

For Farm Women . . .

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Pile lightly into a greased baking dish and bake in a moderate oven for 1 hour or until set in the center and lightly browned. Serve in the dish. Tomato sauce is good with beef and potato puff.

BEEF OR LAMB AND TURNIP PIE

- 4 cups diced turnips
- 1 quart boiling water
- Salt and pepper to taste
- 2 to 3 tablespoons flour
- 2 cups chopped cooked beef or lamb

Cook the turnips in the boiling water until tender. Thicken the mixture with the flour mixed to a smooth paste with an equal quantity of cold water, then cook several minutes. Add the cooked meat, season to taste with salt and pepper, and pour into a shallow pan or baking dish. Make biscuit dough as described below. Roll the dough thin, about 1/2 inch, cut into biscuits, and place them over the top of the hot meat mixture so they do not touch each other. Bake in a hot oven (400 degrees) for about 1/2 hour, or until the biscuits are done.

BISCUIT DOUGH

- 2 cups sifted flour
- 3 teaspoons baking powder

3/4 teaspoon salt
3 tablespoons fat
Milk or water
Sift the flour, baking powder, and salt. Combine the fat with the sifted dry ingredients, and add milk or water to make a soft mixture that can be rolled.

Season chopped cooked meat with onion and celery or parsley, moisten slightly with gravy, broth, tomatoes, or chili sauce. Add salt and pepper to taste. Make a rich dough, following the biscuit recipe above, but using twice as much fat. Roll out portions of the dough in rounds about 6 inches in diameter. On each round place some of the meat filling, fold the dough over and pinch the edges to make turnovers. Bake until brown in a hot oven, about 425 degrees.

CURRY OF MEAT

- 1 onion, sliced
- 3 tablespoons meat drippings or other fat
- 3 pints sliced tart apples or green tomatoes
- 3 cups chopped cooked meat
- Meat broth or gravy
- Curry powder
- Salt

Cook the onion in the drippings or other fat. Add the apples or green tomatoes, cover, and cook until tender. Add the meat, (pork, lamb, veal, or beef) and heat thoroughly. If the mixture is too thick, thin it slightly with meat

broth, gravy, or water. Season to taste with curry powder and salt. Serve with flaky boiled rice, or with noodles.

HAM AND POTATO CAKES

- 3 cups ground cooked ham or shoulder
- 3 cups mashed potatoes
- 3 tablespoons chopped parsley
- Salt to taste
- Fat

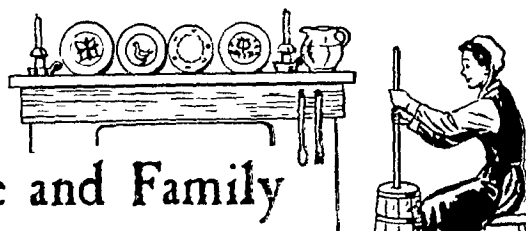
Mix the meat, mashed potatoes, and parsley, and season to taste with salt. Mold into flat cakes, and fry in hot oil until brown.

HAM AND NOODLE SCALLOP

- 4 ounces medium noodles
- 2 tablespoons butter or margarine
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1 1/4 cups diced cooked ham
- 1 1/4 cups condensed cream of mushroom soup (10 1/2 ounce can)
- 1/2 cup milk
- 1 tablespoon chopped pimiento
- 1/8 teaspoon pepper
- 1/2 cup grated American cheese (two ounces)

Add two teaspoons salt and noodles to three cups boiling water. Boil rapidly, stirring constantly, for two minutes. Cover, remove from heat and let stand 5 minutes. Meanwhile, melt butter

For the Farm Wife and Family



CHOP SUEY

- 1 green pepper, shredded
- 2 cups shredded onion
- 2 tablespoons fat
- 2 cups shredded celery
- 2 cups meat both on thin gravy
- Cornstarch or flour
- 2 cups chopped cooked meat
- 2 cups sliced Jerusalem artichokes, or radishes, or raw carrots
- Soy sauce
- Salt

Cook the green pepper and onion in the fat for a few minutes. Add the celery, and meat broth or thin gravy. Cover and cook slowly for about 5 minutes. If the mixture needs thickening, mix one to two tablespoons of cornstarch or flour to a smooth paste with cold water. To the paste add several spoonfuls of the broth or gravy then mix with the rest of the gravy and cook until smooth and thickened. Add the meat, artichokes or radishes or raw carrots, and season to taste with soy sauce and salt. Heat thoroughly and serve, if desired with flaky boiled

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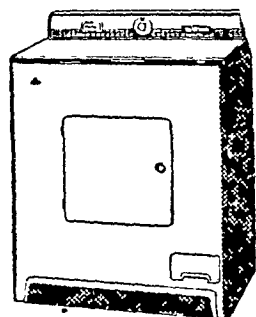
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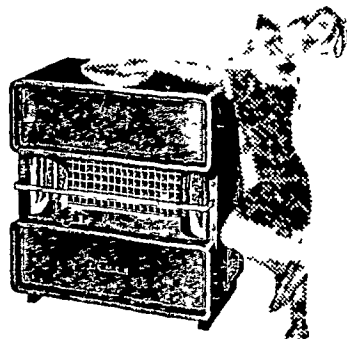
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