



HAM EN CASSEROLE  
Put two inch slice of "Swift's Premium" Ham in a casserole or covered baking dish. Nearly cover the slice with milk and bake a little more than an hour. Thicken the gravy and serve. An unusually delicious dish.

## Taste it Once and You Will Serve it Often

YOU would know what gives "Swift's Premium" Ham its flavour if you could see how carefully each ham is selected and prepared, how each one is smoked just the right length of time over fragrant hickory fires until all its spicy sweetness, its delicious flavour is brought out.

Have "Swift's Premium" Ham cooked in this new way for dinner tonight. Or serve it your favorite way. At once your family will notice how unusually delicious it is.



### "Swift's Premium" Ham

SWIFT CANADIAN CO.  
Limited

Toronto Winnipeg Edmonton

## "KKOVAH" CUSTARD

The children just love custard. Don't deprive them of it because eggs are dear. Make it with

## "KKOVAH" CUSTARD

No eggs are required, and it's simply delicious served with stewed prunes, preserved fruit, etc.

15c. a Tin

Serve daily; use instead of heavy puddings which are indigestible and not nutritious. Ask your grocer, and give the kiddies a treat to-day. If he cannot supply you write direct to—

Sutcliffe & Bingham of Canada, Limited  
81 Peter St., Toronto, Ont.



## Can You Solve the Movie Mystery?

The Great Moving Picture Puzzle Contest continues to arouse intense interest. Try your skill; you may win a valuable prize. See page 36.



## What to Eat and When to Eat It

Menus and Recipes that Support Spring Economy

By MARJORIE DALE

THE question of the proper thing to serve at each meal is one that confronts every housewife, and often proves very perplexing. Many women seem to feel that when the main dish has been selected the other foods will take care of themselves. But no meal can be piled together helterskelter, for in planning the menu some one dish must be selected around which the rest of the meal revolves. The main dish is represented by the most substantial course, but the meal can be made to fit around a dessert or salad.

Indeed a good rule to follow in serving vegetables is that those of starchy nature such as hominy, rice, potatoes and macaroni should always be served with a green vegetable rich in minerals, such as cauliflower, spinach, etc. In case a third vegetable is to be used, rice, tomatoes and string beans make a good combination, or potatoes, carrots and spinach may be used together.

A white fish or meat is best with a sauce of contrasting color and flavor. In preparing meat for a roast, have it a rich dark brown. Meats such as pork tenderloin, veal cutlets, etc., are better combined with tomato or a dark sauce. If chicken is creamed, the addition of the yolk of an egg, a little chopped parsley or green pepper adds flavor and harmonizes with the dish. Wise combinations not only please the eye, but are better suited to the digestion.

Cook well and plan well. Many a case of over-eating and consequent indigestion may be traced to the combining of too many foods on the same taste level, that is, foods made of similar ingredients. The following receipts will support your spring economy.

### Beauregard Eggs

BOIL eggs twenty minutes, make cream sauce. Cut whites of eggs in thin strips, mix with sauce, fill baking shells one for each person. Put yolks of the eggs through a sieve on top of each shell, put in oven for from two to three minutes. Serve.

### Cheese Ramekins

Six ounces grated cheese, two small teaspoonfuls mixed mustard, 5 ounces bread crumbs, 1 1/4 cupfuls milk, 2 ounces butter.

BOIL milk, pour over breadcrumbs and let them stand on the stove covered up for a quarter of an hour. Mix in grated cheese, mustard and butter. Butter ramekin cases, fill three parts full of mixture. Bake ten to fifteen minutes in hot oven. Serve immediately.

### Sautéed Fillet of Lamb

Two pounds lamb, 3 tablespoonfuls olive oil, 3 tablespoonfuls vinegar, 2/3 teaspoonful salt, 1/2 onion finely chopped, 1 teaspoonful finely chopped parsley, butter.

ORDER lamb from fore-quarter. Wipe, remove bone, cut meat in one inch strips 1 inch in thickness, then flatten to 3/4 of an inch. Arrange on platter and pour over marinade made by mixing olive oil, vinegar, salt, onion and parsley together. Cover, let stand over night. Remove and sauté meat in butter.

### Cottage Pudding

One-quarter cupful butter substitute, 1/4 to 1/2 cupful sugar, 1 egg, 1/2 cupful warm milk, 1 cupful flour, 1 teaspoonful baking powder, 1/8 teaspoonful salt, few drops vanilla.

CREAM butter substitute. Add sugar and the yolk of the egg. Beat till light, then add milk and flavoring, flour sifted four times with salt, and baking powder. Whisk egg-white to froth. Stir up pudding, fold in egg-white. Bake in muffin tins. Serve with chocolate sauce:

### Casserole of Beef

Two and one-half to 3 pounds beef, 1 large onion, 1 clove garlic, flour, parsley, 3 carrots, 3 potatoes, salt, pepper.

ROUND steak or short thick piece of beef. Wash, wipe, pound well with flour. Pierce meat here and there, fill with chopped garlic, salt and pepper. Put two or three tablespoonfuls dripping in casserole. Cook onion slices till tender, add meat and brown, cover with water, put on lid and put in moderate oven. Cook till gravy is brown and meat tender. Just before meat is done add carrots and potatoes cubed.

### French Pea Soup

One pound beef shank and bone, 4 cloves garlic, 1 pound split peas, salt.

WASH beef shank and bone, put on to boil, cover with water. Look over and thoroughly wash split peas, add to soup pot, boil vigorously three-quarters hour, then add garlic and salt to taste. Boil till peas are tender, strain through colander, thicken with one heaping tablespoonful diluted cornstarch.

### Sally's Bread Pudding

One quart scalded milk, 2 cupfuls bread-crumbs, 4 eggs, 2 tablespoonfuls butter, 1/4 teaspoonful soda, nutmeg.

POUR milk over breadcrumbs, let stand fifteen minutes, add egg yolks well beaten and melted butter. Dissolve soda in two teaspoonfuls hot water, beat in with flavoring, then fold in egg whites beaten until stiff. Turn into a buttered pudding dish and bake in a moderate oven forty-five minutes.

### Honey and Almond Cakes

One pound flour, 1 pound honey, 6 ounces ground almonds, 1 teaspoonful powdered cloves, 1 1/2 teaspoonfuls carbonate soda, 3 ounces butter.

PUT honey and butter on fire and let it boil. Mix flour, cloves and almonds together, pour boiling mixture on them; mix soda in a little cold milk and add last. Mix all well together and let stand for four or five hours, then roll out one inch thick, cut into squares, put few almonds on top. Bake fifteen minutes.

### Rhubarb Tapioca Pudding

Two-thirds cupful pearl tapioca, 1/4 cupful boiling water, 2/3 teaspoonful salt, 3 cupfuls rhubarb, 1/3 cupful sugar, cream.

SOAK tapioca over night in cold water to cover. Drain, put in double boiler, add boiling water and salt and cook till tapioca has absorbed all the water. Peel rhubarb and cut into three-quarter inch pieces crosswise, sprinkle with sugar, add tapioca and cook until tapioca is transparent and rhubarb is soft. Turn into service dish and serve with cream.

### Hominy, Southern Style

One cup boiling water, 3/4 cupful fine hominy, 1 teaspoonful salt, 2 cupfuls milk, 1/4 cupful butter, 1 tablespoonful sugar, 1 slightly beaten egg.

MIX boiling water with salt, add hominy gradually while stirring constantly. Bring to boiling point and let boil two minutes. Cook in double boiler till all water is absorbed. Add 1 cupful milk, stir thoroughly, cook one hour. Remove from range, add butter, sugar, egg and another cupful milk. Turn into a buttered bake dish and bake in slow oven one hour.

### Salad Rolls

One and a half cupfuls milk, 1/4 cupful sugar, 1/2 teaspoonful salt, 1/2 yeast cake, 4 cupfuls flour, 2 egg whites, 1/2 cupful butter.

SCALD milk, add sugar, butter and salt. When luke-warm, add yeast cake, and when yeast cake is dissolved add flour, mix thoroughly and add egg whites beaten until stiff. Cover and let rise. Turn into iron gem pans, having pans half full of mixture. Let rise and bake in hot oven twenty minutes.