

# Savory and Sweet Money Savers

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## Summer Food Should Be Carefully Prepared

During the month of August the market stalls have a supply of carrots, beans, squash, corn, eggplant, cauliflower, beets, tomatoes, etc. The berries are nearly gone now, though a few blackberries and raspberries are still to be found; in their place we have a choice of peaches, apricots, plums, pears, apples and grapes. Salads can be had this month in abundance, and if their cleanliness can be assured they make the most wholesome food for the vacation season. If they are eaten freely with a good supply of oil they do away with the need of aperient medicine, which seems to be associated with a change of food, air and water. Tomatoes and cucumbers are quite free from the dangers which frequently lurk among the green leaves of fresh salad, and if the salad materials are limited in this way, the balance must be set right by a more plentiful supply of fresh fruit.

**CABBAGE SALAD.**—Remove the centre from a firm cabbage. Chop the cabbage very fine, add enough tartare sauce to hold the cabbage together and fill into the shell. Decorate with olives. Place the cabbage on a plate and surround with baked or fried beets.

For the tartare sauce, make one cupful of mayonnaise dressing and stir into it one-half cupful each of mixed chopped pickles, olives and parsley. Slice cold cooked beets, dredge the slices with cornstarch, seasoned with salt and pepper, brush over with milk or beaten egg, toss in cornmeal or breadcrumbs and bake in the oven or fry in smoking hot fat; drain and use.

**POTATOES ON TOMATOES.**—Wash and peel five potatoes, then boil in boiling salted water until tender, drain and scoop out the centre of each with a sharp knife. Melt two tablespoonfuls of butter substitute in a small saucepan, add one tablespoonful of chopped onion and fry it without browning, then add the potato pulp, four tablespoonfuls of chopped cooked chicken, one-fourth teaspoonful each of salt and pepper and two tablespoonfuls of hot milk or left-over sauce. Divide this mixture into the potatoes. Cut two tomatoes in slices, press out a little of the pulp, and stand a stuffed potato on each slice; melt a little butter substitute and brush over the potatoes with it. Place them on a greased baking tin, and bake in a hot oven for ten minutes. Serve on rounds of toasted bread and garnish with parsley.

**PRUNE AND COCOANUT PUDDING.**—Grease a fireproof dish. Wash one pound of prunes, and let them soak for forty minutes in boiling water. Roll out scraps of war-time pastry rather thinly and line the bottom of the dish with it. Put a layer of prunes, stoned, on the top, squeeze over a little lemon juice and add two tablespoonfuls of honey or corn syrup. Then place another layer of pastry over the top, sprinkle with cocoanut and bake in a moderate oven for one hour.

**POTATO BORDER WITH STRING BEANS AND RED CABBAGE.**—Melt two tablespoonfuls of butter substitute in a saucepan, add one cupful of mashed potatoes, a little salt and pepper, and four tablespoonfuls of hot milk. Cook over the fire until it ceases to stick to the spoon. Then flour a board, turn the potato onto it, and roll into a straight even roll. Arrange it in a circle on a dish and fill the centre with hot cooked string beans and garnish with stewed red cabbage. Serve hot.

**TO STEW RED CABBAGE.**—Trim one red cabbage, removing any damaged leaves and the hard part of the stalk. Cut it in halves and shred it finely. Then wash the cabbage carefully, drain it, and scald it in boiling water for five minutes. Drain again and put the prepared cabbage into a saucepan with two cupfuls of stock or water, add two tablespoonfuls of butter substitute rubbed into four tablespoonfuls of barley flour, two tablespoonfuls of vinegar, one-half teaspoonful of salt and one-fourth teaspoonful of pepper. Put the lid on the pan and cook gently for one hour on the top of the range or in the oven. Serve hot. Red cabbage is a good accompaniment to game.

**POTATO STRAWS WITH CAULIFLOWER AND PEAS.**—Cut peeled and sliced potatoes into thin match-like pieces. Soak for one hour in cold water, drain well, dry thoroughly, and fry in smoking hot fat, then drain and keep hot.

**TO COOK THE PEAS AND CAULIFLOWER.**—Cook one tablespoonful of cornstarch in four tablespoonfuls of butter substitute for a few minutes, then add two cupfuls of boiling water, and cook until smooth,

stirring constantly, then add four cupfuls of green peas and one cauliflower broken into flowerets. Cook uncovered until the vegetables are tender, drain and add salt and pepper to taste. Serve with the potatoes on a hot dish.

**BANANA AND DATE SALAD.**—A delicious salad is made by combining diced bananas and dates stuffed with chopped nutmeats. Serve with mayonnaise dressing made without mustard.

Another nice salad is made from equal parts of shredded fresh pineapple and chopped celery. Mix with mayonnaise and serve on crisp lettuce nests.

**COFFEE BLANC MANGE.**—At breakfast time make extra coffee. Strain two cupfuls of coffee into a saucepan and allow to heat.

to cover, bring slowly to the boil and then cook gently for forty minutes. Then add two tablespoonfuls of butter substitute mixed with two tablespoonfuls of cornstarch, a little pepper and two tablespoonfuls of tomato sauce, and cook for ten minutes longer. Make a bed with the barley on a hot dish, arrange the haddock on the top and pour over the sauce. Serve hot.

**TOMATO AND CEREAL SOUP.**—Heat two sliced tomatoes, four cupfuls of water, one sliced onion and two cloves to boiling point, then add one-half cupful of rolled oats or any cooked cereal, and cook for one hour. Rub through a colander, add one teaspoonful each of salt and sugar, one-fourth teaspoonful of pepper, one-eighth teaspoonful of baking soda and one tablespoonful of butter substitute. Reheat and serve with crackers. One-half can of tomatoes may be used in place of the fresh ones.

**NUT ROAST.**—Take cooked peas and put them through a sieve or colander. Then mix them with an equal amount of chopped nut meats and season to taste. Place one-half of this mixture in a greased baking dish, and over it spread a dressing made as follows:—Pour boiling water over four slices of toast, cover and

allow to stand for eight minutes, then break it up and mix with it one-half cupful of milk, pepper and salt to taste. Cover the dressing with the remainder of the nut mixture, pour one-half cupful of milk over all, and bake for one and one-half hours. Cut in slices and serve with any preferred sweet sauce or with cranberry sauce.

**Questioner.**—Most any kind of fish suitable for eating may be canned successfully at home, if care is taken to use only very fresh fish and if the different canning steps are taken carefully.

### CANNING FISH.

Clean the fish as you would for the frying pan, removing the bones when possible. Make a salt and water brine that will support a potato, and place the cleaned fish in this brine for thirty minutes. Remove from the brine, cut into convenient sized pieces for the jars, and pack with the skin toward the outside. Put sterilized rubber and tops in position lightly and sterilize in a hot water canner for three hours. A wash boiler containing a rack and boiling water to come three-fourths up the jars may be used as a hot water canner.

When using coarse scaled, thick skinned fishes, cut off the fins or make an incision on each side of the fin and pull it out. Make an incision through the skin along the back, another along the belly, and connect these two by a third encircling the body just behind the head, impale the head on a hook or sharpened nail driven through a plank, take hold of the skin at the angle of the two incisions at the back of the head and remove it by pulling toward the tail. Thin-skinned fishes, like herring, should be scaled, not skinned.

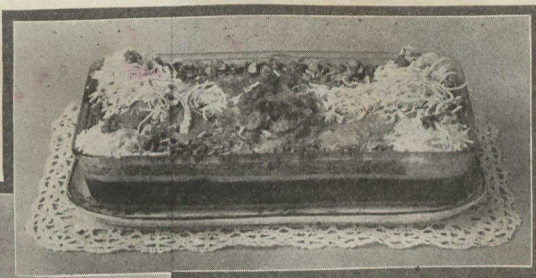
Cut off the head, remove the intestines and other organs, and take out the backbone by making a cut with a sharp knife on each side, inside of the body cavity. Wash thoroughly, taking particular care to remove the blood along the back.

Cut the fish into strips to fit the length of the jars to be used and rub with dry salt, using a level tablespoonful to each pint jar of fish. Fill the jars with the pieces packed as tightly as possible, put on the rubber rings, and place the caps on the jars loosely, so that the steam can escape. Put water in the jars. Cook in a pressure cooker for one and one-half hours after steam pressure registers fifteen pounds or the temperature is at 350 degrees F. Tighten the caps of the jars and permit cooling. Use the cooker as directed by the makers. There are several kinds on the market and Marion Harris Neil will furnish addresses of manufacturers on application.

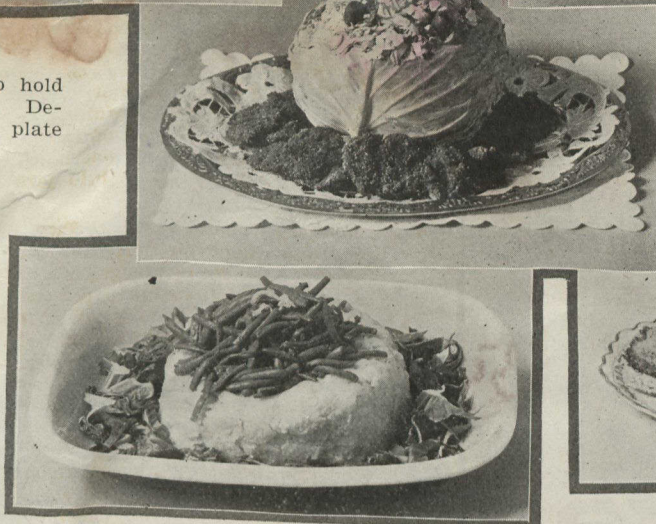


Potato Straws,  
Cauliflower  
and Peas.

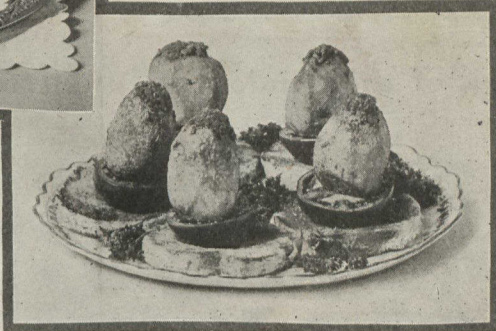
Cabbage salad.



Prune and cocoanut pudding.



Potato Border with String Beans and Cabbage.



Potatoes on tomatoes.

Mix two tablespoonfuls of cornstarch, three tablespoonfuls of brown sugar and a pinch of salt with two-thirds of a cupful of milk. When the coffee boils, stir in the mixture, and keep on stirring until smooth and thick, then cover it closely, and cook for a few minutes longer, remove from the fire and pour into a wet mold. When cold turn out and serve with milk or stewed fruit.

**FISH MAYONNAISE.**—The remains of any kind of cooked fish can be used for this dish. Divide the fish into pieces, carefully remove all the bones and dark skin. Wash and prepare one lettuce; after it is well drained season it to taste with salt and pepper and place it in a salad bowl. Arrange the fish on the top of the salad; this must be done neatly. Pour over some mayonnaise dressing. If liked, a layer of mayonnaise may be put between the salad and the fish at the time of preparing the dish. Garnish with slices of cooked beets and gherkins.

**PINEAPPLE CUSTARD.**—Cut one medium-sized ripe pineapple into small pieces and cook it in a saucepan with one cupful of water and two cupfuls of corn syrup or honey. Let it just simmer until the syrup is thick. Strain two cupfuls of scalded milk over the well-beaten yolks of three eggs and then stir over the fire until it thickens, but do not allow to boil again. Pour it into a bowl and when cooled add the pineapple and syrup. Allow to get quite cold, then fold in the stiffly beaten whites of the eggs and serve.

**BEANS EN CASSEROLE.**—Soak over night two cupfuls of beans. Cook next day until tender, then drain and mash. Grease a casserole or fireproof dish, in it put a layer of the beans, then a layer of stuffing, made of two cupfuls of breadcrumbs or cornmeal, one-fourth cupful of melted butter substitute, one-half teaspoonful of salt, one-fourth teaspoonful each of pepper and powdered sage, and moisten with one cupful of hot water. Over the stuffing put a second layer of beans, dot with butter substitute and bake in a moderate oven until well browned. Serve with brown or tomato sauce.

**SMOKED HADDOCK WITH BARLEY.**—Wash, drain and boil in boiling salted water one cupful of barley; when soft drain the barley, and put it in a saucepan with one tablespoonful of butter substitute, cover and keep hot.

Remove the skin and bones from a good-sized smoked haddock, cut the fish into neat pieces and put them into a baking tin with just enough milk