

## For the Farm Wife and Family

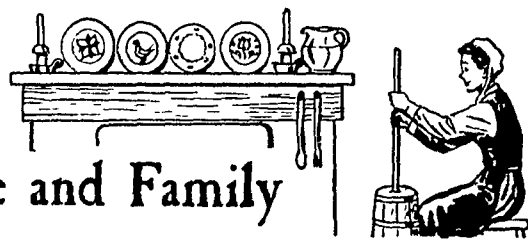
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Menu suggestion: Sweet-sour meat balls with noodles, tomato aspic salad, buttered green beans, relishes, enriched dinner rolls, fruit cup and cookies.

Cube some beef stew meat, and cook it with celery, onions, a can of mixed Chinese vegetables, sea soungs and soy sauce, and what do you have? Beef chop suey, of course! Serve the Chinese style beef stew over crisp noodles or fluffy rice.

### BEEF CHOP SUEY

- 1 1/2 pounds beef stew meat, cut in one-inch cubes
- 3 tablespoons flour
- 3 tablespoons lard or drippings
- 1 tablespoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 2 cups hot water



- 3 cups coarsely chopped celery
- 1 1/2 cups coarsely chopped onions
- 5 tablespoons cornstarch
- 1/4 cup cold water
- 1 can (14-16 ounces) mixed Chinese vegetables
- 2 tablespoons molasses
- 1/2 cup toasted almonds (optional)

Coat meat with flour and brown in hot fat. Add sauces, salt, pepper, hot water. Cover and simmer 1 1/2 hours. Add celery and onions and cook 10 minutes longer, or until vegetables are barely tender. Mix cornstarch and cold water, add to mixture; cook, stirring constantly, over low heat. When thickened, add mixed vegetables and molasses. Heat two or three minutes. Add almonds and serve over hot noodles or rice. Makes six servings.

Shrimp and noodles are a good combination as proved in the following recipe.

### CASSEROLE OF SHRIMP IN PARSLEY SAUCE

- 4 ounces medium noodles
- 3 tablespoons butter or margarine
- 3 tablespoons enriched flour
- 1/4 teaspoon pepper
- 2 cups vegetable broth (Dissolve two vegetables bouillon cubes in two cups boiling water)
- 1/4 cup undiluted evaporated milk
- 1/4 cup minced parsley
- 1 1/2 cups cleaned cooked shrimp
- Buttered bread crumbs

Cook noodles and drain well. Meanwhile, melt butter or margarine in saucepan. Stir in flour and pepper. Add broth gradually and cook until thickened, stirring constantly. Blend in milk and then parsley. Add drained noodles and shrimp in parsley sauce. Turn mixture into greased 1 1/2-quart casserole and top with buttered bread crumbs. Bake in moderate oven (350 degrees) 20 to 25 minutes. Makes four servings.

Good soup can be even better when you add macaroni, spaghetti or noodles. These foods provide nutritive value as well as interesting flavor and texture. With macaroni foods added, soup can serve as the main dish for a lunch or supper.

Lenten Chowder is a fine example of such a main dish soup.

Fish and broccoli achieve a pleasing merger in this recipe.

### LENTEN CHOWDER

- 1/2 cup butter or margarine
- 1 1/2 cups chopped onion
- 1 pound frozen fish fillets, thawed
- 3 cups hot water
- 1 tablespoon salt
- 3/4 teaspoon pepper
- 1 package frozen broccoli, thawed
- 4 ounces elbow spaghetti
- 1 quart milk, scalded
- 1/2 cup light cream, scalded

Melt butter or margarine in large saucepan. Add onion and cook until lightly browned, stirring occasionally. Cut fish fillets into bite size pieces. Add water, salt, pepper, and fish pieces to saucepan and cook 10 to 20 minutes. Chop broccoli and add to saucepan with spaghetti and cook 10 to 15 minutes longer. Stir in heated milk and cream. Serve immediately in heated soup bowls. Makes six servings.

### SPAGHETTI SUPPER BROIL

- 6 ounces long spaghetti
- 1/2 cup butter or margarine
- 2 cups sliced celery
- 3 tablespoons enriched flour
- 1/2 teaspoon salt
- Dash cayenne pepper
- 2 1/2 cups milk

1/2 cup coarsely chopped walnuts

- 1 cup shredded Cheddar cheese (four ounces)
- 12 slices Canadian style bacon, cut 1/8 to 1/4 inch thick about 1/4 pound)

Cook spaghetti

Meanwhile melt butter or margarine in large saucepan. Add celery and cook over low heat about five minutes, stirring occasionally. Stir in flour, salt and pepper. Add milk gradually, stirring constantly, and cook until thickened. Add nuts and cheese, stirring until cheese is completely melted. Rinse spaghetti with warm water and drain well. Stir into sauce, then turn spaghetti mixture into greased eight-inch square baking dish. Arrange slices of bacon over top in rows, overlapping slices slightly. Place under broiler and broil until meat slices are browned lightly around edges. Turn slices and broil on other side for few minutes longer. Serve at once. Makes four servings.

Goulash in America has evolved to something quite different from what it was in Hungary. Originally, this "Hungarian national stew" contained sauerkraut and sour cream. Now, the term goulash is applied to any stew-like mixture. With that introduction

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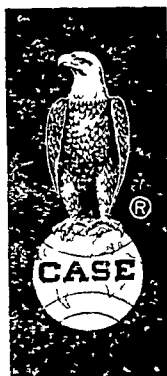
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