

The Frontier Woman —

## With Meat Prices on Upswing 3 Ways Offered to Help Stay Within Budget

By BLANCHE SPANN PEASE

Hi there, all you industrious individuals!

With meat prices on the upward trend homemakers delve into cook books and recipe files for new ways to stay within the budget help them, and keep the family satisfied and nutritious fed at the same time. Here are 3 good ways to do just that. These main dishes all have that good meat flavor that is universally popular yet each uses one of the macaroni trio to extend this flavor so that that desirable meat flavor goes a long way.

Sweet sour noodles with sausages and apple wedges for example, uses only a half pound of sausage links, yet there is a delightful pork fla-

vor permeating the noodles and apple wedges.

The sausages and apples are first browned together in a skillet. Then the drippings are poured off and a sweet sour sauce is made in the same skillet. Cooked noodles are folded into the sauce and the mixture is heated thoroughly. The noodles are then arranged on a big platter and topped with the sausages and apples.

With this tempting dish serve 7-minute cabbage and crisp corn sticks.

**SWEET SOUR NOODLES WITH SAUSAGE AND APPLE WEDGES**

Four ounces medium noodles, 1/2 pound sausage links (about 8), 2 Rome beauty apples (cut in wedges), 2 tablespoons brown sugar, 1 tablespoon cornstarch, 1/2 teaspoon salt, 1/2 cup water, 1/4 cup vinegar.

Cook noodles in boiling salted water until tender (about 4 minutes). Drain and rinse. Brown sausage links and apple wedges in skillet until sausages

are done and apples tender. Remove and drain on paper toweling. Pour off drippings. Put sugar, cornstarch and salt into skillet, stirring until smooth. Gradually add water and vinegar, stirring until thickened. Fold in noodles and heat thoroughly. Arrange noodles on hot platter or individual serving dishes and garnish with sausages and apple wedges. Makes 4 servings.

The good flavor combinations for which south-of-the-border cooks have become famous are captured in Mexican spaghetti casserole. It is a combination of spaghetti with tomatoes, ground beef, onion and seasonings. You may like to add your own touch by putting crushed corn chips or potato chips on top of the casserole just before putting it into the oven. It bakes about 30 minutes, just the time you need to make the other supper preparations.

**MEXICAN SPAGHETTI CASSEROLE**

Four ounces spaghetti, 2 tablespoons fat, 1/2 cup chopped onion, 2 1/2 cups cooked tomatoes (1 No. 2 can), 1 cup cooked ground meat, 2 tablespoons meat extract, 1/2 cup water, 1 1/2 teaspoons salt, 1/4 teaspoon pepper, 1/4 teaspoon mustard, celery salt, pinch thyme.

Cook spaghetti in boiling salted water until tender (about 12 minutes). Drain and rinse. While spaghetti is cooking melt fat in skillet. Add onion and cook 5 minutes. Add spaghetti, cooking until slightly browned. Add tomatoes and ground meat. Combine meat extract, water, salt, pepper, mustard, celery salt and thyme. Add to meat-spaghetti mixture. Mix lightly. Pour into greased 1 1/2 quart casserole. Bake in moderate oven (350 degrees F.) about 30 minutes. Makes 4 servings.

Bacon and nippy cheese are the flavor-givers and macaroni is the foundation and extender in bacon topped macaroni meal-in-one. It is another easy casserole dish but this one is the layered variety. Macaroni is added to a cheese sauce which has been expertly seasoned with a bit of dry mustard and Worcestershire sauce. This mixture goes into the bottom of a greased casserole, then a layer of cooked green beans is arranged the green beans and a lid goes over it. Strips of bacon cover on the casserole for the first 15 minutes of baking. Then the lid is removed and the bacon becomes crisp as the drippings gently flavor the entire casserole.

**BACON TOPPED MACARONI MEAL-IN-ONE**

Six ounces elbow macaroni, 3 tablespoons butter or margarine, 3 tablespoons enriched flour, 1 1/2 cups milk, 1/2 teaspoon dry mustard, 1 teaspoon Worcestershire sauce, 1/2 teaspoon salt, 1 cup grated cheese, 2 1/2 cups cooked green beans drained (1 No. 2 can), 4 strips bacon.

Cook macaroni in boiling salted water until tender (about 12 minutes). Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Stir in flour. Gradually add milk, stirring constantly until thickened. Add mustard, Worcestershire sauce, salt and grated cheese. Stir until cheese is melted. Add macaroni. Blend well. Pour half of macaroni mixture into bottom of well-greased 2-quart casserole. Cover

### SANDHILL SAL

Did you read about the couple that strolled down along the river — drinking it all in? Some folks certainly get awfully thirsty.

Some guy said the other day that women need to cope with stern realities. It's easy to tell that guy hasn't ever worn a girdle.

Grandpa Talkemup said the other day that a mustache was not a strainer for his coffee. It served, he said, as an awning to shade the brightness of his smile.

with green beans. Top with remaining macaroni. Arrange strips of bacon over top. Cover and bake in moderate oven (350 degrees F.) 15 minutes. Remove cover and bake 15 minutes longer. Makes 6 servings.

—tfw—

**Enjoys Column—**  
Mrs. Anna M. Ruther of Inman, wins one of our 3-months' subscriptions today and the other goes to Millie Gifford, of Dorsey.

Inman, Nebr.

Dear Mrs. Pease:

In my few spare moments, I should like to send you a recipe. Just finished canning a little over a bushel of string beans. Before too long the pickles, beets and tomatoes will be ready to can also.

I do enjoy your column very much. I have planned to write but seems time doesn't always permit.

**POT ROASTED CHICKEN**

One 3-pound chicken (browned), 5 slices dry bread crumbs, 1 small green apple, sliced 2 small onions, minced, 1 teaspoon salt, 1 teaspoon poultry seasoning, 2 tablespoons hot water, 1/4 cup melted butter. Mix and stuff chicken loosely, bake in moderate oven for 2 hours.

MRS. ANNA M. RUTHER  
Dorsey, Nebr.

—tfw—

**Jabbers Mile-a-Minute—**

Dear Blanche and Friends: You have asked for letters so here I go for a try to miss the wastebasket. My but haven't we all been busy? I just never get caught up.

I don't know whether I wrote you about our new baby boy. He will soon be a year old, though he isn't little anymore. He walks all over and jabbers a mile a minute so he keeps us busy, too.

His brother and sister think he is the best, of course mom and pop do not!

I've got so I dread to listen to the news, so much trouble the world over. I agree with Vera Hay when she says we need more smiles in this world.

With the apple season coming on we will be using more apples. One recipe we use often is apple sauce cake. It keeps nice and moist, and is a cake I think that tastes better a day or so old, so it's another good idea when you're busy.

**APPLE SAUCE CAKE**  
One cup apples, heat. Add 1

level teaspoon soda cool. Cream together 2 eggs, 1 cup sugar, 1/2 cup of shortening, lard or butter, and apples, 1 cup of raisins. Let raisins stand in hot water for a few minutes, drain off. Sift together 2 teaspoons allspice, about 2 cups flour add to cream mixture, add raisins with flour. Pour into a greased pan and bake 35 minutes in medium oven.

Our favorite frosting is 1 cup brown sugar, 1/2 cup of sour cream, boiled together to form a soft ball in cold water.

Another idea is 1 cup of sugar and 1/2 cup of cream boiled together to form a soft ball in cold water. Add 1 teaspoon vanilla

Incidentally, this is a very good cake to mail to anyone including those in the service. I

usually pack a little popped corn around it. Sometimes I frost it with plain powdered sugar and cream, and color it, and it seems very eatable.

I find cookies mailed in a 3-pound shortening can usually come out well.

MILLIE GIFFORD

Frontier for printing!

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12:30 Noon—Lunch Hour

1 o'clock P. M.—Calf Auction, followed by selling of Butcher cattle — such as canners, cutters, fat cows, fat heifers, and bologna bulls.

### Tuesday Schedule

10 o'clock A. M.—Auction of Butcher Cattle and small lots of stockers and feeders.

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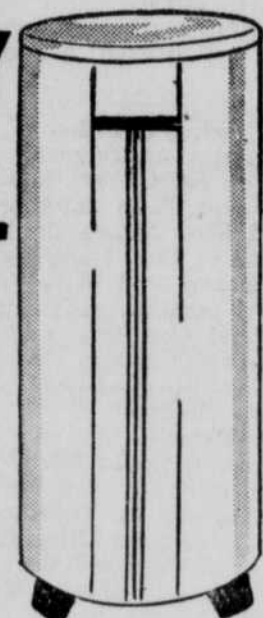
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