, the casserole is tempered to the heat to which it will be later subjected. This partially eliminates any chance of the dish cracking in the process of baking.

Casserole cooking is an excellent way of utilizing left overs.

Casserole Sweet Potatoes and Apples 6 Servings—1,500 Calories

Pare and slice sweet potatoes and apples (6 large potatoes and 3 medium apples). Place in a baking dish, sprinkle with brown sugar or add a small amount of syrup. Pour over one cup of hot water and bake until tender with cover on. Remove cover. Dot with bits of butter and brown.

MENU

Casserole sweet potatoes and apples
Roast Pork Perfection Salad
Bread
Apricot Dainty Graham Tarte
Milk

Apple Tapioca Pudding

Pearl Tapioca, $\frac{1}{2}$ cup Lemon juice, 2 tblsp.
Boiling water, 3 cups 5 medium apples
Sugar, $\frac{1}{4}$ cup. Salt, $\frac{1}{2}$ teaspoon
Look over and wash tapioca; add water, salt and sugar, cook in double boiler until tapioca is transparent. Pare and core apples, slice them and sweeten if desired. Place in a baking dish. Pour over them the tapioca with lemon juice. Bake until apples are thoroughly done.
950 calories; 4 servings.

MENU

Mock sausage Mashed potatoes
Spinach Cabbage Salad
Rye Bread
Apple Tapioca Pudding
Pears En Casserole.
Calories, 1,100—Servings, 6

A good way for cooking hard winter pears. Peel 6 pears neatly. Leave a little bit of stalk to each. Stand them in the casserole, head up and head down, alternately, so that you may fit in as many as possible. Pour in just enough water to bathe them, add 1 teaspoon white vinegar and a generous allowance of brown sugar, 1 teaspoon for each pear is not too much. Stick a clove or piece of cinnamon into each pear. Cover pot. Stand in oven until pears are soft to their hearts. You will find that they turn a deep red and that the syrup which surrounds them is a beautiful color. Let them get cold and serve in a glass dish with whipped cream.

SUGGESTIVE MENU

Cheese Souffle
Head Lettuce 1000 Island Dressing
Whole Wheat Bread Butter
Pears en Casserole
Casserole of Rice and Meat
Calories, 1,750—Servings, 6

Line a mould, slightly greased, with steamed rice. Fill the center with 2 cups cold, finely chopped, cooked mutton, highly seasoned with salt, pepper, cayenne, celery salt, onion juice and lemon juice; then add $\frac{1}{4}$ cup cracker crumbs, one egg slightly beaten, and enough hot stock or water to moisten. Cover meat with rice, cover rice with paper to keep in moisture while steaming and steam 45 minutes. Serve on a platter surrounded with tomato sauce. Veal may be used in place of mutton.

SUGGESTIVE MENU

Casserole of Rice and Meat
Spinach Waldorf Salad
Graham Bread Butter
Tapioca Cream
Salmon in Casserole
6 Servings—1,050 Calories
Salt, pepper and dash of red pepper
2 eggs beaten until light
 $\frac{1}{4}$ cup bread crumbs
1 tablespoon chopped pimento

1 tablespoon chopped olives
1 teaspoon onion salt
1 cup milk.

Remove bones and skins from one can of red salmon. Cut meat into small pieces, add seasoning. Mix all together and place in casserole, but do not cover receptacle. Dot top with pieces of butter, and bake in a moderate oven for 25 minutes.

Salmon in Casserole Baked Potato
Tomato and Lettuce Salad French Dressing
Tea Biscuits Jam
Chocolate Blanc Mange
Lima Beans in Casserole
6 Servings—2,000 Calories

$1\frac{1}{2}$ cups lima beans 4 slices bacon
 $\frac{3}{4}$ cup brown sugar Dash of salt and pepper
2 cups water

Soak lima beans for 12 hours. Place layer of beans in casserole, sprinkle with sugar—repeat; salt and pepper—repeat; add water. Place strips of bacon over top. Bake in moderate oven for three and one-half hours.

Lima Beans in Casserole Cooked Dressing
Beet and Pea Salad Butter
Graham Bread
Lemon Pie

Round Steak en Casserole

2 lbs. steak 2 cups potatoes
2 cups meat stock $\frac{1}{2}$ cup onions
2 cups carrots

Sear both sides of steak. Brown vegetables in butter. Place steak in casserole and cover with the vegetables. Over all pour the fat and liquid left from the searing of meat and vegetables—add enough hot water to make 2 cups of liquid. Cover and cook slowly for an hour. (8 servings—2,594 calories).

MENU, USING THIS DISH

Round Steak en Casserole Milk
Whole Wheat Bread and Butter
Cabbage and Pimento Salad
Cherry Pie

Escalloped Celery and Cheese Serves 8—1,850 Calories

3 or 4 cups celery 6 tablespoons butter
 $2\frac{1}{2}$ cups milk $1\frac{1}{2}$ cups cheese, grated
6 tablespoons flour $\frac{1}{2}$ cups bread crumbs

Cook celery until tender. Make a white sauce of milk, flour and butter. Add the grated cheese. Pour over celery, mix well, season to suit taste and bake in casserole. Cover top with buttered crumbs and bake until a golden brown.

MENU USING THIS DISH

Escalloped Celery and Cheese
Baked Potatoes on Half Shell Graham Bread
Tomato Salad
Fruit Jello.
Coffee

Veal Callaps en Casserole 6 Servings—1,600 Calories

1 lb. veal 1 slice onion
2 slices salt pork 2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt 1 cup milk
Pepper 8 mushrooms

Have slices of veal from the leg $\frac{3}{4}$ inch thick. Cut 1 pound into cubes. Draw into each cube 1 lardoon of salt pork. Melt $\frac{1}{2}$ cup of butter in a frying pan and in it saute the meat over a quick fire, to brown it lightly. Add boiling water or white stock to cover the meat. Turn it into a casserole, cover and let cook in oven an hour and a half. When the meat has been cooking about an hour, saute eight mushroom caps in a little melted butter, also saute stems and peelings and a slice of onion chopped fine. Sprinkle over 2 tablespoons of flour, stir until blended, and add 1 cup milk or stock. Stir until boiling, then stir the whole into the casserole. Add also salt and pepper. Cover close and let cook slowly in oven until meat is tender. It will probably take about 30 minutes.

MENU

Veal Callaps en Casserole
Potatoes on Half Shell
Spinach Tomato Salad
Whole Wheat Bread Butter
Fresh Strawberry Ice Cream
Wafers

Cauliflower en Casserole 6 Servings—810 Calories

Cauliflower, 1 large 1 cup milk
head $\frac{1}{2}$ cup grated cheese
3 tablespoons butter 1 cup bread crumbs
2 tablespoons flour Salt and Pepper

Boil a cauliflower, taking care that it be rather under than overdone. Trim the stalk so that the cauliflower will stand level. Do not remove tender leaves. Put in a well buttered casserole and dust with salt and pepper. Have prepared a cup of sauce made of half chicken broth and half milk, and $\frac{1}{2}$ cup grated cheese. Pour sauce over cauliflower to fill crevices. Sprinkle bread crumbs over whole and bake in rather quick oven 10 or 15 minutes. All milk can be used instead of chicken broth.

MENU

T-Bone Steak Mashed Potatoes
Cauliflower en Casserole
Head Lettuce Salad
Graham Bread Butter
Baked Apple with Whipped Cream

Hot Days --- Salad Days

By CAROLINE CARTE.

Salad Dressings

One of the simplest of all dressings to make is French dressing. A pint may be made at one time as, in a cool place, it will keep for several weeks and with a moment's shaking is ready for use. Olive oil is usually called for but any of the salad oils on the market will make an equally satisfactory dressing, just as rich, just as smooth as the one made with olive oil. The only difference will be in the flavor. After you have your jar of French dressing on hand you can vary small quantities of it by the addition of other seasonings just before you are ready to use it. The recipe given below will fill a pint fruit jar not quite full so that there is room to give it a vigorous shaking which is necessary in order to blend it properly. For smaller quantities keep the proportion of four parts of oil to one of vinegar. Part lemon juice may be used and is delicious as well as healthful. Grapefruit juice substituted for the vinegar is good for grapefruit or mixed fruit salads which are not to be served as dessert. When the grapefruit juice is used it is best to mix only the quantity to be used at once as it will not keep as well as the dressing made with vinegar.

FRENCH DRESSING

One Pint

$1\frac{1}{2}$ cups of oil
 $\frac{1}{2}$ cup of vinegar
 $1\frac{1}{2}$ teaspoons of salt
 $\frac{1}{2}$ teaspoon of sugar
 $\frac{1}{4}$ teaspoon pepper
1 teaspoon paprika
1 slice of onion or
1 clove of garlic.

Put the onion or garlic in the bottom of jar, add the seasonings, then the vinegar or other acid, then the oil. Shake it thoroughly until it looks thick and creamy and the seasonings are dissolved. The onion or garlic are left in the jar if you like a rather pronounced flavor or are removed, as soon as the dressing is shaken, if you like a more delicate one. The dressing will separate after standing a while but is easily blended by shaking just before you use it.

Variations of French Dressing

The quantities of seasonings given should be added to each cup of dressing.

(1) 1 tablespoon of chopped parsley, 1 teaspoon of chopped chives, 1 teaspoon chopped green pepper. This is particularly pretty and flavorful to serve with a fish salad garnished with tomatoes.

(2) $\frac{1}{2}$ small can of Roquefort cheese or 3 tablespoons of crumbled Roquefort if bought in bulk. Add either one to the French dressing and mash and beat with a silver fork until smooth. Then add three drops of Tabasco sauce. Pour over quartered head lettuce or French endive.

(3) $\frac{1}{2}$ teaspoon prepared mustard, 1 tablespoon finely chopped celery leaves, 1 tablespoon chopped parsley. This adds the "just a little more, please," taste to potato salad.

(4) 1 tablespoon of catsup or Chili sauce, 1 tablespoon ripe olives, 1 teaspoon chopped green pepper. Try this on a plain cabbage salad and sprinkle the top with a few chopped walnuts if you are anxious to make an extra good impression.

(5) For orange salad to serve with roast duck this dressing is, as the advertising slogan goes, "Seldom equalled, never excelled." Eight tablespoons of oil, 1 tablespoon of lemon juice, 1 tablespoon of orange juice, 1 teaspoon grated orange peel, 1 teaspoon of currant or plum jelly and $\frac{1}{4}$ teaspoon of salt. This is sometimes called Klondike dressing because the orange peel floats about on top like nuggets of gold. Curly endive or watercress or a combination of the two with sections or slices of navel oranges combine with this dressing as royally as ermine harmonizes with crimson velvet.

(6) Two tablespoons of catsup, 1 tablespoon chopped sweet pickles, $\frac{1}{2}$ teaspoon grated onion. Pour this over the baked bean salad which is given in the salad recipes. Serve thinly sliced whole wheat bread generously buttered, pour amber clear iced or hot coffee and you have a luncheon satisfying and delightful.

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