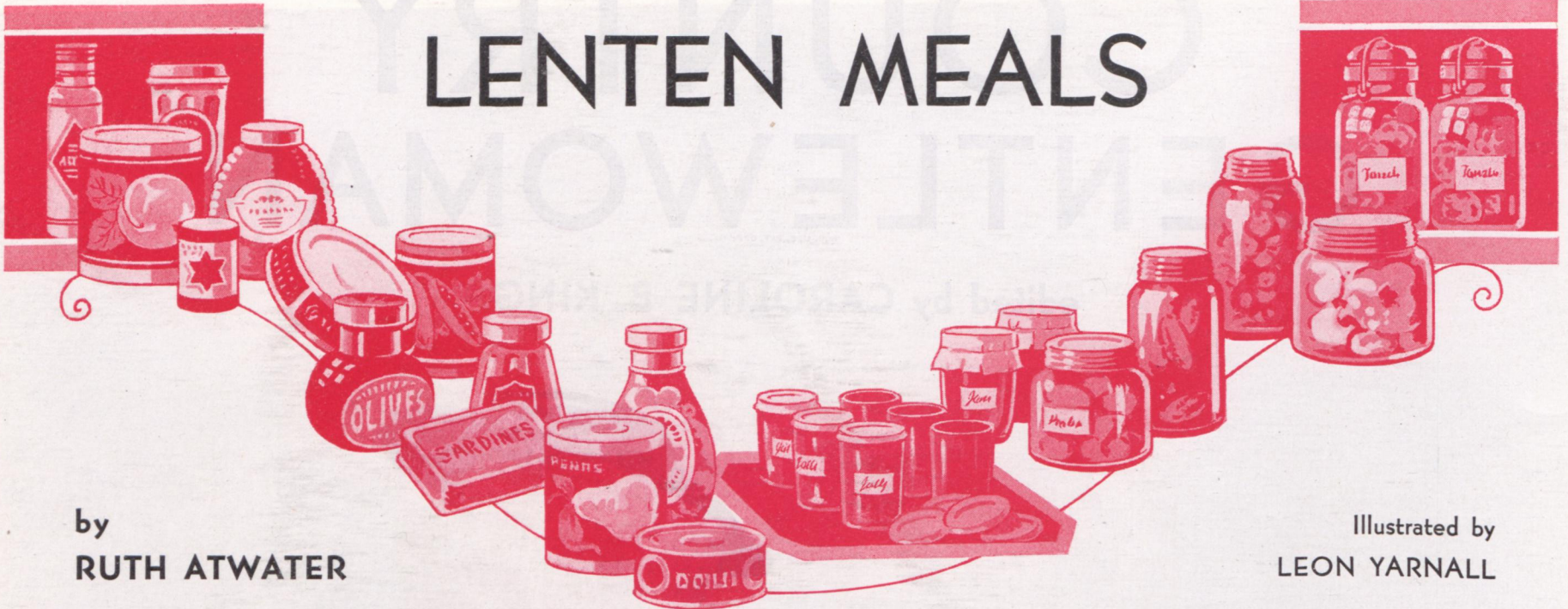


LENTEN MEALS



by
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LENT is always a pleasant interlude. I think of it as the "breathing spell"; my grandmother called it that, and I like the phrase. Winter is changing into spring, slowly in some parts of the country, while in other warmer sections the first lovely signs of the new season are beginning to appear.

Today I have been thinking about the meals I would give to my friends during this betwixt-and-between time of year, and I thought that you might be interested in some of my menu plans. Suppose that together we look in my cupboard, which is probably very much like yours, and plan some meals that are interesting.

I suppose that you have an assortment of home canned foods on your shelves, but there are many kinds of food that you cannot grow in your own garden, and if you have an assortment of commercially canned foods to add to your supply, you will be able to have greater variety in your menus.

As I look over my shelves, I find many kinds of vegetables, fruits, fish, meat, soups and a variety of combination dishes all ready in cans, that are a great help in making my Lenten meals appetizing.

This is a dinner menu that I like to serve; it's so easy to prepare: -

Salmon Loaf Supreme, Mustard Pickle
Minted Peas Browned Potatoes Hot Biscuits Jam
Cherry Pie Cheese

I am going to give you two recipes out of this menu and here they are:

SALMON LOAF SUPREME

1 Pound Can of Salmon
Juice of 1 Lemon
1 Onion, Chopped
2 Tablespoonfuls of Butter
1 Can of Condensed Tomato Soup
½ Cupful of Milk
1 Egg, Beaten
2 Cupfuls of Cooked Rice
Seasonings
½ Cupful of Buttered Crumbs

FLAKE the salmon, sprinkle the lemon juice over it. Cook the onion in the butter until tender but not brown, mix the tomato soup, milk, and beaten egg. Add to the onion and butter. Add the cooked rice to this and combine with the salmon. Season well. Put into a greased bread pan or other loaf-shaped baking dish. Cover with buttered crumbs and bake in a slow oven until the crumbs are nicely browned. It may be a good idea to set the pan in a shallow pan of boiling water. Bake in a moderate oven about twenty-five minutes.

MINTED PEAS

1 Can of Peas
1 Tablespoonful of Fresh Mint
1 Teaspoonful of Sugar
Other Seasonings to Taste
1 Tablespoonful of Butter

OPEN the can of peas and pour the entire contents into a saucepan having a wide base. Add the mint and seasonings and cook until almost all the juice has evaporated. Add the butter and stir lightly while it melts. Serve piping hot. This gives six servings.

Naturally, I do not have to tell you how to make biscuit or pie crust, but when you make a nice juicy cherry pie, do you use canned pitted sour cherries for filling? I do, and as the family likes their cherry pies very full of cherries, I generally use two cans for the filling for one good-sized pie.

It's fun to cook, and it's so easy when you use canned foods for they do not require much time to prepare. They are all ready for your finishing touches. You are free to

exercise all your own artistic skill in seasoning them and combining them, without all the bother of getting them peeled, sorted, cored and all the rest of the tiresome work of preparation.

They save fuel, too, for they are ready to eat when you open the can, as far as cooking is concerned, so all you need to do is to heat them sufficiently so that they will combine well with your pet seasonings. If you use them cold, chill them thoroughly. You will be surprised how much this will add to their attractiveness.

My club is coming to supper tonight and I am going to give them one of my favorite meals. I can have everything ready ahead of time, except the finishing touches, and you know what a help that is when you are doing it all yourself.

SUPPER

Eggs Stuffed With Sardines—Escaloped Tomatoes
Toasted Cheese Sandwiches—Relish
Pineapple Upside-Down Cake Coffee

Perhaps you would like to have these two recipes that are popular with my friends. There are twelve people in my club and so the amounts in these recipes are enough for twelve generous servings.

EGGS STUFFED WITH SARDINES

12 Hard-Cooked Eggs
1 Sixteen-Ounce Can of Sardines
1 Cupful of Mayonnaise or Boiled Salad Dressing
2 Pimientoes Seasonings
1 Small Head of Cabbage, Shredded

CHILL the hard-cooked eggs thoroughly. Remove shells and cut the eggs in half lengthwise and remove the yolks. Drain the sardines from the oil and mash them thoroughly. Mix with the egg yolks and salad dressing and season to taste. Stuff the egg whites, rounding up the mixture. If there is extra filling make it into little balls. Serve with the eggs on shredded cabbage.

PINEAPPLE UPSIDE-DOWN CAKE

1 Can of Crushed Pineapple
1 Cupful of Light Brown Sugar
Any One-Egg or Two-Egg Cake Mixture
1 Teaspoonful of Ground Cinnamon
¼ Teaspoonful of Ground Cloves

This one-egg cake mixture is good:

1 Egg, Beaten
1½ Cupfuls of Sugar
1½ Cupfuls of Milk
1 Teaspoonful of Vanilla
3 Cupfuls of Flour
6 Teaspoonfuls of Baking Powder
1 Teaspoonful of Salt
¼ Cupful of Shortening

COOK the pineapple and brown sugar until the sugar has entirely dissolved. Cool, add the spices and pour into the bottom of a well-greased baking pan or into a

deep frying pan. Pour the cake mixture on top and bake in a moderate oven about forty minutes. Remove from the baking pan onto a plate large enough to allow the pineapple mixture to spread.

The nice thing about this recipe is that you can use any fruit that you like in place of pineapple. I like to use canned sliced peaches, apricots, raspberries or strawberries. I use less sugar with some of them, but you can always sweeten the fruit to taste and change the spices or leave them out if they do not blend well with the particular fruit you have chosen. Sometimes I have a number of fruits left over and I use them all in a cake of this kind, which gives a pleasant surprise.

If you are not tired of the subject, I should like to tell you about two suppers that I like very much. The amounts given in the recipes will serve six.

FAMILY SUPPER

Clam Chowder, Brown Bread and Butter Sandwiches
Fruit Salad Ginger Cookies Cocoa

CLAM CHOWDER

2 Cans of Clam Chowder
1 Cupful of Thin Cream
1 Egg, Beaten
Seasonings if Needed

OPEN the cans of clam chowder and pour the contents into the inner pan of a double boiler, heat and then add the hot cream. Just before serving stir in the beaten egg. Season if necessary and serve at once.

The fruit salad is quickly made by opening a can of fruits for salad, mixing with any desired salad dressing and serving on crisp lettuce.

After a hearty dinner in the middle of the day on Sunday, I like to serve a vegetable salad as the main dish for Sunday-night supper. This menu is popular:

SUNDAY-NIGHT SALAD SUPPER

Vegetable Salad Icebox Rolls
Mince Tarts Coffee

The vegetable salad has almost endless possibilities. Remember to open the cans of vegetables, drain the liquid and save it for a soup foundation. Mix each vegetable in a separate dish with a well-seasoned French dressing and let them stand in the refrigerator an hour or two before mixing the salad.

One combination of vegetables that I like may interest you:

VEGETABLES FOR SALAD

1 Can of Diced Beets
1 Can of Lima Beans
1 Can of Green Beans
French Dressing to Marinate the Vegetables
Mayonnaise or Boiled Dressing to Use in Serving
Lettuce or Any Salad Green for the Foundation of the Salad
1 Onion, Chopped

AFTER the vegetables are thoroughly cold, drain from the French dressing, mix each one with mayonnaise or boiled dressing, and arrange them attractively on crisp lettuce. Sprinkle the chopped onion over the top and dust with paprika.

There are so many vegetable-salad combinations that may be made quickly when canned vegetables are on hand that it's fun to try all sorts of other combinations. Baked beans and mixed vegetables well moistened with salad dressing, then served in a mound on sauerkraut and surrounded by tiny sizzling hot sausages, make a satisfying full meal.

