

For the Farm Wife and Family

By Mrs. Richard C. Spence

Under-A-Dollar Dinner



SPENCE

SOLE-MACARONI CASSEROLE SUPERB

- 2 packages (1 lb. each) frozen fillets of sole, thawed and drained
 - 8 ounces elbow macaroni
 - 2 cans (10-ounces each) frozen shrimp soup, thawed
 - 1½ cups milk
 - ½ cup chopped green onions or chives
 - ½ cup chopped, pitted black olives
 - ½ teaspoon salt
 - ½ teaspoon pepper
 - 3 tablespoons lemon juice
 - 3 tablespoons butter or margarine, melted
 - ¼ teaspoon dried tarragon leaves, crushed
 - ¼ teaspoon dried dill weed
 - 3 pitted whole black olives
- Set out 2½ quart casserole. Preheat oven to 350 degrees. Set aside 8 fillets. Cut remaining sole into small pieces. In boiling, salted water cook

Chill winter winds are apt to whet the appetite, but they need not blow away the food budget. Plan to highlight a menu with one of these easy and economical entrees and serve a nourishing and delicious dinner for less than one dollar per person. Macaroni dishes are ideal to serve with this idea in mind. First of all, they are so flavorful. Then, because the macaroni product itself is so inexpensive it can extend more costly sauces and fillings to make dishes you can serve a crowd without sacrificing your food budget. And last but not least, macaroni product dishes can be prepared ahead of time, needing only a brief last-minute reheating or garnishing before serving.

macaroni until tender, yet firm, 5 to 7 minutes; drain. In saucepan blend together soup, milk, pieces of sole, green onions or chives, salt and pepper; heat just to boiling. Combine macaroni and soup mixture, mixing thoroughly. Turn into casserole. In small mixing bowl blend together lemon juice, butter or margarine, tarragon and dill. Brush remaining fillets with lemon mixture, roll up jelly roll-fashion; place pinwheel-side up in casserole, pressing down gently. Cut whole olives in half lengthwise; cut each half into slices and use to garnish casserole. Bake 50 minutes, or until it flakes easily when tested with fork.

SAVORY ALASKA

- 2 12-ounce cans luncheon meat
- 2½ pounds potatoes, peeled, cooked and drained
- 2 to 2 tablespoons hot milk
- 2 egg yolks
- Salt
- Ground white pepper
- 1 7-ounce jar pimiento, well drained and coarsely chopped
- 1 tablespoon butter or margarine, melted

Place luncheon meat end to end on a baking sheet or wooden board. Loosely cover with aluminum foil. Heat in a moderate oven (375 degrees) 20 minutes. Meanwhile, mash potatoes with milk. Beat in egg yolks. Add salt and pepper to taste. Gently stir in pimiento. Surround meat with potatoes. Brush with butter or margarine. Reheat in a hot oven (425 degrees) for 5 to 10 minutes. Remove to serving plate with two pancake turners. Makes 8 servings.

STUFFED BEEF ROLL-UPS WITH ONION GRAVY

- 1½ pounds thinly sliced round steak, pounded
- ¾ pound ground pork
- ½ cup finely chopped onion
- ½ cup finely chopped celery
- 1 cup saltine cracker crumbs
- ½ teaspoon marjoram leaves
- ½ teaspoon basil leaves
- ½ teaspoon ground black pepper
- 1 egg, slightly beaten
- ½ cup all-purpose flour
- 1 teaspoon paprika
- 2 tablespoons salad oil
- 1 envelope (1½ ounces) onion soup mix
- 2 cups boiling water
- 2 tablespoons cold water

Cut meat into 8 pieces 2 inches long and 5 inches wide. Crumble pork into a skillet; cook 10 minutes. Add onion and celery; cook about 15 minutes or until vegetables are soft. Combine cracker crumbs, marjoram, basil and pepper. Stir in pork, onion, celery and egg. Combine thoroughly. Divide stuffing between pieces of meat. Spread evenly and roll from narrowest end of meat. Secure with toothpicks. Coat with flour which has been seasoned with paprika. Reserve remaining flour mixture. Heat salad oil in large skillet. Brown rolls well. Stir onion soup mix into boiling water. Pour over rolls. Cover and simmer 1½ hours or until meat is tender. Remove rolls to a hot plate. Remove toothpicks. Blend 1 tablespoon reserved flour mixture with cold water. Stir into onion liquid. Simmer until thickened. Pour over rolls. Makes 4 servings.

CREAMED ONIONS WITH DRIED BEEF

- ¼ pound package sliced dried beef
- 2 pounds small onions (about 18)

2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon salt
2 cups milk
1 cup bread crumbs
2 tablespoons butter or margarine

Peel onions and place in boiling salted water until tender, about 10 minutes. Drain. Place in 1½ quart baking dish. Melt 2 tablespoons butter in saucepan. Stir in flour and salt. Add milk gradually and stir until sauce thickens. Cut dried beef into pieces. Cover with boiling water. Drain immediately. Add

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