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 brief winter-and-between-time of year, and I thought that you might be interested in some of my menu plans. Suppose that together we look to the onion and butter. Add the cooked rice to this and foods for they do not require much time to prepare. 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 in advance, 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 Relish

1 Small Head of Cabbage, sliced in small, shredded pieces

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

1 Tablespoonful of Butter

1 Tablespoonful of Ground Cinnamon

1 Teaspoonful of Ground Cloves

Any One-Egg or Two-Egg Cake Mixture

This one-egg cake mixture is good:

1 Egg, Beaten

1/2 Cupful of Sugar

1 Cupful of Milk

1 Tablespoonful of Vanilla

5 Cupfuls of Flour

1/2 Teaspoonful of Baking Powder

1/4 Cupful of Salt

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

Coffee

CLAM CHOWDER

2 Cans of Clam Chowder

1 Cupful of Thick 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

Mince Tarts

Icebox Rolls

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

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.