

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Tempt Your Child's Appetite



SPENCE

You can help establish good eating habits for your child by providing a variety of foods for him to experience. Naturally, children who are exposed to all kinds of interesting dishes will be far less finicky eaters as adults. Delicious meals featuring colorful, eye-appealing dishes will tempt even those children with lagging appetites. There is a direct relationship between a child's eating habits and his study habits. The better nourished a child is, the more alert and industrious a student he is apt to become.

Beefy Biscuit Bake, our first recipe today, works on the premise that the best way to introduce a new dish to a youngster is to adapt an old favorite to a new form. Beefy

Biscuit Bake cleverly features the popular Sloppy Joe sandwich filling with the flavorful, nourishing addition of frozen peas and carrots.

BEEFY BISCUIT BAKE

- 1 1/2 pounds ground beef
- 1 1/2 cups chopped onions
- 1/2 cup chopped celery
- 1 can (8-oz.) tomato sauce

- 2 tablespoons firmly packed brown sugar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1 package (10 oz.) frozen peas and carrots, thawed
- 2 cups sifted flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup shortening
- 1/2 to 3/4 cup milk

In large saucepan brown 1

meat with onions and celery. Stir in tomato sauce, brown sugar, Worcestershire sauce, lemon juice, 1 teaspoon salt, garlic powder and mustard. Simmer, uncovered, 30 minutes. During last 5 minutes, stir in peas and carrots, heat to boiling and keep hot. Meanwhile, set out 9x13-inch baking pan. Preheat oven to 425 degrees. In medium-sized mixing bowl sift together flour, baking powder and 1 teaspoon salt. Cut in shortening until mixture resembles coarse crumbs. Blend in enough milk to make a soft dough. Onto lightly floured board or pastry cloth turn out dough and knead gently 30 seconds. Divide dough in half. Roll each portion to 9x13-inch rectangle. Fit one rectangle in bottom of pan. Pour hot meat mixture over biscuit; cover with remaining rectangle of dough. Bake 15 to 20 minutes, or until biscuit is golden brown. Cut into serving portions and serve immediately. Makes 8 servings.

Surprise your family with Salmon-in-a-Basket, a novel way of serving creamed salmon.

SALMON-IN-A-BASKET

- 1 unsliced round loaf (1 pound) white bread
- Butter or margarine, melted
- 1 can (8 oz.) red salmon
- 1 pkg (10 oz.) frozen peas

- 1 medium onion, thinly sliced
- 1/2 cup water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tall can (1 1/2 cups) evaporated milk
- 1/4 cup flour
- 1/4 cup water

Set out baking sheet. Preheat oven to 350 degrees. With sharp knife cut out 4-inch circle from top of bread; scoop out insides leaving 1/4-inch shell. (Save insides for another use.) Brush cut surfaces with butter or margarine. Place top, cut-side up, and shell on baking sheet. Toast in oven 25 to 30 minutes, or until crisp. Meanwhile, in saucepan combine salmon, peas, onion, 1/2 cup water, salt and pepper. Bring mixture to boil; reduce heat and simmer about 5 minutes, or until peas are cooked. Stir in evaporated milk. Blend to-

gether flour and 1/4 cup water. Stir into salmon mixture; bring to boil and cook, stirring constantly, until thickened. Spoon into shell; cover with top. 6 to 8 servings.

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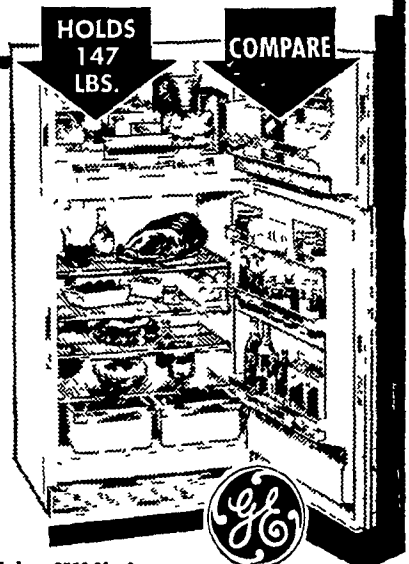
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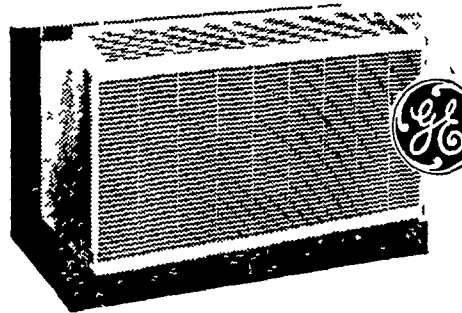


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