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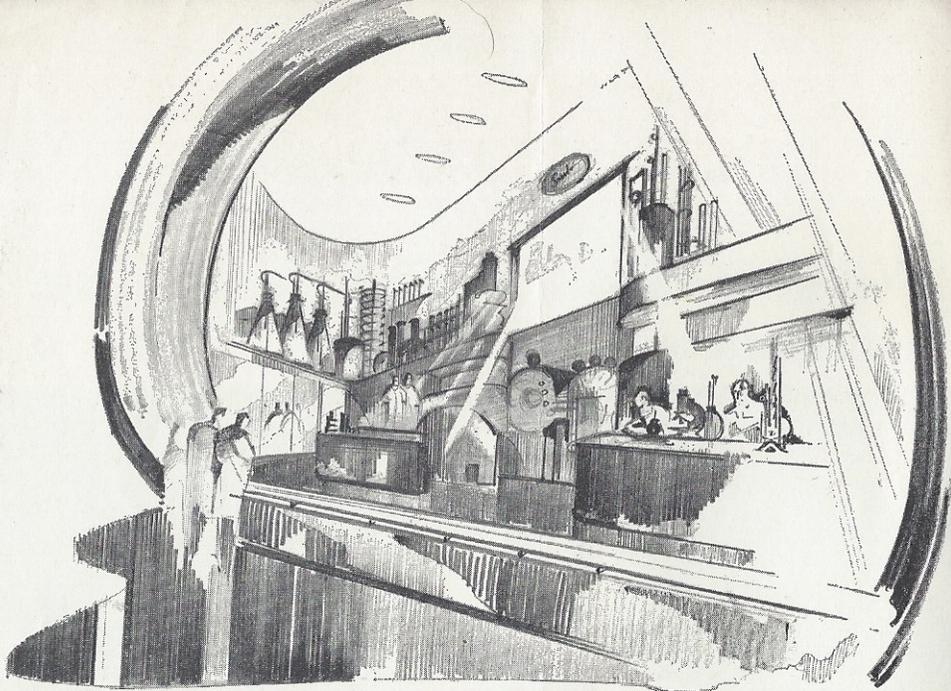
# Sealtest

**FOOD ADVISER**  
**SPRING**

**1939**



VISIT THE SEALTEST BUILDING, NEW YORK WORLD'S FAIR



THE SEALTEST THEME HALL

for the **WORLD** of today

A THRILLING adventure in progress . . . a zestful crystallization of the dreams of modern men . . . a trip teeming with new discoveries! Well, it's mighty hard to sum up the wonders of this New York World's Fair! And, our own grand Sealtest Building is right in the "top row" in point of interest. In addition to a practical demonstration unit of the Sealtest Kitchen, this building presents a fascinating panorama of scientific dairy supervision as carried on daily in all

member plants by the Sealtest System of Laboratory Protection. Remember, the lovely, restful Club Room in our building is here for your comfort when visiting the Fair. Ask your milkman for a special admission card. We're hoping to see you.

*Buriah V. Hillenfiel*

Director,

SEALTEST LABORATORY KITCHEN  
Radio City, New York

RECIPES AND MENUS DEVELOPED IN THE SEALTEST LABORATORY KITCHEN, RADIO CITY, NEW YORK

**MEALS AND RECIPES**

*for spring appetites*

AT THE sparkling touch of Spring and early Summer sunshine, food appetites seem to take a new "lease on life," craving the fresh fruits and vegetables provided in this Season. The youngsters at school, the men at work, the casual visitors—all, react happily to a bit of something different in their daily diet.

**SPRING MENUS**

- Tomato Juice Cocktail
- \*Asparagus Rolls with Bacon Sauce
- Buttered Carrots    Spinach with Chopped Egg
- Apricot Corn Bread and Butter
- Lettuce Salad with Mayonnaise
- \*Rhubarb Tapioca
- Coffee with Cream    Milk

- Cream of Cheese Soup
- Crisp Crackers
- \*Vegetable Rice Platter
- Whole Wheat Muffins    Butter
- Pear Salad with French Dressing
- Strawberry Ice Cream and Brownies
- Coffee with Cream    Milk

\*Indicates recipes in this "Adviser"

Three



## MEALS AND RECIPES

### MENUS

Grapefruit and Strawberry  
Cup

\*Sandwich Casserole

\*Creamed Radishes

Buttered Green Beans

Bread and Butter

\*Rhubarb Cherry Cobbler

with Ice Cream

Coffee with Cream Milk

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Consomme Julienne

Toast Sticks

\*Stuffed Beef Rolls

Baked Potato Buttered Beets

Hot Biscuits and Butter

Watercress Salad with

French Dressing

\*Lemon Cream Custard

Coffee with Cream Milk

★

\*Deviled Eggs in Curry Sauce

Parsley Potatoes

Buttered Peas

Hot Rolls and Butter

Radish and Lettuce Salad

\*Coconut Floating Island

Cookies

Coffee with Cream Milk

\*Indicates recipes in this "Adviser"

### VEGETABLE RICE PLATTER

(Illustrated on Page 5)

1½ tablespoons flour

1 cup thick sour cream

Salt

3 cups hot cooked rice

Buttered small carrots

Buttered green beans

Add the flour to the sour cream, mix until smooth and cook over hot water, stirring constantly until thickened. Season with salt to taste, add the rice and stir in lightly. Reheat. Pile in center of serving dish and arrange carrots and green beans around the rice as illustrated. Serves six.

### ASPARAGUS ROLLS WITH BACON SAUCE

(Illustrated on Page 3)

1 large bunch asparagus  
(about 24 stalks)

2 cups flour

1 teaspoon salt

3 teaspoons baking powder

6 tablespoons butter

¾ cup milk

Wash the asparagus, cut stalks in half and peel tough ends. Cook in boiling salted water until tender. Drain and boil the liquid down to about ½ cup. Mix and sift the flour, salt and baking powder. Cut in the butter with two knives or rub in with the fingertips. Stir in the milk, mixing just enough to moisten the dry ingredients. Turn the dough onto a floured board, knead lightly for a few seconds, roll out and cut in six 6-inch squares. (If desired, dough may be cut in wedge shape as illustrated.) Place asparagus tips in the center, sprinkle with salt and pepper and roll up. Press edges together and brush the top with milk. Place on a baking sheet and bake in a hot oven (425° F.) for 15 to 20 minutes. One 1-pound can of asparagus tips may be used in this recipe if fresh asparagus is not available. Drain and boil the liquid down to ½ cup. Serve the asparagus roll with creamy bacon sauce made as follows:

1½ tablespoons butter

2½ tablespoons flour

1 cup milk

½ teaspoon salt

Few grains pepper

¾ cup diced bacon

(about ¼ pound)

Melt the butter in a double boiler, add the flour and mix

well. Add the milk and asparagus liquid gradually and cook, stirring constantly until thickened. Add the salt and pepper. Fry the bacon until crisp, stirring frequently. Drain and add to the hot sauce just before serving. Serves six.

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### STUFFED VEAL LOAF

1½ pounds ground lean veal

Few grains pepper

1 cup thick sour cream

1½ teaspoons salt

1 tablespoon chopped onion

¾ cup finely chopped celery

4 tablespoons butter

3 cups soft bread crumbs

¾ teaspoon sage

2 tablespoons milk

Mix the veal with the pepper, sour cream, ¾ teaspoon of the salt and ½ tablespoon of the onion. Line a buttered loaf pan with this mixture reserving about one-fourth of it. Cook the celery and the remaining ½ tablespoon of onion in 2 tablespoons of the butter over low heat for about 5 minutes stirring occasionally. Add the remaining butter and stir until melted. Mix the crumbs, sage, a few grains of pepper and the remaining salt and add the onion and celery mixture and milk. Mix well, place in the meat lined loaf pan and cover with the remaining meat. Bake in a moderate oven (350° F.) for about 20 minutes or until the loaf will hold its shape. Turn out into a shallow pan and bake for about 50 minutes longer basting once or twice with the liquid in the bottom of the pan. Serves six.



ACCESSORIES—COURTESY HAMMACHER SCHLENMER

Vegetable Rice Platter

### BAKED LIMA BEANS AND HAM

1 No. 2 can or 2½ cups  
cooked lima beans  
and liquid

1½ tablespoons butter

3 tablespoons flour

1½ cups milk

¼ teaspoon salt

Few grains pepper

1¼ pounds thinly sliced  
ham, broiled

Buttered soft bread crumbs

Drain the lima beans and boil down the liquid to about ½ cup. Melt the butter in a double boiler, add the flour and mix well. Add the milk and lima bean liquid gradually and cook, stirring constantly

until thickened. Add the salt, pepper and lima beans (use less salt if the ham is very salty). Fill a buttered baking dish with alternate layers of ham and the creamed lima beans. Cover with the crumbs and bake in a moderately hot oven (375° F.) for 25 to 30 minutes. Serves six.

## MEALS AND RECIPES

### BOILED GREEN ONIONS WITH CHEESE SAUCE

3 bunches green onions  
1½ tablespoons butter  
2 tablespoons flour  
1 cup milk  
¼ teaspoon salt  
1 cup grated American cheese

Cut off roots and part of the stems of the onions, leaving about 6-inch pieces. Wash and tie together loosely in a bundle. Cook in boiling salted water until tender. Do not over cook. Drain, untie and arrange in bundles on serving plates. Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the salt and if desired a few grains of pepper. Add the cheese and stir until melted. Pour over the onions. Sprinkle with paprika if desired. Serves six.

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### CREAMED RADISHES

3 bunches radishes  
1½ tablespoons butter  
2 tablespoons flour  
1¼ cups milk  
½ teaspoon salt  
Few grains pepper

Wash the radishes and cut off roots. Cut off tops leaving about ¼ inch if desired. Cook in boiling salted water until tender. Drain. Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the salt, pepper and radishes. Reheat. This will serve four to six.



### RHUBARB CHERRY COBLER

(Illustrated on back cover)

3 tablespoons flour  
½ to ¾ cup sugar  
½ teaspoon salt  
1¼ cups canned sweetened sour cherries  
3 cups diced rhubarb  
½ cup cherry juice  
Cream or ice cream

Mix the flour, sugar and salt and add cherries and rhubarb. Mix well and place in a buttered baking dish. Pour the cherry juice over the top. Make crust as follows:

1 cup flour  
½ teaspoon salt  
1½ teaspoons baking powder  
1 tablespoon sugar  
3 tablespoons butter  
⅓ cup milk

Mix and sift the flour, salt, baking powder and sugar. Cut in the butter with two knives or rub in with the fingertips. Stir in the milk, mixing just enough to moisten the dry ingredients. Turn the dough onto a floured board and knead lightly for a few seconds. Roll out to the size of the baking dish, cut sharp gashes or punch holes to allow steam to escape and place on top of the cherry and rhubarb mixture. Brush with milk and bake in a hot oven (425° F.) for 20 to 25 minutes. Serve warm with cream or ice cream. Serves six.

### MACARONI COTTAGE CHEESE CROQUETTES

1 tablespoon chopped onion  
1 tablespoon butter  
3 cups cooked elbow macaroni  
1 cup cottage cheese  
1 cup soft bread crumbs  
Salt and pepper  
Dry bread crumbs  
1 egg  
2 tablespoons milk

Fry the onion in butter over low heat for about 5 minutes or until soft, stirring occasionally. Combine onion, macaroni, cottage cheese and soft crumbs. Mix well and season with salt and pepper to taste. (If the cottage cheese is in large curds mash with a fork.) Shape into 12 balls or as desired. Roll in dry crumbs and dip in egg beaten slightly and mixed with the milk. Roll in crumbs again and fry in deep hot fat (375° F.) until golden brown. If desired, serve with cream sauce. Serves six.

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### RHUBARB TAPIOCA

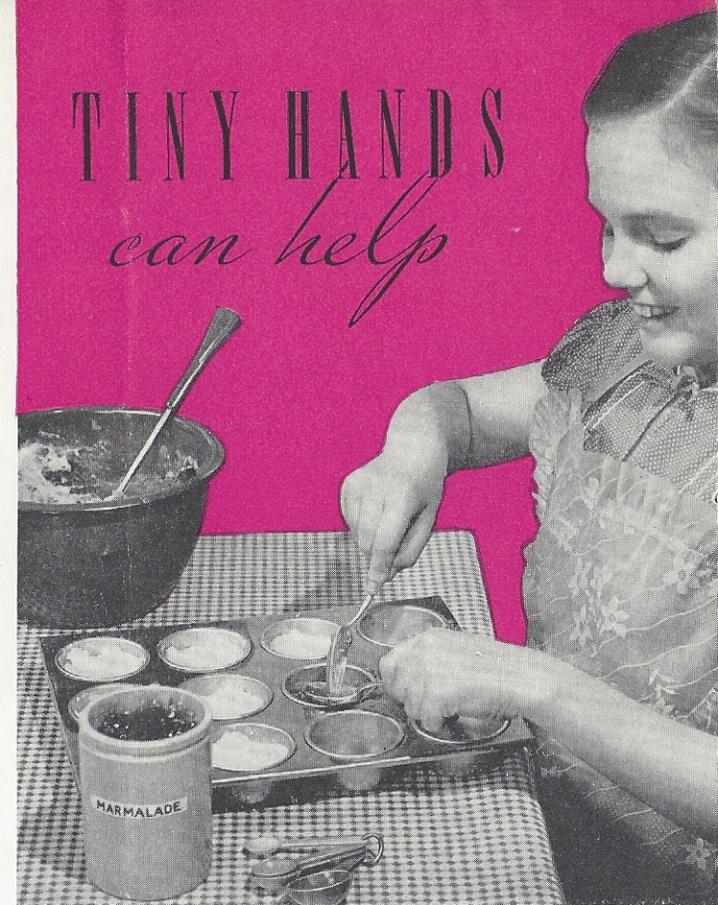
3 cups diced rhubarb  
1 cup sugar  
½ teaspoon salt  
3 tablespoons quick-cooking tapioca  
1¼ cups boiling water  
¾ cup whipping cream

Combine rhubarb, sugar, salt, tapioca and water in the top of a double boiler placed directly over the heat. Cook, stirring constantly for about 3 minutes or until the mixture comes to a boil. Place over boiling water and cook, stirring occasionally for 5 to 10 minutes longer or until the rhubarb is tender. Chill and fold in the whipped cream. Serves six.

(Continued on Page 15)

# TINY HANDS can help

SPRINGTIME can be a "hard-to-handle" time with those youngsters, especially on rainy days—unless their little hands and heads are kept busy. We've often found the kitchen an ideal place for regulating their restless energies. And, it's amazing how the children "pitch in" when they feel that they can really help. Here is a delicious recipe for muffins, to which they can contribute.



### METHOD

1. Mix and sift the flour, sugar, salt, soda and baking powder.
2. Add the melted butter to the slightly beaten egg yolk.
3. Add buttermilk and stir into the dry ingredients, mixing just enough to moisten.
4. Fold in the stiffly beaten egg white.
5. Place half of the mixture by spoonfuls in the bottom of 12 buttered muffin pans.
6. Put a little orange marmalade on top of the batter in the pans.
7. Cover the marmalade with the remaining muffin batter.
8. Bake in a hot oven (400° F.) for about 20 minutes.

### BUTTERMILK MARMALADE MUFFINS

2 cups flour  
⅓ cup sugar  
1 teaspoon salt  
¼ teaspoon soda  
2¼ teaspoons baking powder  
¼ cup butter  
1 egg  
¾ cup buttermilk  
Orange marmalade

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## CUSTARDS

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### APRICOT RASPBERRY CUSTARD

(Illustrated at left)

¼ teaspoon salt  
6 tablespoons sugar  
4½ tablespoons flour  
2¼ cups milk  
2 eggs  
2 teaspoons butter  
½ teaspoon vanilla  
Canned whole apricots  
Raspberries

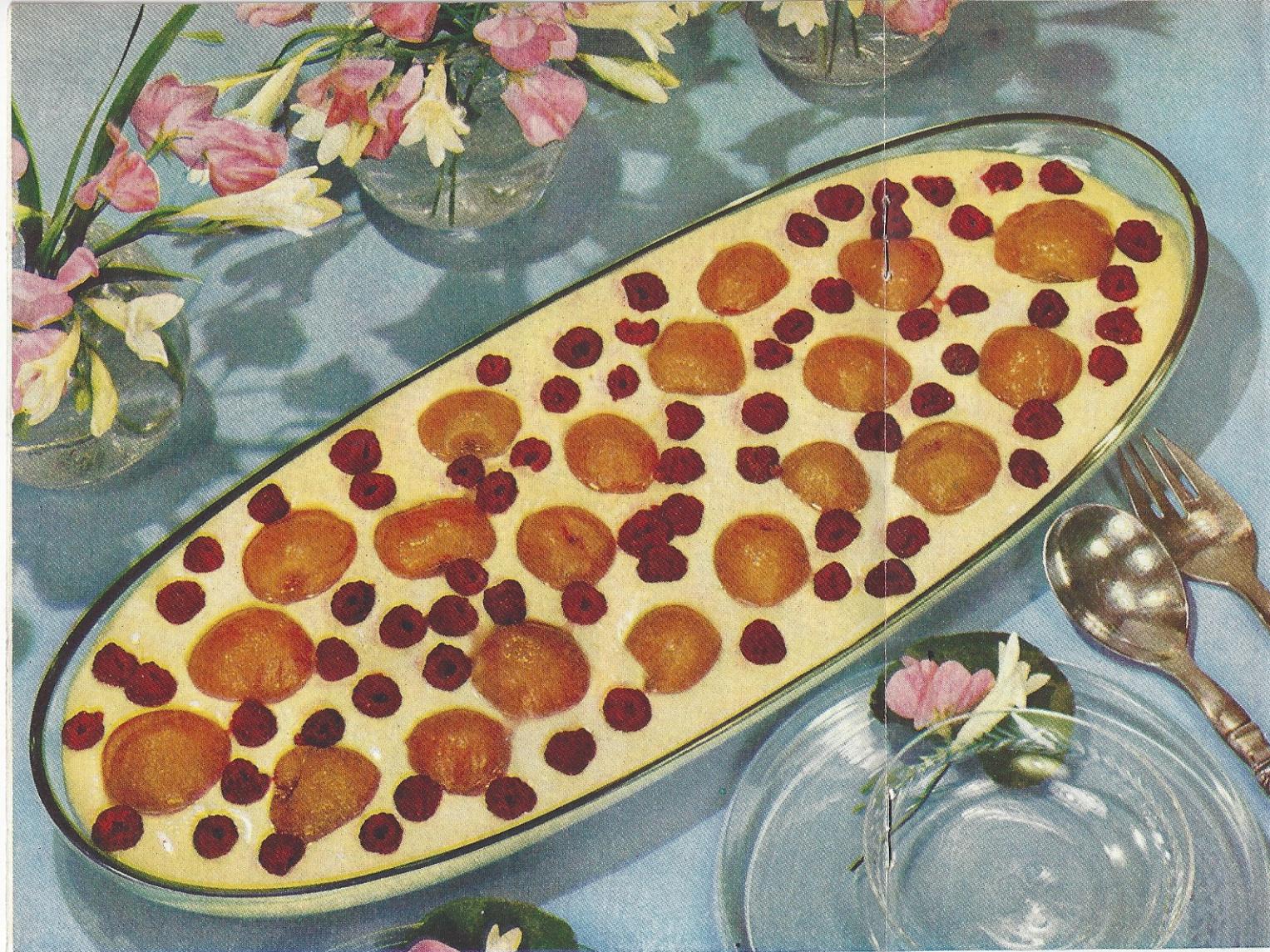
Mix the salt, sugar and flour in a double boiler and add the milk gradually. Cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten eggs, mix well and return to the double boiler. Cook for a minute longer, stirring constantly. Add the butter and vanilla and stir until the butter is melted. Chill and serve with apricots and raspberries. Serves six. This makes a very attractive dish to serve at a buffet supper party. The recipe may be easily doubled or tripled. Serve as illustrated.

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### CHOCOLATE PEPPERMINT CUSTARD

6 tablespoons sugar  
¼ teaspoon salt  
4½ tablespoons flour  
2½ cups milk  
2 squares chocolate  
2 eggs  
½ teaspoon vanilla  
1 tablespoon butter  
Peppermint flavoring  
Whipped cream

Mix the sugar, salt and flour in a double boiler and add the milk gradually. Add the chocolate and cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten eggs, mix well and return to the double boiler. Cook for a minute longer, stirring constantly. Add the vanilla, butter and 4 to 6 drops of peppermint flavoring and stir until the butter is melted. Chill. Pour into serving dishes and garnish with whipped cream sweetened and flavored with vanilla and peppermint. Serves six.



Apricot Raspberry Custard

ACCESSORIES — COURTESY GEORG JENSEN

Say it with **CUSTARDS**

The good old-fashioned custard is "tops"—but you can let your imagination run rife when you think of this luscious custard as a "base" for many, many tantalizing desserts.

## CUSTARDS

### PEANUT BRITTLE CRUMB CUSTARD

2 eggs  
 ¼ cup sugar  
 ⅛ teaspoon salt  
 1½ cups milk  
 ¾ teaspoon vanilla  
 1 cup coarsely crushed  
 vanilla wafers or  
 crisp cookies  
 ⅔ cup finely crushed  
 peanut brittle  
 Whipped cream

Beat the eggs slightly, add sugar, salt and milk and cook over hot water, stirring constantly until the mixture coats the spoon. Add vanilla and chill. Fold in the wafers and ½ cup of the peanut brittle. Place in serving dishes and garnish with whipped cream sprinkled with remaining peanut brittle. Serves four to six.

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### BAKED CARAMEL CUSTARD

½ cup sugar  
 ¼ cup boiling water  
 2½ cups milk  
 3 eggs  
 ¼ teaspoon salt  
 2 tablespoons sugar  
 1 teaspoon vanilla

Melt the ½ cup sugar in a saucepan over low heat until light brown in color. Add the water slowly and cook, stirring constantly for about 5 minutes or until the caramelized sugar is dissolved. Add to the scalded milk. Beat the eggs slightly, add the salt and the 2 tablespoons of sugar and stir in the hot milk mixture gradually. Add the vanilla and pour into custard cups. Place in a pan of hot water and bake in a moderate oven (350° F.) for about 40 minutes or until set. Cool. Serves six.

### COCONUT FLOATING ISLAND

¼ cup sugar  
 ¼ teaspoon salt  
 2 tablespoons flour  
 2 cups milk  
 2 eggs  
 ¼ teaspoon vanilla  
 ¼ teaspoon almond  
 flavoring  
 ¾ cup shredded coconut  
 3 tablespoons confectioners'  
 sugar  
 Few grains salt

Mix the ¼ cup of sugar, the ¼ teaspoon of salt and the flour in a double boiler and add the milk gradually. Cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Add to the slightly beaten egg yolks gradually. Add the vanilla, almond flavoring and ½ cup of the coconut. (If the coconut is in long shreds it may be chopped.) Pour into a buttered baking dish. Beat the egg whites until stiff and beat in the confectioners' sugar and the few grains of salt. Drop by spoonfuls on the custard and sprinkle with remaining ¼ cup of coconut. Bake in a slow oven (300° F.) for about 15 minutes. Serve warm. Serves six.



### LEMON CREAM CUSTARD

½ cup sugar  
 6 tablespoons flour  
 ¼ teaspoon salt  
 2 cups milk  
 2 eggs  
 ½ cup lemon juice  
 2 tablespoons grated  
 lemon rind  
 2 teaspoons butter

Mix the sugar, flour and salt in a double boiler and add the milk gradually. Cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten egg yolks, mix well and return to the double boiler. Cook for a minute longer, stirring constantly. Stir in the lemon juice, lemon rind and butter. Fold into the stiffly beaten egg whites gradually. Chill and if desired garnish with whipped cream. Serves six.

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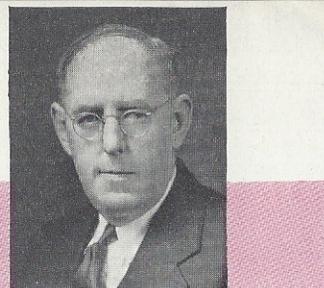
### RHUBARB CUSTARD

3 tablespoons sugar  
 1½ tablespoons flour  
 ⅛ teaspoon salt  
 1½ cups milk  
 2 eggs  
 ½ teaspoon vanilla  
 Stewed fresh rhubarb

Mix sugar, flour and salt in a double boiler and add the milk gradually. Cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten eggs, mix well and return to the double boiler. Cook for a minute longer stirring constantly. Remove from the heat and add vanilla. Place the rhubarb in serving dishes and pour custard over the top. Serves six.

I'll take

MILK



By PROFESSOR R. B. STOLTZ, Ohio State University

THE typical American, when handed a menu to designate his choice of beverages, usually replies, "I'll take milk." This is true for all seasons of the year. The 130 million people, who live in the United States, do not realize how milk conscious we are. Almost unknowingly we appreciate the food value of milk and its effect upon our physical, mental, and moral acts.

Even though we are unconsciously "milk minded," the best dietitians and scientists agree that our consumption should be at least twice what it is at the present. So many of us do not realize the many reasons why we should designate, "I'll take milk."

Most everyone drinks milk as a steady diet for the first six to twelve years of their lives so that milk is not a product which children must learn to like. If they are properly taught to receive their daily milk served in an appetizing and palatable form, when confronted with a choice of beverages, they will not hesitate to say "I'll take milk."

Probably the greatest thing we have to learn is that milk is an ideal food for most adults. And, at lunch time, it is not surprising to see a group of business men past fifty years of age, at least half of whom say, "I'll take milk." In most foreign countries milk is not considered a beverage for the adults. Neither do those adults usually have the pep, initiative, and enthusiasm

that can be found in a group of typical Americans.

Some people have the erroneous idea that milk is fattening. Milk may put on muscle if one is thin and underfed, but milk does not create fat. For an experiment, ask some of your friends, who are especially fat, if they are milk drinkers. You will find in many cases that they do not drink milk.

In the United States there is every reason to encourage our people to drink this life-giving food. Our methods of production, processing, and marketing are highly superior to those in other countries of the world. The majority of our states have laws requiring that all cows be tuberculin free. The equipment of our farms and the equipment in the processing plants as a whole are unexcelled.

Milk is a balanced food. It is one of the most inexpensive foods. It furnishes protein for muscle building, calcium for making the bones and teeth, and carbohydrates and fat for energy. Vitamins serve as a protection against disease and keep our bodies running smoothly. Our finest athletes are taught to keep the best health habits, and this includes drinking plenty of milk. They are the first to say, "I'll take milk." In our schools where beauty aids are being taught, girls are definitely recognizing that beauty comes from within, and their slogan, too, has become "I'll take milk."



Strawberry Waffle Shortcake

ACCESSORIES — COURTESY R. H. MACY & CO.

Some apt suggestions for the

# DINNER PARTY

THE "World of Today" is a world of restless seeking and discovery. Modern taste has changed, even in the business of party giving—and the alert hostess takes advantage of this *craving for the new* by making her Party menus just a bit different. The suggestions here may lead you into many others.

## MENUS

- Pineapple Mint Cocktail
- \*Broilers in Sour Cream Sauce
- Buttered Rice Broccoli
- Hot Rolls and Butter
- Molded Tomato Salad
- Cheese Straws
- \*Apricot Raspberry Custard
- Coffee with Cream Milk

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- Cream of Mushroom Soup
- Melba Toast
- Radishes and Olives
- \*Lamb Patties in Green Pea Sauce

- Buttered New Potatoes
- Stewed Tomatoes and Celery
- Hot Muffins and Butter
- Romaine and Grapefruit Salad with Pimiento Dressing
- \*Strawberry Waffle Shortcake
- Coffee with Cream Milk

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- Diced Pears in Rhubarb Juice
- \*Baked Veal Steak
- Whipped Potatoes
- Buttered Asparagus
- \* Cloverleaf Rolls and Butter
- Dandelion and Chicory Salad
- Pickle Dressing
- \*World's Fair Dessert
- Coffee with Cream Milk

\*Indicates recipes in this "Adviser"

## RHUBARB COTTAGE CHEESE SALAD

- 2½ cups thinly sliced rhubarb
- 6 tablespoons sugar
- Few grains salt
- French dressing
- Lettuce or other greens
- 1 cup cottage cheese

Slice the rhubarb as thin as possible. Add the sugar and salt, mix well and let stand about 1 hour. Drain and marinate in the French dressing. Drain again and place on crisp lettuce or other greens. Top each serving with a spoonful of cottage cheese. Serves six.

## STRAWBERRY WAFFLE SHORTCAKE

(Illustrated on Page 12)

- 1 cup flour
- ½ tablespoon sugar
- ½ teaspoon salt
- 1½ teaspoons baking powder
- 4 tablespoons butter
- 1 egg
- ⅔ cup milk
- Sweetened sliced strawberries
- Whipped cream

Mix and sift the flour, sugar, salt and baking powder. Cut in 2½ tablespoons of the butter with two knives or rub in with the fingertips. Melt the remaining 1½ tablespoons of butter, add to the slightly beaten egg yolk, add milk and stir into the dry ingredients, mixing just enough to moisten. Fold in the stiffly beaten egg white and bake on a hot waffle iron. This makes three large waffles. Put 2 quarter waffles together, sandwich fashion, with strawberries between the layers and on top. Spread butter on the bottom layer if desired. Serve with whipped cream. A few berries may be reserved for garnish if desired. Serves six.

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## MOLDED COTTAGE CHEESE SALAD

- 1¾ teaspoons gelatine
- 2½ tablespoons cold water
- 2 cups cottage cheese
- 1 pint strawberries
- Lettuce or other greens
- Mayonnaise

Sprinkle the gelatine over the cold water and dissolve over hot water. Add to the cottage cheese and mix well. Add a few grains of salt if desired. Slice 1 cup of the berries, fold

into the cheese and place in 6 individual molds which have been rinsed with cold water. Chill. When firm unmold on lettuce or other greens. Garnish with the remaining strawberries sliced or quartered. (If desired berries may be sweetened.) Serve with mayonnaise. Serves six.

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## EGGS HOLLANDAISE

- 6 eggs
- ½ teaspoon salt
- 6 slices broiled ham
- 3 teaspoons butter

Separate egg yolks from whites being careful not to break the yolks. Add salt to the egg whites and beat until stiff. Place ham slices in a baking pan and cover each slice with a mound of the beaten egg white. Make a depression in the center and drop in an egg yolk. Dot with the butter and sprinkle with salt. Bake in a moderate oven (325° F.) for about 15 minutes. Make Mock Hollandaise sauce as follows:

- 3½ tablespoons butter
- 2½ tablespoons flour
- 1¼ cups milk
- 2 egg yolks
- 1½ tablespoons lemon juice
- ½ teaspoon salt
- Few grains pepper

Melt 1½ tablespoons of the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add a little of this mixture to the slightly beaten egg yolks, mix well and return to the double boiler. Add lemon juice, salt, pepper and the remaining 2 tablespoons of butter. Cook, stirring constantly for 1 to 2 minutes longer. Pour the sauce over the eggs. Serves six.

**BROILERS IN SOUR CREAM SAUCE**

2 broilers, split in half  
(about 1½ pounds each)  
Flour  
Salt and pepper  
4 to 6 tablespoons butter  
1 cup thick sour cream

Wash the broilers, wipe dry and dip in flour seasoned with salt and pepper. Fry in the butter, turning frequently until brown on all sides. Cover and continue cooking over low heat for 20 to 30 minutes or until tender. Remove the chicken from the pan and make a sauce as follows: Mix 2 tablespoons of flour with the sour cream and add to the drippings in the pan. Cook, stirring constantly until thickened and season with salt and pepper to taste. If too thick add a little hot water. Pour over the chicken. Serves four.

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**STRAWBERRY PINEAPPLE TARTS WITH ICE CREAM**

1½ cups diced strawberries  
¼ cup sugar  
3 tablespoons cornstarch  
¼ cup canned pineapple juice  
1 cup diced canned pineapple  
½ teaspoon salt  
1 teaspoon butter  
6 baked tart shells  
Vanilla ice cream

Mix the strawberries and sugar. Make a smooth paste of the cornstarch and a little of the pineapple juice and add the remaining pineapple juice, the diced pineapple and the salt. Cook, stirring constantly until thickened. Add butter, strawberries and, if desired, more sugar. Pour into the tart shells and serve warm or cold with vanilla ice cream.

**BAKED VEAL STEAK**

1½ pounds veal steak,  
¾ inch thick  
Salt and pepper  
Dry bread crumbs  
1 egg  
Milk  
Butter  
2½ tablespoons flour

Cut veal steak in 6 portions, rub with salt and roll in the bread crumbs. Dip in slightly beaten egg mixed with 2 tablespoons of milk. Roll in bread crumbs again and sprinkle with a little salt. Fry in butter until brown on both sides and place in a buttered baking pan. Add flour to drippings in the frying pan and mix well. (Add a little more butter if necessary.) Add the ¼ cups of milk gradually and cook over low heat, stirring constantly until thickened. Season with salt and pepper and pour over the veal. Cover and bake in a moderate oven (325° F.) for 30 minutes. Uncover and bake for 30 minutes or until veal is tender. Serves four to six.

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**NEW POTATOES AND ONIONS**

2 bunches green onions  
1½ tablespoons butter  
2 tablespoons flour  
1½ cups milk  
¾ to 1 teaspoon salt  
Few grains pepper  
12 cooked small new potatoes

Cut off roots and part of stems of onions. Wash, cut in 1 inch pieces and cook in boiling salted water until tender. Drain. Melt butter in a double boiler, add flour and mix well. Add milk gradually and cook, stirring constantly until thickened. Add salt, pepper, potatoes and onions. Reheat. Serves six.

**WORLD'S FAIR DESSERT**

(Illustrated on cover)

¼ cup butter  
6 tablespoons sugar  
1 egg  
1½ cups flour  
¾ teaspoon salt  
½ teaspoon baking powder  
½ teaspoon vanilla  
Strawberry ice cream

Cream the butter, add the sugar gradually and cream thoroughly. Add the egg and beat well. Mix and sift the flour, salt and baking powder and stir into the first mixture. Add the vanilla and chill for about 1 hour. Roll out thin on a floured board and cut into rounds with a floured cookie cutter. (About 2½ inches in diameter.) Cut off a ½ inch piece from each round. Place cookies on a buttered cookie sheet and bake in a moderately hot oven (375° F.) for 8 to 10 minutes. Place on the ice cream as illustrated.

★  
**LAMB PATTIES WITH GREEN PEA SAUCE**

1½ pounds ground lamb  
Salt and pepper  
Butter  
2½ tablespoons flour  
1½ cups milk  
¼ cups cooked peas

Season the lamb with salt and pepper and shape into 12 patties. Fry in butter or broil. Melt 2 tablespoons of butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the mashed peas and the liquid from the peas which has been boiled down to about ½ cup. Add more salt if desired. Reheat and serve on the patties. Serves six.

(Continued from Page 6)

**DEVILED EGGS IN CURRY SAUCE**

6 hard cooked eggs  
¼ teaspoon dry mustard  
2 teaspoons vinegar  
2½ to 3 tablespoons milk  
Salt and pepper  
2 tablespoons butter  
2½ tablespoons flour  
1 teaspoon curry powder  
1½ cups milk  
Buttered soft bread crumbs

Remove shells from eggs and cut in half lengthwise. Remove the yolks, mash and add mustard, vinegar and the 2½ to 3 tablespoons of milk or enough to moisten. Season with salt and pepper to taste, refill the egg whites with the mixture and place in a buttered shallow baking dish. Melt the butter in a double boiler, add flour and curry powder and mix well. Add the 1½ cups of milk gradually and cook, stirring constantly until thickened. Season with salt and pepper to taste and pour over the eggs. Cover with the crumbs and bake in a moderate oven (350° F.) until the crumbs are brown and the mixture is thoroughly heated. Serves six.

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**ESCALLOPED HAM AND VEGETABLES**

1 medium sized bunch asparagus  
1½ tablespoons butter  
2 tablespoons flour  
1¾ cups milk  
Salt and pepper  
4 medium sized boiled potatoes  
¾ to 1 pound thin ham slices, broiled or fried  
Buttered soft bread crumbs

Wash the asparagus and peel tough ends. Cook in boiling salted water until tender. Drain. Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Season with salt and pepper to taste. Slice the potatoes and place in the bottom of a buttered baking dish. Cover with the ham, place the asparagus on the top and sprinkle the asparagus with salt. Pour on the white sauce, cover with the bread crumbs and bake in a moderately hot oven (375° F.) for 25 to 30 minutes. One 1-pound can of asparagus tips may be used in this recipe if fresh asparagus is not available. Serves six.

★  
**STUFFED BEEF ROLLS**

1 teaspoon salt  
Few grains pepper  
1¼ pounds ground lean beef  
3 tablespoons chopped onion  
4 tablespoons butter  
2½ cups soft bread crumbs  
2½ tablespoons flour  
1½ cups milk

Combine salt, pepper, beef and 1 tablespoon of the onion and pat out thin on a piece of waxed paper. Cut in six 5-inch squares. Cook the remaining 2 tablespoons of onion in 1 tablespoon of the butter over low heat for about 5 minutes, stirring occasionally. Add the remaining 3 tablespoons of butter and stir until melted. Pour over the crumbs, mix well and season with salt and pepper to taste. Place a spoonful of the stuffing in the center of each meat square and wrap the

meat around it. Press the edges together. Fry in butter until browned on all sides and place in a buttered baking dish. Add the flour to the drippings in the frying pan and mix well. (Add a little more butter if necessary.) Add the milk gradually and cook, stirring constantly until thickened. Season with salt and pepper to taste and pour over the meat. Cover and bake in a moderate oven (350° F.) for 30 minutes. Uncover and bake for 15 minutes longer. If desired, beat the gravy with a rotary beater. Serves six.

★  
**SANDWICH CASSEROLE**

6 slices bread  
1 small can deviled ham  
1¼ cups grated American cheese  
Butter  
1½ cups milk  
2 eggs  
½ to ¾ teaspoon salt  
Few grains pepper

Spread 3 slices of the bread with the ham, sprinkle with ¼ cup of the cheese and cover with the remaining slices of bread which have been buttered. Cut the sandwiches in half and place in a buttered baking dish large enough so that they will not overlap. Scald the milk in a double boiler and add gradually to the slightly beaten eggs. Add salt and pepper and pour over the sandwiches. Sprinkle the remaining ½ cup of cheese over the top. Place in a pan of hot water and bake in a moderate oven (350° F.) about 20 minutes or until the cheese is melted and the sandwiches are heated through. If desired, garnish with parsley and sprinkle with paprika. Serves six.



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