

Supper Appetite-Tempters

CHEESE AND VEGETABLE SHORT CAKE

2 cups all-purpose flour
4 tsp. baking powder
1 cup grated cheese
4 tbsp shortening
¾ cup milk
½ tsp. salt

Sift together flour, baking powder and salt, add shortening; cut in thoroughly, add cheese with a fork, then enough milk to make soft dough. Divide dough into two equal portions, put into two greased 8 in. layer cake pans. Bake 25 minutes in 400 deg. oven. Serve hot with vegetable filling between layers. Serves 8.

Vegetable Filling

¼ cup chopped onion
½ cup chopped celery.
2 tbsp butter
3 tablespoons flour
1 large can tomatoes
1 cup cooked sliced carrot
1 cup cooked string beans
½ tsp. salt
Pepper (few grains)

Melt butter on stove — add onion and celery, cook slowly until soft. Add flour, blend well; add tomatoes, bring to boil, stirring constantly. Add remaining ingredients and simmer about 5 minutes.

Kate MacPherson
Summerville P.O.

HOT LOBSTER WITH SAUCE

1 tbsp butter
2 tbsps flour
1 cup fish stock or milk, (heated)
1-7 oz. can lobster
½ tsp. salt
¼ tsp. pepper
Dash of Cayenne pepper
1 egg yolk

Melt the butter and stir in flour cook with stirring until foamy, then very gradually add the hot stock or milk, stirring constantly. Add seasonings and lobster meat and heat thoroughly. Beat egg yolk with a little of the hot sauce, then combine carefully with remaining sauce. Keep warm, but not too hot after egg has been added.

Mrs. John Warren
North River W.I.

CABBAGE ROLLS

2 cups cooked rice
1 lb. hamburger
1 onion finely chopped
Salt and pepper to taste
12 to 15 cabbage leaves
1 can tomato soup

Put cabbage leaves in large dish, cover with boiling water and let stand for 5 minutes. Brown onion and hamburger, mix with cooked rice, salt and pepper. Dry cabbage leaves. Put heaping tbsp. of above mixture on each leaf and roll up; place in baking dish and pour over it one can tomato soup, and one can water. Cover and let simmer for one hour.

Pauline Essery
St. Eleanors W. I.

CHEESE SOUFFLE

(Top Hat)
Make a sauce of
4 tbsp butter
4 tbsp flour
1¼ cups milk
1 tsp salt
Dash of cayenne

When thickened and smooth, add ½ lb. Canadian cheese, sliced, and stir until melted. Remove from heat and add beaten yolks of 6 eggs, mix well. Slightly cool the mixture and pour it into the stiffly beaten egg whites, cutting and folding thoroughly together. Pour into an ungreased 2 qt. casserole. Run tip of teaspoon around mixture 1 inch from the edge, this forms a "top hat" as it bakes and puffs up.

Bake 1¼ hrs. in slow oven. Serve hot.

Mrs. John Warren
North River W.I.

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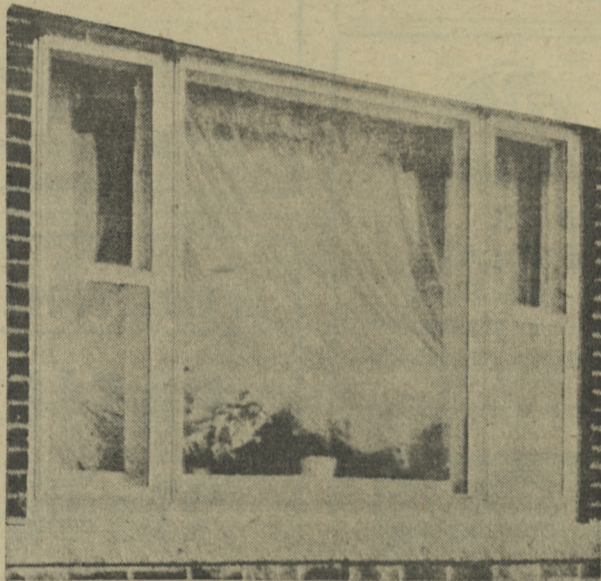
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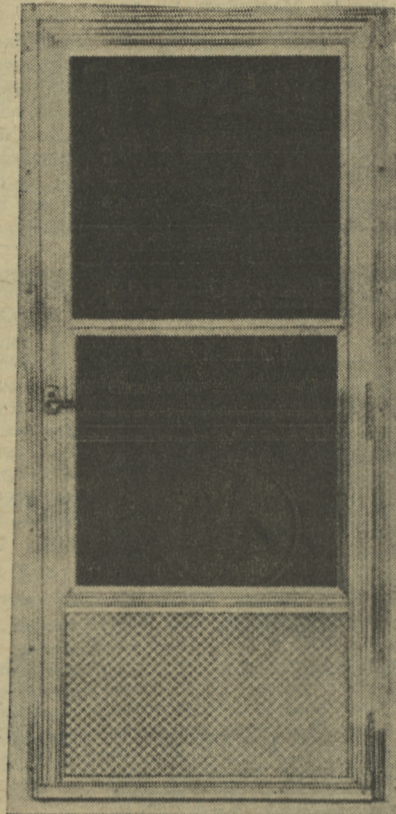
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