

# Suggestions for Lenten and Other Days of Abbreviated Diet

By MARJORIE DALE



THE month of March gives us, this year, a concentration of Lent, if we may use the term. The only break in the days of curtailed diet is St. Patrick's Day—and we salute it with a menu suggestion for luncheon. Even those who do not make the Lenten days of excessive abstinence, will find menus and recipes on this page to satisfy their patriotic ideas of economy.

## Halibut Creole

ONE and one-half pounds halibut, 2 tablespoonfuls butter, 1 small onion, 1 bay leaf, ½ clove garlic, 1/8 teaspoonful cayenne pepper, 1 pint juice canned tomatoes.

The halibut should be cut in a short thick slice. After washing, sprinkle slightly with salt, melt butter in a frying pan and brown the onion and garlic finely minced in it. Add the tomato juice, bay-leaf and pepper, let the mixture come to a boil and pour it over the halibut which should be placed in a baking pan. Bake in a moderate oven for forty-five minutes basting frequently with the sauce.

## Mock Crabs

ONE-QUARTER cupful butter, ¼ teaspoonful paprika, ½ cupful flour, 1½ cupfuls milk, ¾ teaspoonful mustard, 1 can corn, 1½ teaspoonful salt, 1 egg, 3 teaspoonfuls Worcestershire sauce.

Melt butter, add flour, mustard, salt and paprika, gradually add milk. Turn in corn, add eggs slightly beaten and the Worcestershire sauce. Pour in a buttered baking dish or casserole, cover with one cupful cracker crumbs, dot with butter and bake till browned.

## Mock Veal Loaf

THREE cupfuls whole wheat bread crumbs, 1½ cupful ground mixed nuts, 1½ cupfuls milk, 1 egg, 1 teaspoonful onion juice, 1¼ teaspoonfuls salt, 1/8 teaspoonful pepper.

Mix ingredients in order given and let stand for thirty minutes, form into a loaf and bake in a buttered pan forty minutes.

## Huntington Cold Slaw

ONE small cabbage, water cress, one small onion, French dressing, green peppers.

Take off outer leaves of cabbage and cut into quarters. Slice as thinly as possible, using sharp knife. Soak in cold water till crisp, drain and dry between towels. Arrange on a bed of watercress. Cover with one small onion peeled and thinly sliced and separated into rings. Pour over French dressing and garnish with rings of green pepper.

## Coffee Spanish Cream

ONE and one-half cupfuls coffee, ½ cupful milk, 2/3 cupful sugar, 1 tablespoon gelatine, 3 eggs, ¼ teaspoonful salt, ½ teaspoonful vanilla.

Mix coffee with milk and one-third cupful sugar, add gelatine and heat in a double boiler. Beat egg yolks with remaining sugar and the salt. Add to mixture and cook till it thickens slightly. Remove from range, add egg whites beaten until stiff and vanilla. Mold, chill and serve with thin cream.

## Welsh Rarebit

TWO tablespoonfuls butter, ¾ pound cheese cut into small pieces, 1 tablespoonful cornstarch, ¾ cupful milk, ½ teaspoon salt, ¾ teaspoonful mustard.

Cook cornstarch in the butter, add milk gradually. Cook two minutes, add the cheese and stir until it is well melted. Season, serve on crackers or toasted bread.

## Irish Icebergs

FOUR cupfuls water, 2 cupfuls sugar, ¾ cupful lemon juice, green coloring, Creme de menthe, chopped nuts.

Make syrup by boiling water and sugar twenty minutes. Cool, add lemon juice and coloring. Freeze. Fill glasses, slightly rounding, pour over each one teaspoonful of creme de menthe and sprinkle with nuts.

## St. Patrick's Luncheon

Cream of Spinach Soup	Crackers	Filletts of Halibut
Potato Nests	Stuffed Onions	Malaga Salad
Irish Iceberg	Shamrock Wafers	Cheese Crackers
		Wheat Crispies
		Cafe Noir

## Menus for the Last Two Weeks of Lent

### Sunday

Oranges	BREAKFAST	Cream of Wheat	Cream Cocoa
Corn Gems			
	DINNER		
Cream of Onion Soup		Celery	
Fried Fish		Mashed Potatoes	
Huntington Cold Slaw		Creamed Carrots	
Coffee		Spanish Cream	

Stuffed Olives	TEA	Welsh Rarebit	Fruit Salad
Brown Bread		Sandwiches	Molasses Cake

### Monday

Stewed Fruit	BREAKFAST	Boiled Wheatlet	Cream Cocoa
Toast			

Salmon Salad	LUNCHEON	Crackers	Tea
Plain Tapioca		Pudding	

	DINNER		
Cream of Vegetable Soup		Spinach	
Lenten Croquettes		Grape Juice Sauce	
Raisin Fritters		Coffee	

### Tuesday

Oranges	BREAKFAST	Boiled Rice	Top Milk Coffee
Toast			

Tomato Jelly	LUNCHEON	Celery	
Baking Powder Biscuits		Indian Tapioca	
		Pudding	

	DINNER		
Cream of Green Pea Soup		Paprika Potatoes	
Baked Whitefish		Lima Beans	
Orange Puffs		Orange Sauce	

### Wednesday

Stewed Rhubarb	BREAKFAST	Hominy	
Toasted Brown Bread		Cereal	
		Coffee	

Potato and Celery Soup	LUNCHEON	Crackers	
Potato and Rice Patties		Tea	

	DINNER		
Pecan Nut Loaf		White Sauce	
Spinach on Toast		Lettuce and Pimento Salad	
Biscuits		Tea	

### Thursday

Baked Apple	BREAKFAST	Dropped Eggs	
Toast		Cocoa	

Cream of Spinach Soup	LUNCHEON	Toasted Fingers	
Jelly		Biscuits	

	DINNER		
Cold Halibut		Sauce Tyrolienne	
Bavarian Cream		French Fried Potatoes	
		Tea	

### Friday

Molded Wheatlet with Prunes	BREAKFAST	Top of Milk	
Cereal Beverage		Coffee	

Hot Finnan Haddie Canapes	LUNCHEON	Lettuce Salad	
Rye Bread and Butter		Tea	

Pea Roast	DINNER	Mashed Potatoes	
Coffee		Lettuce Mayonnaise	
		Cake	

### Saturday

Coddled Apples	BREAKFAST	Cereal, Top Milk	
Whole Wheat Rolls		Cereal Beverage	

Squash Fritters	LUNCHEON	Jelly	
Crackers		Cocoa	

	DINNER		
O'Brien Potatoes		Black Bean Soup	
Cress Salad		Corn Souffle	
Canned Fruit		Mayonnaise Dressing	
		Coffee	

## Lenten Croquettes

ONE-HALF cupful lentils, 3 pints water, ¼ cupful dried lima beans, ½ small onion, 1 stalk celery, 3 slices carrot, sprig of parsley, ½ cupful stale bread crumbs, 1 egg, 1 tablespoonful butter, 1 tablespoonful flour, 1/4 cupful hot cream, salt, pepper.

Soak lentils and lima beans in cold water to cover over night. Drain, add water, onion, celery, carrot and parsley. Cook until lentils are soft, remove, season, drain and rub through sieve. To pulp add stale bread crumbs, egg slightly beaten and salt and pepper to taste. Melt butter, add flour and pour gradually on to hot cream.

### Sunday

Oranges	BREAKFAST	Bran Mush	
Poached Eggs		Toast	

	DINNER		
Julienne Potatoes		Swedish Baked Halibut	
Orange Cream		Macaroni au Gratin	
		Radishes	
		Coffee	

Cream Cheese	TEA	Sandwiches	
Tea		Cress	
		Cake	

### Monday

Cereal with Stewed Figs	BREAKFAST	Wheat Muffins	
Cocoa			

Rice and Eggs	LUNCHEON	Brown Bread and Butter	
Orange Jelly		Biscuits	

	DINNER		
Lima Bean Soup		Corn a la Southern	
Florentine Eggs		Apple Tapioca	

### Tuesday

Fruit	BREAKFAST	Uncooked Cereal	
Cocoa		Toast	

	LUNCHEON		
Hashed Brown Potatoes		Tomato Soup	
Peanut Butter Sandwiches		Cornmeal Muffins	

	DINNER		
Escalloped Corn		Cream of Vegetable Soup	
		Molded Spinach, Egg	
		Garnish	

Ginger Pudding	Lettuce	Foamy Sauce	
----------------	---------	-------------	--

### Wednesday

Rollled Oats	BREAKFAST	Top Milk	
Rice Muffins		Cocoa	

Potato Chowder	LUNCHEON	Brown Bread Fingers	
Fruit Salad		Wafers	

	DINNER		
Somerset Smelts		Baked Potatoes	
Home Canned Tomatoes		Radishes	
War Time Cake		Tea	

### Thursday

Stewed Dried Apricots	BREAKFAST	Soft Boiled Eggs	
Toast		Cereal Beverage	

Cream Potato Soup	LUNCHEON	Fried Bananas or	
		Combination Salad	
		Brown Betty	

	DINNER		
Cream of Spinach Soup		Celery	
Glazed Sweet Potatoes		Buttered Carrots	
Cottage Pudding		Hot Chocolate Sauce	

### Friday

Prunes	BREAKFAST	Hominy	
Cream Biscuit		Cereal Coffee	

Lemon Jelly	LUNCHEON	Cheese on Toast	
		Whipped Cream	
		Wafers	

Baked Whitefish	DINNER	Curried Vegetables	
Banana Pie		Lettuce and Cress with Mayonnaise	
		Coffee	

### Saturday

Baked Apple	BREAKFAST	Shirred Eggs	
Kentucky Spoon Bread		Coffee	

Mock Crabs	LUNCHEON	Wafers	
Bread Fingers		Celery Grape and Nut Salad	
Small Cakes		Tea	

Mock Veal Loaf	DINNER	Rice Border	
Watercress		French Dressing	
Jellied Prunes		Biscuits	
		Coffee	

Combine mixtures and cool, shape, dip in crumbs and if desired in egg and crumbs again. Fry in deep fat, drain on brown paper, serve with tomato sauce.

## Cold Halibut, Sauce Tyrolienne

TWO pound slice halibut, ¾ cupful mayonnaise, ½ tablespoonful capers, ½ tablespoonful parsley, 1 gherkin, 2 tablespoonfuls tomato sauce.

Clean halibut, steam till tender, remove outer skin, bone and chill. Mask with following sauce:—Chop capers, parsley and gherkin, add to mayonnaise and beat in tomato puree.

## Pecan Nut Loaf, White Sauce

FIVE riced potatoes, 3 tablespoonfuls butter, 1 teaspoonful salt, 1/3 cupful hot milk, 5 grains pepper, 1/3 cupful pecan nuts, 1 cupful white sauce, parsley.

To potatoes add butter, salt, pepper and hot milk. Beat with a fork until creamy and pack into a buttered shallow pan. Set in a pan of hot water and let stand in a moderately hot oven until thoroughly heated. Turn on a hot platter, sprinkle with pecan nuts well chopped. Pour round white sauce. Garnish with parsley.

## Hot Finnan Haddie Canapes

ONE-HALF tablespoonful chopped onions, 2/3 tablespoonful butter, 2 mushrooms, 2 tablespoonfuls flour, 2/3 cupful milk, 2 tablespoonfuls grated cheese, yolks of 2 eggs, 1 cupful flaked finnan haddie, salt, cayenne.

Fry onion and mushrooms chopped in butter five minutes, add flour and milk, when boiling add grated cheese, egg yolks well beaten and finnan haddie. Season with salt and cayenne. Pile on pieces of toasted bread, sprinkle with grated cheese and buttered crumbs and bake until brown.

## Pea Roast

THREE-QUARTERS cupful stale dry breadcrumbs, 1 tablespoonful sugar, ½ cupful pea pulp, ¼ cupful walnut meats, 1 egg, ¾ teaspoonful salt, 1/8 teaspoonful pepper, ¼ cupful melted butter, ¾ cupful milk.

Mix breadcrumbs with pea pulp (canned peas forced through puree strainer). Add sugar, walnut meats finely chopped, egg slightly beaten, salt, pepper and melted butter, then add milk. Turn into a small pan lined with paraffin paper. Cover and bake in a slow oven forty minutes.

## Swedish Baked Halibut

ONE and one-half pound slice halibut, ½ teaspoonful powdered sugar, home canned tomatoes, ½ peeled onion, 1/3 cupful rich milk.

Clean and wipe halibut, place in earthen baking dish. Sprinkle with salt and pepper and brush over with melted butter. Drain canned tomatoes and measure. There should be one cupful of pulp. Add sugar and spread over fish. Cover with onion, peeled and thinly sliced. Bake twenty minutes. Add milk or cream and bake ten minutes. Garnish with parsley. Serve.

## Ginger Pudding

ONE-HALF cupful butter substitute, 2 tablespoonfuls sugar, 2 eggs, ½ cupful milk, ½ cupful water, 2½ cupfuls flour, 3 teaspoonfuls baking powder, ¼ teaspoonful salt, ¼ cupful Canton ginger, 1 tablespoonful ginger syrup.

Cream shortening, add sugar and eggs well beaten, then add milk and water mixed, then flour, baking powder and salt. Cut ginger into pieces and add to mixture with ginger syrup. Turn into buttered mold. Steam one and three-quarter hours.

## Somerset Smelts

SMEELTS, salt, pepper, lemon juice, milk, 2 tablespoonfuls flour, butter, 1 cupful white sauce, 1 1/3 teaspoonfuls anchovy essence, 1½ tablespoonfuls butter, 1 teaspoonful parsley.

Clean large smelts, season with salt, pepper and lemon juice, let stand ten minutes, dip in milk, roll in flour and saute in butter. Add to butter remaining in pan two tablespoonfuls flour, white sauce, anchovy essence and few drops of lemon juice. Just before sauce is poured round smelts add butter and chopped parsley.

## Raisin Fritters

TWO and one-quarter cupfuls milk 1 inch piece cinnamon, ¼ cupful sugar, ¼ cupful cornstarch, 3 tablespoonfuls flour, ½ teaspoonful salt, yolks of 3 eggs, 1/3 cupful raisins cooked.

Scald 2 cupfuls milk with cinnamon. mix sugar, cornstarch, flour, salt, and dilute with one-quarter cupful milk. Add scalded milk, cook ten minutes, then add egg yolks, and raisins. Turn into pan, spread evenly and cool. Remove, cut in squares, dip in crumbs, egg and bread crumbs, fry in deep fat. Serve with grape sauce.