MENUS FOR THE WEEK

Fresh fruit Cereal Grilled lamb kidneys on toast

Breakfast Cereal with dates Shirred eggs Graham gems Coffee

> Breakfast Baked apple Hominy Broiled salt mackerel Coffee

Breakfast Orange Cornmeal mush Loin lamb chop Bran muffins Coffee

Breakfast Grapefruit Steamed brown rice Poached eggs on gluten ton Coffee

Breakfast Stewed figs Oatmeal Fried perch wheat muffins Whole

> Breakfast Baked bananas Cereal Grilled bacon Cornbread Coffee

Cup consomme Roast Beef Yorkshire pudding Baked potatoes Roast onions Endive salad French dressing Pumpkin pie Coffee

MONDAY Luncheon Broiled calf's liver and bacon Boston brown bread and butter Preserves Tea

TUESDAY Luncheon Potato puff balls Watercress Toasted crackers Cheese

WEDNESDAY Baked beans (canned) Boston brown bread and butter Canned fruit Tea

> THURSDAY Luncheon Veal pot pie (leftover) Stewed figs Graham gems

FRIDAY Luncheon Tuna fish (canned) Potato salad Sliced pineapple Tea

> SATURDAY Luncheon Soup Currant jelly Toasted wafers

Electricity Eliminates

Drudgery From the Home

Supper Spaghetti a l'Italienne Toasted crackers Sweet pickles Fresh fruit

Gingersnaps Tea

Dinner Onion soup a la Francaise (Leftover) Meat pie with potato Lettuce, sliced tomatoes, cucumbers, French dressing Peaches a la Conde Coffee

Dinner Broiled pork chops Fried apple slices and fried hominy Boiled potatoes Buttered parsley Boiled beets Escarole salad Fruit shortcake Coffee

Dinner Cream of dried peas Baked shoulder of veal stuffed Stewed tomatoes Stewed celery Romaine salad with French dressing Apple tart Coffee

Dinner Haricot of lamb en casserole, with peas, lima beans, carrots, little onions Potatoes Avocado French dressing Cranberry jelly Coffee

Dinner Cup clam broth Bread sticks Salmon steak, grilled Lemon butter sauce Potatoes au gratin Fried egg plant Pickled beets Grape fruit and orange salad Bavarian cream Coffee

> Dinner Corned Beef Boiled cabbage Carrots Salad of mixed vegetables Brown betty Coffee

GRAHAM PUDDING

1/2 cup molasses cup of milk cup of raisins cups of graham flour teaspoon of baking soda teaspoon cinnamon teaspoon cloves teaspoon allspice

Mix the dry ingredients. Beat the egg and add the molasses and Combine the two mix-Pour into a greased mold and steam three hours. Serve hot with this sauce. 2 tablespoons butter

& cup confectioners' sugar egg cup of cream

Cream the butter and sugar and when smooth add the yolk of the egg, the white stiffly beaten and the cream whipped solid. Flavor with vanilla.

A most delicate and velvety

BURNT SUGAR CAKES 1 tablespoon caramelized sugar

cup butter or margarine cup sugar 1½ cups pastry flour 1½ teaspoons baking powder

cup water teaspoon vanilla

Place one tablespoon sugar in aluminum pan and heat slowly until it caramelizes. Dissolve in water and cook down to one tablespoon syrup. Be sure that all the sugar is used. Cream butter add sugar slowly then caramel syrup, then beat in whole egg. Sift flour and bak-ing powder together and add alternately with water to first mixture. Flavor. Bake in a seveninch square pan in oven at 350 degrees F. for 30 minutes.

PEANUT BUTTER COOKIES

cup sugar tablespoons shortening

tablespoons sweet milk

cupful flour teaspoon cream of tartar

teaspoon soda teaspoon salt

Cream, sugar and butter to-gether, add egg, and beat, then add milk. Sift soda, cream of tartar and salt with the flour. Con bine the two mixtures, then add peanut butter. Drop by teaspoon on oiled sheet and bake 15 minutes in a hot oven. Recipe makes about two dozen cookies.

KING

eup brown sugar

tablespoons water tablespoon butter

Cook sugar and water until it spins a thread, Add butter, Cool, beat and spread on cake.

CASSEROLE OF LAMB WITH **VEGETABLES**

Oven dishes are becoming more popular because the appearance of the food is more appetizing than that prepared on top of the stove. And experi-enced housewives who are using self - basting enameled ware roasters, realize that this utensil is best adapted to meat dishes where basting plays such an important part in the flavor and browning of the roast. And after the meal is cooked, enameled ware is most easily cleaned, no matter how thick the gravy.

A wholesome baked dinner consisting of meat and vegeta-bles can be prepared in a selfbasting enameled ware roaster, which saves considerable time. All the real work is in the pre-paration, the cooking only re-quires an oven of the proper temperature and timing.

Wipe two pounds of lamb shoulder or neck chops with a damp cloth, trim, sprinkle with salt, pepper and flour and brown quickly in a hot, greased frying pan. Place in a self-basting roaster and add two cupfuls of diead carrots and a dozen small diced carrots and a dozen small white onions. Add two cupfuls of water to the fat in the fry-ing pan; let boil up once and then pour over the meat, adding more water if necessary just to cover the chops. Cover the roaster and bake in a moderate oven for one hour. Then add oven for one hour. Then add one teaspoonful of salt, six small potatoes cut in halves, and two cupfuls of canned peas. Cover closely again and continue baking one hour longer. Thicken the gravy slightly before serv-

COCOA CAKE

cup butter or margarine cups sugar

cup cocoa

eggs (beaten separately)

cups pastry flour teaspoons baking powder

teaspoon salt

teaspoon -vanilla Gradually ream shortening. add sugar, then beat in cocoa and egg yolks. Sift baking powder and salt and flour and add al-ternately to first mixture with milk. Add flavoring. Fold in whites. Bake at 350 for 35 min-

STUFFED PEPPERS

6 green peppers 2 cupfuls boiled rice

cupful cold meat chopped fine 1/2 teaspoonful salt

Few grains pepper small onion, chopped fine Buttered bread crumbs

Cut off the tops and clean out the seeds from the peppers; cook them in boiling water and drain. Fill with a mixture made of the rice, chopped meat, onion and salt and pepper, and cover each with buttered crumbs. Any kind of gravy or soup-stock may be added to the filling if it needs moistening. Bake in a moderate oven (350 to 380 degrees F.) for about 30 minutes.



It does seem at times that an undue amount of culinary equip-

ment is required to furnish food for two people. Here is where a wise economy may well be exercised, and this includes economy of effort, of kitchen space and of time as well as of money. In the larger cities of today

there is a very marked tendency for young married folks to begin housekeeping in a two-rooms-bath-and-kitchenette apartment. The kitchenette part is very often just an electric grill, whose capabilities for a light meal are sufficient enough, but which makes the cooking of a really well-selected and carefullythought-out dinner a matter of much ingenuity.

Where a gas range is available the problem assumes lesser proportions, for there is always a broiler and an oven to even the most lilliputian range, and so the possibilities of "good eats" to use a slang but highly expressive phrase-are increased manifold.

No matter which you have, those triangular saucepans—they come in sets of three and so afford opportunity to have

Marron P

Part Make a boiled custard from of three eggs beaten with a few spoons of sugar. Strain, cool ar ped solid, one tablespoon of mara spoon of vanilla extract.

Soak a quarter of a teaspoo spoon of strong, clear coffee, of hot coffee and add four table in a pan of ice water, beat add one and one-eighth cur a few grains of salt, half a teaspe rons cut in bits, three tablespoor grated macaroons, the three lat tablespoons of strong coffee infi

Freeze part one and with it with part two, cover the mold bury in ice and rock salt for t garnished with stars of sweeten panied by a rich chocolate sauce



Needed Articles for Thanksgiving

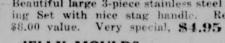
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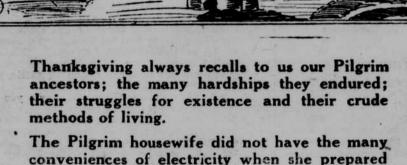


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