

Gourmet

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FINE
AMERICAN WINES
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FANCY FOODS
GIFT ITEMS

Food Conservation News and Menus

By Mrs. Raymond F. Giffels

High cost of living, the biggest news story of 1947, according to the United Press, still continues to be the number one problem of the average family. The cost of food is the largest single item in the homemaker's budget. To help prevent further increase in food prices and to be able to share with those less fortunate, much greater kitchen-control is needed. Buy wisely. Eat sensibly. Waste nothing.

Our own local Junior Chamber of Commerce, through their program of a Michigan Friendship Motor Caravan of food, have given us another opportunity for sharing our plentiful foods. The local grocery stores will accept your gifts. The moderate food conservation asked by all Americans presents no health hazards or decrease in appetite at meal time. The United States civilian this year is eating at an average rate of 3,400 calories daily. The actual daily requirement is about 2,500 calories. The diet of most Europeans falls dangerously short of the actual requirement with the resultant increase in tuberculosis and other diseases.

During this holiday season when tempted to over-indulgence in food, let us remember that without our conservation program the rations of many millions abroad will drop below the present dangerous level and our own food prices may continue to soar.

To help prevent any waste of Christmas turkey, here are two delicious recipes for using the last of it.

Turkey Meal-in-One
2 tablespoons margarine
2 tablespoons flour
1 1/2 cups fluid milk (or evaporated milk and water)
1 cup grated cheese
1 cup diced turkey
1 cup cooked peas
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon curry (optional)
4 toast cups

Melt margarine, blend in flour and milk and cook over low heat, until thick, stirring constantly. Add cheese and stir until melted. Blend in diced turkey, peas and seasonings. Heat thoroughly. Serve in hot toast cups, or over toasted buns. Serves 4.

Turkey Corn Pie
2 tablespoons fat
1/2 cup diced, cooked turkey
1/2 cup corn meal
1 1/4 cups sifted, all-purpose flour
1/2 teaspoon salt
2 teaspoons baking powder
1 egg, well beaten
1/2 cup milk
1 tablespoon minced parsley
1/4 cup melted fat

Melt 2 tablespoons fat and place in 7 x 11-inch baking pan. Spread turkey evenly over the bottom of pan. Stir together the corn meal, flour, salt and baking powder. Add egg, milk and parsley, stirring lightly. Fold in the 1/2 cup melted fat. Pour batter over turkey, spreading evenly. Bake in a hot oven (425° F.) for 20 to 25 minutes. Cut into squares and serve immediately with turkey gravy. Serves 6.

Beans are inexpensive and nutritious. Meat will never be missed on Tuesday if you serve this alternate food. To complete the menu add rolls, pickles and end with fresh fruit for dessert.

TUESDAY PEACE PLATE
3 cups cooked lima beans
2 large onions, diced
1 green pepper, diced
1/2 cup celery, diced
1 cup cooked tomatoes
2 teaspoons salt
1/2 teaspoon pepper
1/2 cup paprika
1/2 cup parsley, chopped
Cook lima beans until tender. Blend onions, pepper, celery and tomatoes and add to cooked lima. Add salt, pepper, and paprika. Blend in chopped parsley. Pour into greased casserole and bake in moderate oven (350° F.) for 45 minutes. Serves 4.

THURSDAY PEACE PLATE
Lima Bean Casserole
Sausage and fried apples are equally as welcome at breakfast or dinner, a good beginning or ending to "Eggless Thursday."
Sausage and Fried Apples
1 lb. bulk or link fresh pork
2 tablespoons water
8 tart apples
1/2 cup sugar

Place sausage patties or links in cold skillet. Add water, cover, and simmer until water evaporates. Remove cover, increase the heat and cook until sausage is browned. Remove to hot platter and pour off all but 4 tablespoons of the fat. Keep warm until served. Meantime, wash apples, cut in eighths

and core. Brown apples in the sausage fat, turning occasionally. Sprinkle with sugar, cover and cook slowly until tender. Pile apples in center of chop plate and arrange hot sausage around the apples. Serves 6.

Holiday menus with their added stress on the food budget make inexpensive, simple foods a must the rest of the month. Here are two recipes which should help you scale down your food costs.

Lamb Stew with Tomato Dumplings
2 lbs. lamb breast
1 1/2 teaspoons salt
1/2 teaspoon pepper
Flour
1 1/2 tablespoons fat
6 small white onions
3 potatoes, cubed
6 medium carrots
Have lamb cut in 2-inch pieces. Season with salt and pepper and dredge with flour. Brown meat in hot fat. Cover with water and simmer 1 1/2 hours in kettle with tight-fitting cover. Add vegetables and cook until until vegetables are done and meat is tender. Top with dumplings.

Tomato Dumplings
Add 1/2 cup tomato juice to 2 cups biscuit mix to make a stiff drop batter. Drop by tablespoon on top of stew. Cover tightly and steam 12 minutes. Do not lift lid during steaming process. Serves 6.

Veal Birds with Mushroom Sauce
2 lbs. veal round
Bread stuffing
3 tablespoons flour
3 tablespoons fat
Salt and pepper
can (No. 1) mushroom soup
Have veal round cut into 1/2-inch slices. Cut into 2 x 4-inch pieces for individual servings. Place a spoonful of stuffing on each piece, roll and fasten edge with tooth-picks. Dredge with flour and brown on all sides in hot fat in heavy skillet. Season. Pour mushroom soup over veal birds, cover, and cook very slowly until done, about 45 minutes. Serves 4 to 6.

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WITH PEACE AND PROSPERITY, WE SHOULD ALL BE HAPPIER THAN EVER THIS YEAR. DURING THE CHRISTMAS SEASON LET'S TRY TO FORGET OUR CARES. FOR OUR PART, WE WANT TO ADD OUR FELICITATIONS TO THE MANY OTHERS YOU ARE RECEIVING, BY WISHING YOU A VERY MERRY CHRISTMAS—THE

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TIME TO HANG UP YOUR STOCKING!

Christmas is the season that, above all others, turns the thoughts of mankind back to the all-enveloping innocence of childhood—away from the pure selfishness and commercialism of the every-day world towards the joys of giving and sharing.

It is in that true spirit of Christmas that we wish for you all the blessings of this joyous season.

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In weal or woe, under all conditions, the cheery Merry Christmas comes to the surface. It's natural in mankind. Everyone appreciates a hearty Yuletide greeting—and so, to all our friends, we add our wish for a

MERRY CHRISTMAS

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