



FOR THE  
FARM  
WIFE  
AND  
FAMILY

USE DAIRY PRODUCTS  
TO GOOD ADVANTAGE

by Mrs. Richard C. Spence  
June is dairy month so it is quite appropriate that milk and dairy products are featured items on the list of plentiful foods in June. Tomatoes and tomato products are also on the list and here are two recipes that use them both.

**TOMATO BISQUE**

- 2 cups canned or cooked tomatoes
- 1/2 teaspoon baking soda
- 1 1/2 tablespoons sugar
- 1 teaspoon salt
- 1 1/2 tablespoons butter or margarine
- 1 1/2 tablespoons flour
- 3 1/2 cups whole milk
- 1/4 teaspoon pepper
- 1 tablespoon finely chopped parsley

Mash tomatoes with a fork to break up large pieces, then simmer 15 to 20 minutes. Stir in baking soda, sugar, and salt; blend well. Melt fat in a 2 quart saucepan. Blend in flour. Stir in 1 1/2

cups milk. Cook over moderate heat, stirring constantly until mixture thickens. Stir in tomato mixture, remaining milk, pepper, and parsley. Heat over low heat just until simmering. Serve with toasted cheese sandwiches, celery and carrot sticks. Makes 6 servings of 1 cup each and about 150 calories per serving.

**SWISS STEAK WITH CHEESE**

- 1 1/2 pounds boneless beef round steak, 3/4 inch thick
- 1 cup flour
- 1 teaspoon salt
- 1 cup water
- 3/4 teaspoon worcestershire sauce
- 3/4 cup sharp cheddar cheese, shredded
- 2 tablespoons chopped onion
- 2 cups tomatoes, cooked or canned
- 1/2 cup chopped celery
- 1/2 cup shredded carrots

Trim excess fat from meat. Heat trimmings in a large fry pan to get enough drippings to just cover bottom of pan. Discard trimmings. Cut meat into 6

equal servings. Mix flour and salt. Pound flour into meat; set aside remaining flour. Brown meat in drippings.

Place meat in a 1 1/2 quart casserole. Preheat oven to 325 degrees. Blend remaining flour with drippings in fry pan. Add water slowly, stirring constantly. Heat mixture, stirring constantly, until slightly thickened. Add Worcestershire sauce, onion, tomatoes, celery, and carrots.

Pour mixture over meat. Bake covered, about 2 hours. Uncover and bake 1 hour longer or until meat is tender. Sprinkle cheese over meat. Return to oven for about 3 minutes, or just until cheese melts.

As a variation, use 6 thin slices of Mozzarella instead of shredded cheddar cheese. Serve with Brussels sprouts, pineapple and banana salad and a pudding dessert. Makes 6 servings, about 220 calories per serving.

**CHEESE TUNA RING**

- 1 tablespoon (1 envelope) unflavored gelatin
- 1 cup milk
- 2 cups cottage cheese
- 1/2 cup crumbled Blue cheese can (6 1/2 ounces) chunk-style tuna, drained and broken into small pieces
- 1/2 cup chopped celery
- 1/4 cup chopped carrot
- 1/4 cup chopped green pepper
- 2 tablespoons finely chopped onion
- 1 teaspoon Worcestershire sauce

**1/2 cup dairy sour cream**

In a saucepan sprinkle gelatin on milk to soften. Place over low heat, stirring constantly, until almost smooth. In a bowl combine gelatin mixture, cheeses, tuna, celery, carrot, green pepper, onion, Worcestershire sauce and sour cream. Divide into 8 individual salad molds, 6-ounces each. Chill until firm. Makes 8 servings.

**BONANZA CHEESEBURGERS**

- Hamburgers:**
- 1 pound ground beef
  - 1/2 cup rolled oats, quick or old fashioned, uncooked
  - 1/4 cup chili sauce
  - 2 tablespoons milk
  - 2 teaspoons instant minced onion
  - 2 teaspoons Worcestershire sauce
- Filling:**
- 1/2 cup grated Cheddar cheese
  - 1 tablespoon mayonnaise
  - 1/2 teaspoon seasoned salt
  - 1/2 teaspoon Worcestershire sauce
  - 1/4 teaspoon prepared mustard

For hamburgers, combine all ingredients thoroughly. Shape to form 12 thin patties. For filling combine all ingredients thoroughly. Spread about 1 1/2 teaspoons filling on center of six patties. Cover with remaining patties, pinch edges together to seal. Cook over hot coals or in broiler about 4 inches from source of heat. Cook about 5 minutes. Turn and cook about 5 minutes longer. Serve on toasted buns. Makes 6 cheeseburgers.

**RICE WITH CHICKEN AND CHEESE**

- 1 onion
  - 1 tablespoon fat or oil
  - 3 cups water or chicken broth
  - 1 cup uncooked rice
  - 1 1/2 cups cut-up cooked chicken
  - 1 cup cut-up cheese
  - Salt and pepper to taste
- Chop onion and cook in fat or oil until tender. Add water or chicken broth. Heat to boiling and add rice. Lower heat, cover and cook 20 minutes. Add chicken, cheese, salt and pepper and cook over very low heat until cheese melts. Makes 6 servings.

**ITALIAN-AMERICAN SNACK PIE**

- 3-ounce package wafer sliced hard salami
  - 1 package (10) refrigerator biscuits, cut in half
  - 1 cup shredded Cheddar cheese
  - 2 tablespoons milk or cream
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