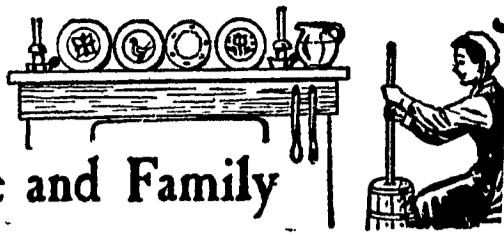


For the Farm Wife and Family



Penny Saving Meals

By: Mrs. Richard C. Spence

An elegant dinner need not be expensive. Proof lies in this penny-wise menu featuring Mock Wild Rice and Liver En Casserole accompanied by Cheddar topped broiled tomatoes, sesame circles and a tossed salad of crisp greens.

Highlight this company dinner with colorful broiled tomatoes. Sprinkle a mixture of shredded sharp Cheddar cheese and buttered bread crumbs over the top surface of the individual tomatoes. Slip tomatoes under the broiler and broil until tomatoes are hot and the Cheddar melts.

With just a little ingenuity

butter and sesame seed you can have tempting sesame circles to accompany the crisp salad of tossed leaf lettuce and curly endive garnished by fresh orange quarters. To make the sesame circles: butter saltine crackers and sprinkle with sesame seed. Brown in a low oven until crackers become golden, about one-half hour.

MOCK WILD RICE AND LIVER EN CASSEROLE

- 1/4 cup (1/2 stick) butter
- 1 cup sliced celery
- 1/2 cup chopped onion
- 1 cup brown rice
- 1 pound beef liver, cut in 1/2-inch strips
- 3 cups stock or bouillon
- 1 teaspoon salt
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1/2 cup grated Parmesan cheese
- 1 cup dairy sour cream

In skillet melt butter; saute celery and onion. Add rice and liver; brown lightly. Add stock, salt, thyme and basil; cover and simmer about 40 minutes, stirring occasionally. Blend in Parmesan cheese and sour cream and serve. Makes 6 servings.

CHILI BEAN CHEESE CASSEROLE

- 1 large onion, chopped
- 2 tablespoons butter
- 1 pound ground beef
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons chili powder

- 1 8oz. can tomato sauce
- 2 cups canned kidney beans with liquid
- 1 1/2 cups shredded sharp Cheddar cheese

Saute onion in melted butter. Add the ground beef and brown. When brown stir in the salt, pepper, chili powder and tomato sauce; simmer 10-15 minutes. Add kidney beans together with the can liquid and heat thoroughly. Stir in shredded cheese until melted. Sprinkle additional shredded Cheddar cheese on top before serving. Makes 6 servings.

erole. Add cubes cheese and bake in a preheated oven (350 degrees) for 30 minutes. Serve with buttered toast points. 6 servings.

CHEESE & VEAL BIRDS

- 1 1/2 pounds veal steak
- Salt and pepper
- 8 1/2-inch sticks sharp Cheddar cheese
- 1/4 cup (1/2 stick) butter
- 1 medium onion
- 1 8 oz. can tomato sauce
- 1/4 teaspoon oregano

Pound veal steak until thin. Cut into 8 strips. Sprinkle with salt and pepper. Roll a stick of cheese within each veal piece. Fasten with wooden pick and roll in flour. Melt butter in skillet; add meat and onion, minced. Brown veal; add tomato sauce and oregano. Cover and simmer 20-25 minutes. 4 servings.

PUFFY EGGS SUPREME

- 6 eggs
 - 1/2 cup milk
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/4 pound cubed sharp Cheddar cheese
- Beat eggs, milk, salt and pepper until frothy. Pour into a buttered 1-quart cass-

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