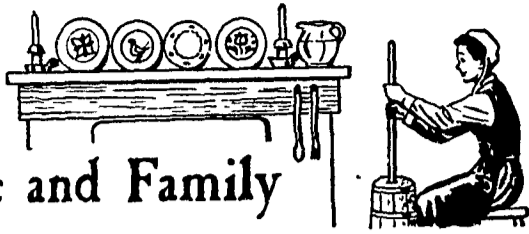


## For the Farm Wife and Family



(Continued from page 9)

good source of iron and the B vitamin, niacin.

### CHICKEN WITH DUMPLINGS

1 stewing chicken cut in pieces and stewed  
3 to four cups broth  
3 to six tablespoons flour  
Salt and pepper  
Remove pieces of chicken from the broth and keep them hot. Skim fat from broth. Blend fat and flour, stir in several spoonfuls of the broth, and pour the

mixture into the rest of the broth, stirring constantly. Cook this gravy until it is slightly thickened. Season to taste

### DUMPLINGS

$\frac{3}{4}$  cup sifted flour  
 $2\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 egg  
 $\frac{1}{3}$  cup milk

Sift flour, baking powder, and salt together. Beat egg, add milk, and mix with the dry ingredients. Dry by small spoonfuls on boiling chicken gravy, cover tightly, and cook 15 minutes. The cover must not be removed while the dumplings are cooking, for if the steam escapes they will not be light.

Menu suggestion: Serve with broccoli or other green vegetable, gelatin vegetable salad, date-and-nut pudding.

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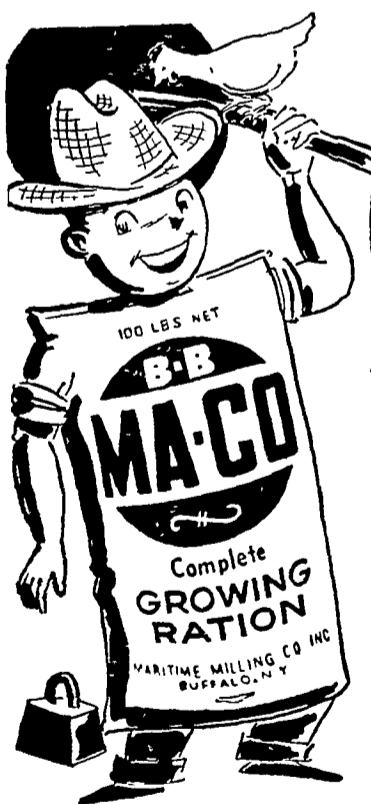
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### BROWNE HASH

$1\frac{1}{2}$  cups chopped cooked meat  
3 cups chopped cooked potatoes  
1 onion, finely chopped  
Broth or milk  
Seasoning to taste

The meat, potatoes, and onion may be chopped by hand or put through the food chopper, depending on the texture desired. Mix meat, potatoes, and onion thoroughly. Moisten with a little broth or milk, if desired, and season to taste. Spread mixture in an even layer in a lightly greased fry pan. Cook slowly until browned on the bottom. If desired, turn and brown on the other side. Turn hash out on a platter and garnish with parsley.

Menu suggestion: Serve with cream of tomato soup, cooked green cabbage with grated cheese, and baked apple.

For variety: Hash-Cakes — Make the meat and vegetable mixture into flat cakes and fry slowly on both sides until crusty.

### CHICKEN TIMBALES

$1\frac{1}{2}$  cups cooked rice  
 $1\frac{1}{2}$  cups diced cooked chicken  
1 tablespoon finely diced onion  
2 eggs, beaten  
1 cup milk  
 $\frac{1}{3}$  cup chicken broth or milk  
 $\frac{1}{2}$  teaspoon salt  
Pepper

Mix all ingredients together. Divide mixture among custard cups or individual baking dishes. Place cups in pan of very hot water and bake at 350 degrees about 30 minutes or until a knife

inserted in the center of timbale comes out clean.

Menu suggestion: Serve with glazed carrots, spinach with lemon, pear salad with cream or cottage cheese and nuts, and gingerbread for dessert.

Fish — fresh, frozen, canned, or salted — provides high-quality protein. And it lends interesting flavor and variety to meal planning.

### FISH PATTIES

$\frac{1}{2}$  cups flaked cooked or canned fish  
 $1\frac{1}{2}$  cups dry mashed potatoes  
1 tablespoon finely chopped onion  
 $\frac{1}{2}$  teaspoon salt  
1 egg  
Pepper  
Flour  
Cooking fat or oil

Combine all ingredients except flour and fat or oil. Shape mixture into patties, roll in flour, and brown in fat or oil.

Menu suggestion: Serve with pickled beets, a green vegetable, celery, and for dessert molded cornstarch pudding with a sauce of cooked dried apricots.

### FISH AND NOODLES

3 tablespoons chopped onion  
 $\frac{1}{3}$  cup diced celery  
1 tablespoon cooking fat or oil  
Pepper

$1\frac{1}{2}$  cups cooked or canned tomatoes, or two cups raw tomatoes cut in pieces

$1\frac{1}{2}$  cups flaked cooked fish  
Crumbs mixed with melted

butter or margarine  
Cook onion and celery in fat or oil a few minutes. Add salt, pepper, and tomatoes and heat to boiling. Put alternate layers of noodles, fish, and hot tomato mixture into a greased baking dish. Top with crumbs. Bake at 350 degrees 20 minutes or until the mixture is heated through and the crumbs are browned.

Menu suggestion: Serve with snap beans or asparagus, a green salad with a tangy horseradish dressing, and have cupcakes for dessert.

### STUFFED FISH FILLETS

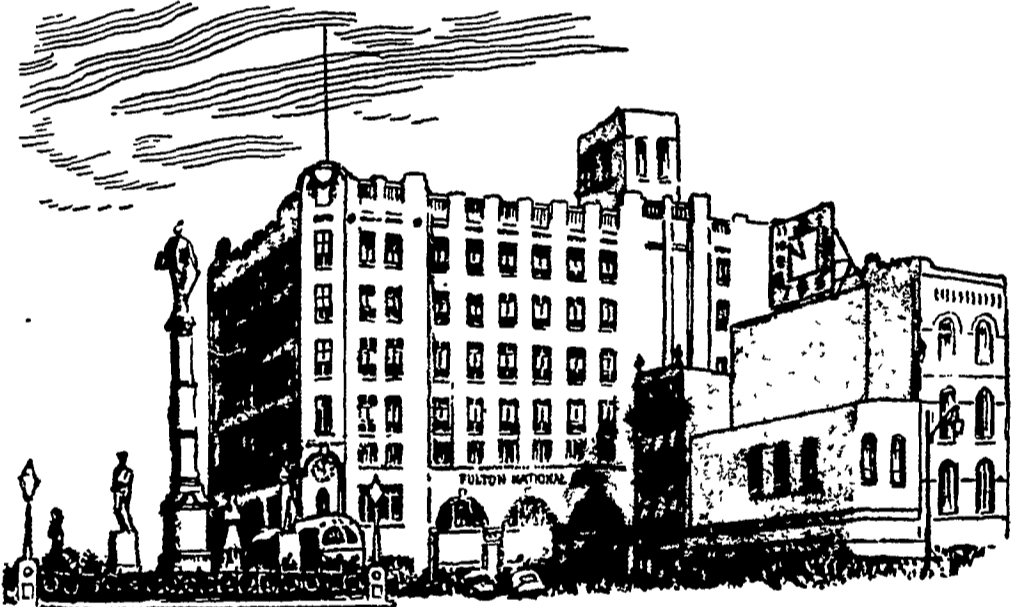
$\frac{1}{4}$  cup finely cut celery  
3 tablespoons finely chopped onion  
6 tablespoons cooking fat  
3 cups bread cubes  
 $\frac{1}{4}$  teaspoon salt  
Pepper

2 tablespoons chopped parsley  
1 teaspoon thyme or other savory seasoning

1 pound small fish fillets  
Fine dry crumbs  
2 tablespoons fat

Cook celery and onion in fat or oil for a few minutes. Add bread cubes and seasonings, and mix well. Place stuffing on skin side of salted individual fillets. Roll and fasten with toothpicks. Roll the stuffed fillets in fine crumbs and brown in fat in a fry pan. Cover and cook over low heat until tender — about 10 minutes.

Menu suggestion: Serve with tartar sauce, boiled or baked potatoes or squash, green lima beans, cabbage and carrot salad, and lemon pie.



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