

INEXPENSIVE MENUS FOR A FAMILY OF FOUR

By MARJORY DALE

Beauguarde Eggs

Boil 6 eggs 20 minutes. Make a pint of cream sauce, cut whites of the eggs into thin strips. Mix with the sauce, and fill baking shells, one for each person. Put the yolks of the eggs through a sieve on top of each shell. Put in oven for two or three minutes and serve.

Hamburg Steak with Tomato and Macaroni

About a pound of scraggy ends of beef or cold roast, a green pepper if you have it, chopped fine, a little onion juice, and a spoon of salt. Put meat through mincer, add onion and salt, press into an oval shaped loaf. Brush generously with dripping and put meat in carefully. Cook each side one minute, holding closely to fire, then five or six minutes at a little distance, turning every ten seconds. Turn on hot platter, sprinkle with a little chopped parsley, surround with plain boiled macaroni and boiled tomato sauce.

Tomato Sauce

One-half can tomatoes, 2 tablespoons fine chopped onion, salt, pepper, 1 tablespoon corn starch.

Heat tomato, strain through sieve, add onion, salt, pepper to taste. Bring to a boiling point, and thicken with corn starch.

Cream of Tomato Soup

One-half can of tomato left from day before, one onion, 1/2 cup of water, pinch baking soda, salt and pepper to taste, 2 cups of milk.

Put the tomato on to heat with onion, strain, bring to boiling point, add soda, water, and milk, salt and pepper to taste, a small piece of butter, and thicken with a little corn starch or flour.

Baked Bananas

Cut bananas lengthwise into halves, place in a baking dish, sprinkle with sugar and lemon juice, and bake for about 15 minutes in a moderate oven. Serve either hot or cold.

Creamed Dried Beef

One-half pound dried beef, 4 tablespoons flour, 3 tablespoons dripping, 1 1/2 cups hot milk.

Tear clipped dried beef into small pieces. Place in frying pan, pour boiling water over it, and let stand for five minutes. Pour off water, put the pan over fire, and stir until the water is dried off the beef. Add dripping and flour and stir until flour is browned. Add hot milk and stir until thickened.

Cream of Carrot Soup

One cup diced carrots, 1 slice onion, 1 cup carrot stock, 3 cups milk, 2 tablespoons butter, 2 tablespoons flour, salt and pepper.

Cook diced carrots and onion in boiling salted water until tender, drain, and reserve one cupful of vegetable stock. Heat butter, add flour, and cook three minutes. Gradually add hot stock and hot milk, stirring until thickened. Add cooked carrots and season to taste.

Stuffed Round Steak

One slice of rump steak, 1 teaspoon salt, 1-8 teaspoon pepper, 2 tablespoons dripping, 1 cup bread crumbs, 1-8 teaspoon ginger, 1 tablespoon grated onion, 1 small piece of salt pork, chopped, 1 pint boiling water.

Have meat about an inch thick and see that it has no seams, openings, or muscle tissues running through it. Season with salt, pepper, and ginger. Heat fat in a frying pan, add bread crumbs and the rest of the ingredients. Cook two or three minutes and then spread this dressing over the meat. Fold the steak over, or roll it, and fasten securely with string. Place in a pan or deep kettle with a little fat, sprinkle well with flour, let brown, add 1 pint of boiling water, cover closely, and let simmer until tender. Remove strings and let brown. Serve hot in own sauce.

Parsnip Fritters

Parsnips, batter, salt and pepper. Wash and scrape parsnips, throw them into boiling water and boil. Skim frequently during boiling. When they are tender, drain, slice in round slices, dip them in frying batter, and fry in deep fat.

Italian Spaghetti

Cook in three pints of water 1 1/2 pounds of lean, tender beef, cut into inch squares. When done, remove the meat from the broth and place in a pan with a tablespoon of beef dripping, and when browned on both sides, set back on range all ready to serve. Take a little over one-quarter package of spaghetti and break into two-inch lengths, blanch and add to meat with a half can of strained tomato, a tiny clove of garlic, and if so desired, one can of button mushrooms and 1/4 cupful of grated Canadian cheese. Season with salt and pepper, simmer for a half hour. Place meat in the centre of a platter, surround with spaghetti mixture, and serve.

Fillet of Halibut, Sauce Loomis

Two half-pound slices of halibut, 1/2 onion, 4 slices carrots, a sprig of parsley, 1/2 sprig of thyme, bit of bayleaf, 2 cloves, cold water, salt, pepper, and vinegar.

Wipe fish, cut into four fillets, arrange in pan, lay vegetables over fish, cover with water, sprinkle with salt and pepper, and add vinegar. Cover and let stand two hours. Put on range, bring to boiling point and let boil till fish is soft. Remove to hot platters. Pour over loomis sauce, dot with butter and bake until delicately browned.

Loomis Sauce

Two tablespoons butter, 3 tablespoons flour, 1/2 cup milk, yolk 1 egg, fish liquor, 2 table- spoon mild cheese, salt and cayenne.

Melt butter, add flour, and stir till well blended. Then pour on gradually, while stir-

ring constantly, milk and fish stock. Bring to boiling point. Add cheese and egg yolk slightly beaten. Season with salt and cayenne.

Hominy Croquettes

One pint hominy, 1/2 tablespoon butter, 1/2 cup milk, 1 teaspoon salt, 1/2 tablespoon flour, 1/2 cup bread crumbs.

Drain the hominy and put through a good

chopper, or mash. Make a white sauce of the butter, flour, and salt. Mix this with the hominy, and add bread crumbs sufficient to form into croquettes. Then have ready some dried bread crumbs to which two tablespoons of milk or water have been added. Dip the croquettes into the bread crumbs, place in a buttered pan, and bake in a hot oven until evenly browned.

Beef a la Mode

Dredge a 1 1/2 lb. round steak with 1 1/2 tablespoons flour and dust of pepper. Roll and put in a pot with 1/2 tin of tomatoes; add a table- spoon of fried pork, pepper, dredge again with flour, cover closely, and bake for four hours in a slow oven. Serve meat on a deep platter and pour gravy over it.

Boiled Fish, Hollandaise Sauce

Wash fish in cold water, wipe dry, dredge lightly with flour and pepper, and roll in a napkin. Place in a quart of boiling water to which has been added a little salt and a spoonful of vinegar, and cook, allowing about 16 minutes. Salt and serve on a platter garnished with parsley.

Hollandaise Sauce

Put into double boiler one tablespoon of butter, whip into it the yolk of an egg, a pinch of salt and cayenne, two tablespoons of cider vinegar. Cook and stir until a little thick. Serve with fish.

Pot Roast of Beef with Spaghetti

Four pounds of bottom round of beef, 3/4 pounds of spaghetti, 1 can of tomato, beef suet, 1 small onion, 1 green pepper, 2 slices of onion, 2 bay leaves, 4 cloves, 1 clove garlic, 3/4 cup hot water, grated Canadian cheese, salt and pepper.

Cut up suet, combine with bacon and try out fat. Chop together the onion, garlic, and green pepper until quite fine and fry in fat. When beginning to brown, add meat, turning so it is well browned on both sides. Then add hot water, tomatoes, and seasoning, simmer gently 3 hours, add 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. Half-hour before meat is finished, boil spaghetti till tender, drain, put into sauce surrounding the meat, and let cook ten minutes. Put meat on platter, sauce in the dish, grating cheese over top.

Green Pea and Nut Salad

Drain 1 can of green peas, turn into salad bowl, add juice of onion and mayonnaise. Mix thoroughly, chop 1/4 pound of walnut meats, and sprinkle over top.

Veal Loaf

One pound veal, chopped, 1/2 cup chopped ham, 1 egg, 3/4 cup dried bread crumbs, juice of 1/2 lemon, 3/4 cup milk, small piece of butter, 1 teaspoon salt, 1/4 teaspoon pepper.

Mix ingredients in order given, shape into loaf, and place in dripping pan. Cook about 40 minutes in a hot oven, basting often.

Left-over Steamed Cake

Take left-over cake, cut in squares, and put on pie plate in a steamer until hot. Then serve as pudding with any favourite sauce.

Potato Chowder

One cup tomato, 1 pint boiling water, 1 tea- spoon salt, 1/2 small onion, 2 cups milk.

Put potatoes to cook in boiling water with salt and sliced onion. When tender, put two-thirds of them through colander, add remainder of the potatoes, add milk, reheat. Serve over crackers.

Cornmeal Cutlets

Turn cornmeal mush into bread tins previous- ly wet with water. When cold, slice, dip into bread crumbs, place in buttered pan, and bake in oven a rich brown. Serve with butter.

Rice Croquettes

Boil one cup of rice in salted boiling water, drain, dry thoroughly over fire. Season to taste, add one egg lightly beaten, form into croquettes, roll in bread crumbs, and fry.

Quick Dumplings

One cup flour, 1/4 teaspoon salt, 2 teaspoons baking powder, 1/2 cup milk or water.

Mix dry ingredients, stir in milk or water gradually to make a soft dough, drop by spoon- ful in boiling water or in stew. Cover closely to keep in steam, cook ten minutes without lifting the cover. Serve at once.

Rice Timbales with Jelly

One cup milk, 1/2 oz. ground rice, 1 oz. butter, 1 1/2 mashed potatoes, 2 drops onion juice, pepper and salt.

Scald milk in double boiler, add rice which has been mixed with a little cold milk, cook for 15 minutes. Then add mashed potatoes, butter, onion juice, and seasoning. Cook until thick, pour into buttered egg cups, press down. Leave for five minutes, turn out, fry in deep fat to a golden brown, serve with currant jelly.

Baked Beans, Chili Sauce

One pint pea beans, 1/2 lb. salt pork, 1/2 tea- spoon mustard, 1 1/2 teaspoons salt, pinch baking soda, 1/2 cup chili sauce, 1 tablespoon minced onion, 2 tablespoons molasses.

Soak beans over night, in the morning rinse, add baking soda, pork and salt, and boil 20 minutes. Add the chili sauce, onion, and mol- asses, and bake.

Potato Salad

One quart boiled potatoes, cut into quarter- inch slices, 1-8 teaspoon pepper, 1 teaspoon salt, 1/2 teaspoon sugar, 1/2 teaspoon flour, 1/2 cup water, 1/2 cup of vinegar, 1 slice salt pork, 1 onion chopped fine.

Sprinkle potatoes with pepper, salt, sugar, and flour. Mix vinegar and water, and heat thoroughly. Chop the salt pork and fry to a light brown. Add onion and let brown slightly; add potatoes, pour vinegar and water over all, and let heat until the vinegar and water are absorbed. Serve hot.

MENU CALENDAR FOR MAY

<p>Tuesday, May 1st.</p> <p>BREAKFAST Stewed Rhubarb Puffed Wheat Toast Coffee</p> <p>LUNCHEON Beauguarde Eggs Baking Powder Biscuits Tea</p> <p>DINNER Salisbury Steak with Tomatoes and Macaroni Green Apple Pie, Coffee</p>	<p>Wednesday, May 2nd</p> <p>BREAKFAST Boiled Rice and Milk Toast Cocoa</p> <p>LUNCHEON Cream of Tomato Soup Brown Bread & Butter Baked Bananas Tea</p> <p>DINNER Creamed Dried Beef Mashed Potatoes Spinach Bread and Butter Stewed Rhubarb</p>	<p>Thursday, May 3rd</p> <p>BREAKFAST Shredded Wheat Biscuits and Cream Toast Coffee</p> <p>LUNCHEON Cream of Carrot Soup Toast Sticks Tea</p> <p>DINNER Stuffed Round Steak Baked Potatoes Mashed Parsnips Bread and Butter Creme Pudding</p>	<p>Friday, May 4th</p> <p>BREAKFAST Cornflakes Coffee French Toast</p> <p>LUNCHEON Parsnip Fritters Green Pea Salad Baking Powder Biscuits</p> <p>DINNER Italian Spaghetti Caramel Pudding Tea Small Cakes</p>
<p>Saturday, May 5th</p> <p>BREAKFAST Baked Green Apples Coffee Cornmeal Muffins</p> <p>LUNCHEON Left-over Italian Spaghetti Brown Bread & Butter Tea</p> <p>DINNER Fillet of Halibut with Loomis Sauce Mashed Potatoes Lettuce Salad Tea</p>	<p>Sunday, May 6th</p> <p>BREAKFAST Stewed Rhubarb Cream of Wheat Cocoa Toast</p> <p>DINNER Pork and Beans Cold Slaw Coffee Brown Bread Lemon Jelly</p> <p>TEA Tomato Jelly Salad Toast Sticks Cake Tea</p>	<p>Monday, May 7th</p> <p>BREAKFAST Puffed Wheat Toast Coffee</p> <p>LUNCHEON Hominy Croquettes Stewed Rhubarb Bread and Butter Tea</p> <p>DINNER Beef a la Mode Riced Potatoes Lettuce Salad Green Apple Sauce</p>	<p>Tuesday, May 8th</p> <p>BREAKFAST Shredded Wheat Toast Coffee</p> <p>LUNCHEON Cream of Corn Soup Crackers Tea Johnny Cake</p> <p>DINNER Boiled Fish Hollandaise Sauce French Fried Potatoes Hollandaise Sauce Water Cross Rhubarb Pie</p>
<p>Wednesday, May 9th</p> <p>BREAKFAST Oatmeal with Dates Toast Coffee</p> <p>LUNCHEON Lettuce Salad with Home-made Cottage Cheese Graham Bread Tea</p> <p>DINNER Pot Roast of Beef with Spaghetti Diced Buttered Turnips Cake Coffee</p>	<p>Thursday, May 10th</p> <p>BREAKFAST Stewed Rhubarb Hominy Spoon-bread Coffee</p> <p>LUNCHEON Green Pea and Nut Salad Baking Powder Biscuits Cocoa</p> <p>DINNER Reheated Left-over Pot Roast Carrots Johnny Cake Syrup Tea or Coffee</p>	<p>Friday, May 11th</p> <p>BREAKFAST Breakfast Cereal Toast Cocoa</p> <p>LUNCHEON Fried Mush with Syrup or Melted Jelly Tea</p> <p>DINNER Veal Loaf Baked New Beets Lettuce Salad Left-over Cake Steamed Sauce</p>	<p>Saturday, May 12th</p> <p>BREAKFAST Boiled Rice Toast Coffee</p> <p>LUNCHEON Fried Mush Bananas Brown Bread Tea</p> <p>DINNER Potato Chowder Cornmeal Cutlets Baking Powder Biscuits Coffee</p>
<p>Sunday, May 13th</p> <p>BREAKFAST Orange Uncooked Cereal Toast Cocoa</p> <p>DINNER FOR GUESTS Cream of Tomato Soup Mock Duck Baked Potatoes Spinach Brown Bread Coffee Rhubarb Pie</p> <p>TEA Cottage Cheese on Toast Canned Fruit Cake Tea</p>	<p>Monday, May 14th</p> <p>BREAKFAST Cream of Wheat Toast Coffee</p> <p>LUNCHEON Rice Croquettes Baking Powder Biscuits Tea</p> <p>DINNER Steak made from left- over Mock Duck Dumplings Brown Bread Quick Pudding</p>	<p>Tuesday, May 15th</p> <p>BREAKFAST Uncooked Cereal Popovers Coffee</p> <p>LUNCHEON Cottage Pimento Cheese on Lettuce Toast Fingers Tea</p> <p>DINNER Rice Timbales with Jelly Baked Custard Tea Brown Bread Cake</p>	<p>Wednesday, May 16th</p> <p>BREAKFAST Sliced Oranges Boiled Rice Toast Cereal Beverage</p> <p>LUNCHEON Nut and Green Pea Salad on Lettuce Brown Bread Fingers Cocoa</p> <p>DINNER Baked Beans with Chili Sauce Brown Bread Coffee Sliced Fresh Pineapple Wheat Cake</p>
<p>Thursday, May 17th</p> <p>BREAKFAST Hominy Toast Cereal Beverage</p> <p>LUNCHEON Baked Macaroni Tea White Bread Cake</p> <p>DINNER FOR GUESTS Dressed Roast of Veal Browned Potatoes Green Peas White Bread Caramel Pudding Cake Coffee</p>	<p>Friday, May 18th</p> <p>BREAKFAST Uncooked Cereal Toast Coffee</p> <p>LUNCHEON Rhubarb Mound Corn Meal Cake Cocoa</p> <p>DINNER Creamed Veal on Toast a la left-over Boiled Rice Water Cross Honey Brown Bread Coffee</p>	<p>Saturday, May 19th</p> <p>BREAKFAST Uncooked Cereal Toast Coffee</p> <p>LUNCHEON Potato Salad Hot Biscuits Plain Lettuce Tea</p> <p>DINNER Escalloped Salmon Rice, Fruit Salad Cake Tea</p>	<p>Sunday, May 20th</p> <p>BREAKFAST Boiled Rhubarb Bacon and Eggs Toast Coffee</p> <p>DINNER Pot Roast of Beef with Spaghetti New Carrots Lettuce and Watercress Salad Rhubarb Pie Coffee</p> <p>TEA Canned Peaches Short Cake Tea</p>
<p>Monday, May 21st</p> <p>BREAKFAST Uncooked Cereals Toast Coffee</p> <p>LUNCHEON Creamed New Carrots on Toast Baked Bananas Iced Tea</p> <p>DINNER Pot Roast Minced on Toast Rice Border Coffee Cottage Cheese Pie</p>	<p>Tuesday, May 22nd</p> <p>BREAKFAST Corn Meal Porridge Brown Bread Coffee</p> <p>LUNCHEON Cream of Corn Soup Crackers Cake</p> <p>DINNER Baked Bananas Bacon Brown Bread Rhubarb Conserve Cocoanut Buns Tea</p>	<p>Wednesday, May 23rd</p> <p>BREAKFAST Shirred Eggs Toast Coffee</p> <p>LUNCHEON Glaced Sweet Potatoes Brown Bread & Butter Cocoa</p> <p>DINNER Plain Pot Roast Carrots and Rice Custard Tea</p>	<p>Thursday, May 24th</p> <p>BREAKFAST Cream of Milk Toast Coffee</p> <p>LUNCHEON Lettuce Salad Prunes Graham Bread Tea</p> <p>DINNER Steamed Dinner from Pot Roast Potatoes and Carrots Baking Powder Biscuits Honey Coffee</p>
<p>Friday, May 25th</p> <p>BREAKFAST Stewed Prunes Coffee Whole Wheat Geins</p> <p>LUNCHEON Cream of Carrot Soup Biscuits Tea</p> <p>DINNER Baked White Fish Baked Potatoes Lemon Gelatine Cocoa Sugar Cookies</p>	<p>Saturday, May 26th</p> <p>BREAKFAST Uncooked Cereal Toast Coffee</p> <p>LUNCHEON Corn Fritters Toast Brown Bread Tea</p> <p>DINNER Casserole of White Fish Lettuce Salad Tea Angel Dainty</p>	<p>Sunday, May 27th</p> <p>BREAKFAST Baked Rhubarb Toast Rice with Butter Coffee</p> <p>LUNCHEON OR DINNER Steamed Veal Green Peas, Dumplings Lettuce Salad Coffee Rhubarb Pie</p> <p>SUPPER Tuna Fish Salad Brown Bread Butter Fingers Tea</p>	<p>Monday, May 28th</p> <p>BREAKFAST Uncooked Cereal Toast Cocoa</p> <p>LUNCHEON Savoury Rice Baking Powder Biscuits Tea</p> <p>DINNER Veal Loaf with Tomato Sauce Baked Potatoes Green Apple Pie Coffee</p>
<p>Tuesday, May 29th</p> <p>BREAKFAST Farina Top of Milk Toast Coffee</p> <p>LUNCHEON Codfish Balls White Sauce Brown Bread Tea</p> <p>DINNER Pork Tenderloin Cream Gravy Turnips Browned in Butter Tapioca Meringue Tea</p>	<p>Wednesday, May 30th</p> <p>BREAKFAST Uncooked Cereal Top of Milk Toast Cocoa</p> <p>LUNCHEON Spaghetti with Tomatoes on Toast Tea</p> <p>DINNER Rice and Meat Mould Cold Slaw Brown Bread Jellied Rhubarb</p>	<p>Thursday, May 31st</p> <p>BREAKFAST Fried Mush Toast Tea</p> <p>LUNCHEON Kidney Beans Crackers Tea</p> <p>DINNER Baked Salmon Tomato Sauce Brown Rice Croquettes Rhubarb and Prune Pie Coffee</p>	

A few recipes, given in the Menu Calendar for May, have been crowded out for want of space. These may be had on request to Marjory Dale, care of Everywoman's World, 62 Temperance Street, Toronto.