

Make Your Own Sandwich

Arrange a tray of the following foods: Crisp bacon, tomatoes, cheese, toast and mayonnaise. Place a slice of cheese on the toast, add a slice of tomatoe and 2 strips of bacon. Garnish with mayonnaise and sweet pickles.

Chilled Melon Julep  
(6 servings)

6 cups chilled melon balls (combination of cantelope, honeydew and watermelon)	$\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ cup honey	2 tablespoons lime juice
1 teaspoon grated orange and lime peeling	1 tablespoon chopped mint

Prepare melons. Combine remaining ingredients and pour over melon balls. Chill before serving.

Thursday August 13: Fresh cooked Salmon Sandwich, Dagwood  
Chicken Sandwich, Fried Green Tomatoes

Fresh Cooked Salmon

1 cup fresh cooked salmon	2 tablespoons coffee cream
3 oz. cream cheese	3 tablespoons mayonnaise
4 teaspoons lemon juice	$\frac{1}{2}$ cup celery cut fine

Mince salmon. Cream the cream cheese, lemon juice, coffee cream and mayonnaise together. Add celery to salmon and blend with the cream cheese mixture. Spread between buttered toast to make your sandwich.

Dagwood Chicken Sandwich  
( serves 6 )

18 slices of bread	6 slices of tomatoes
6 slices boiled ham or	12 slices of chicken breast
18 slices of bacon	soft butter
Mayonnaise	lettuce leaves

Spread bread with butter. Cover 6 slices with boiled ham, top with second slice of buttered bread, add tomato slices and chicken - top with third slice of bread. Gently press together and cut in quarters. They may be held together with tooth picks. Use lettuce leaves between layers.



Fried Green Tomatoes

If you've never eaten fried green tomatoes, there's a treat in store for you

6 large tomatoes	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup corn meal	1 cup fat

Wash tomatoes well, cut in slices and dip in flour mixed with corn meal. Fry in hot fat - browning on both sides to a golden brown. Do not cook too fast.

Tuesday August 18: Cheese, Tomato and Bacon Sandwich, Meat Sandwich Spread - and - Blueberry Ginger Bread

Open Face Cheese, Tomato and Bacon Sandwich

6 slices of toast	12 slices of cooked bacon
6 slices to tomatoes	6 slices of cheese

Wash a ripe tomato, slice  $\frac{1}{2}$  inch thick, place on toast, put bacon on the tomato and top with a slice of cheese. Place under broiler until cheese melts. Serve hot.

Meat Sandwich Spread

$\frac{1}{2}$ cup celery, cut fine	2 teaspoons lemon juice
1 cup meat, any kind	$\frac{1}{2}$ teaspoon salt
4 teaspoon mayonnaise	6 lettuce leaves

Cut meat fine and mix with finely cut celery. Mix lemon juice and mayonnaise together and add to meat mixture. Make sandwiches with toast, bread or parker-house rolls.

Blueberry Ginger Bread

$\frac{1}{2}$ cup molasses	1 egg
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup brown sugar	$\frac{3}{4}$ teaspoon soda
1 cup flour	1 teaspoon ginger
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon cinnamon
1 cup blueberry's	$\frac{1}{2}$ teaspoon cloves

Cream sugar and butter. Add egg yolk and molasses. Sift flour and spices. Dissolve soda in boiling water. Add flour and liquids gradually alternating; mix well. Fold in beaten white of eggs, and fold in the blueberries. Pour into 8" round pan. Bake for 30 minutes in oven at 350 degrees F.



JULY IS PICNIC MONTH!

Picnics are an ancient institution. The word "picnic" found its way into France shortly before 1740, and from there went into Germany in 1748. Picnics seemed to spread from country to country, and they were first heard of in Sweden in 1788. A "picnic" was originally a fashionable social entertainment at which each person contributed a share of the provision. A menu was planned and each food dish was named and numbered, and then each person drew a number and had his servants prepare the food.

Since that time, the picnic has become a family institution. Sometimes Mother prepares the meal and packs it for the whole family, and at other times, several families will contribute to the meal.

We, in Wisconsin, have all we could wish for in the way of natural picnic grounds. Its waysides, river banks, lake fronts and parks are a paradise for all lovers of the great outdoors. And a picnic in July is recreation at its best.

Food is all-important when it comes to preparing for a successful picnic. Nothing is better than a well-prepared picnic lunch. In this month's recipes, I intend to give you some of my favorite recipes suitable for outdoor eating, as well as ways of preparing and packing them.

First and foremost, as in any cooking operation, food sanitation is all-important. To be sure the food you take is well protected, be sure to use plenty of germ-proof cellophane, aluminum foil, and waxed paper.

Keep your special equipment packed in a basket. Baskets with ice compartments are now available, and are excellent for cream, milk,

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butter, salads, and relishes. For your fire, you will find that charcoal is easier than depending on finding wood at the picnic site. A wire broiler and long handled forks are essential for broiling over a fire. A gallon jug for fresh water is very useful, as are paper cartons (such as those used for ice cream) for packing foods.

Now, for some picnic recipes, and I hope that they will help to make your summer outings happier ones.



THURSDAY, JULY 2: Cold Potato Salad

Potato salad is a standard picnic food. The following recipe will serve six people.

- 1 quart potatoes, cooked in jackets
- $1\frac{1}{2}$  cups celery, sliced fine
- $\frac{1}{8}$  cup minced onion or fine herbs
- 2 eggs, hard boiled
- $\frac{1}{4}$  teaspoon monosodium glutamate
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon pimiento, finely chopped
- 1 tablespoon parsley, finely chopped

Dice potatoes; mix with other vegetables. Add seasoning. Thin mayonnaise with cream to the desired consistency, and add lemon juice. Fold dressing into potatoes. Chop one of the hard boiled eggs and combine with the potatoes and other ingredients. Use other egg to slice and decorate salad.

TUESDAY, JULY 7: Picnic Meats; Barbecue Sauce; Lemonade

The following are some meats to broil over the fire:

Stuffed Wieners: Split and stuff with relish or a slice of cheese; wrap in bacon. Broil over the fire until bacon is crisp and the cheese is melted. Then they're ready to serve in toasted wiener buns.

Barbecued Meats: Partially cook broilers, spare ribs



hamburger, or other meats in Barbecue Sauce. Finish cooking over fire, basting with the following barbecue sauce during broiling.

#### Barbecue Sauce

4 tbs. butter or good fat	4 tsp. paprika
$\frac{1}{4}$ cup onion, finely chopped	3 tbs. garlic vinegar
$1\frac{1}{2}$ tsp. white pepper	3 cups seasoned stock*
2 tbs. sugar	1 tsp. Tabasco Sauce
2 tbs. celery salt	2 tbs. Worcestershire Sauce
1 $\frac{1}{3}$ cups chili sauce	

Saute onions in butter until tender. Add all dry ingredients, then liquid ingredients. Boil slowly for 1 hour. Pour over meat. Heat in oven at low temperature for 30 minutes or more. (Yield - 1 quart)

\* If this sauce is to be kept for any length of time, use boullion cubes dissolved in hot water instead of meat stock.

A vegetable salad is wonderful with a barbecue. Lettuce, tomatoes, cucumbers, and radishes can be packed in a paper carton, or wrapped tightly in cellophane. Dressing should be carried separately in a paper container, and mixed with the salad just before serving. For dessert, take fresh fruits, such as cantelope, watermelon, plums, raspberries, etc.

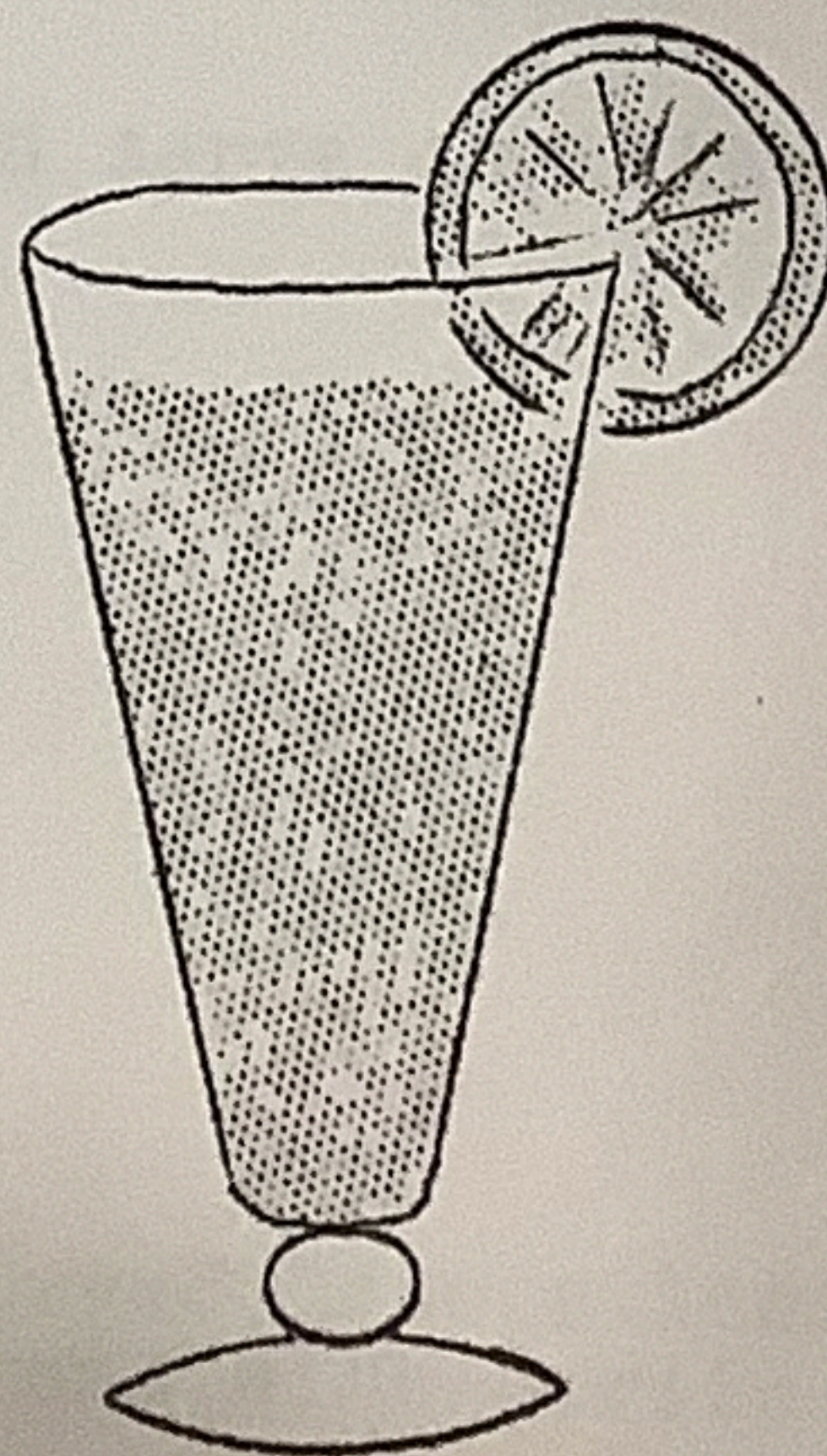
No picnic is complete without Lemonade! This recipe makes 1 gallon.

#### Lemonade

juice of 8 lemons

$1\frac{1}{4}$  cups sugar

Slice 1 lemon very thin, and mix into sugar 30 minutes before you mix the juice with enough water and ice to make one gallon. The sugar will then absorb the oils and flavor of the lemon, to make a delightfully refreshing drink.



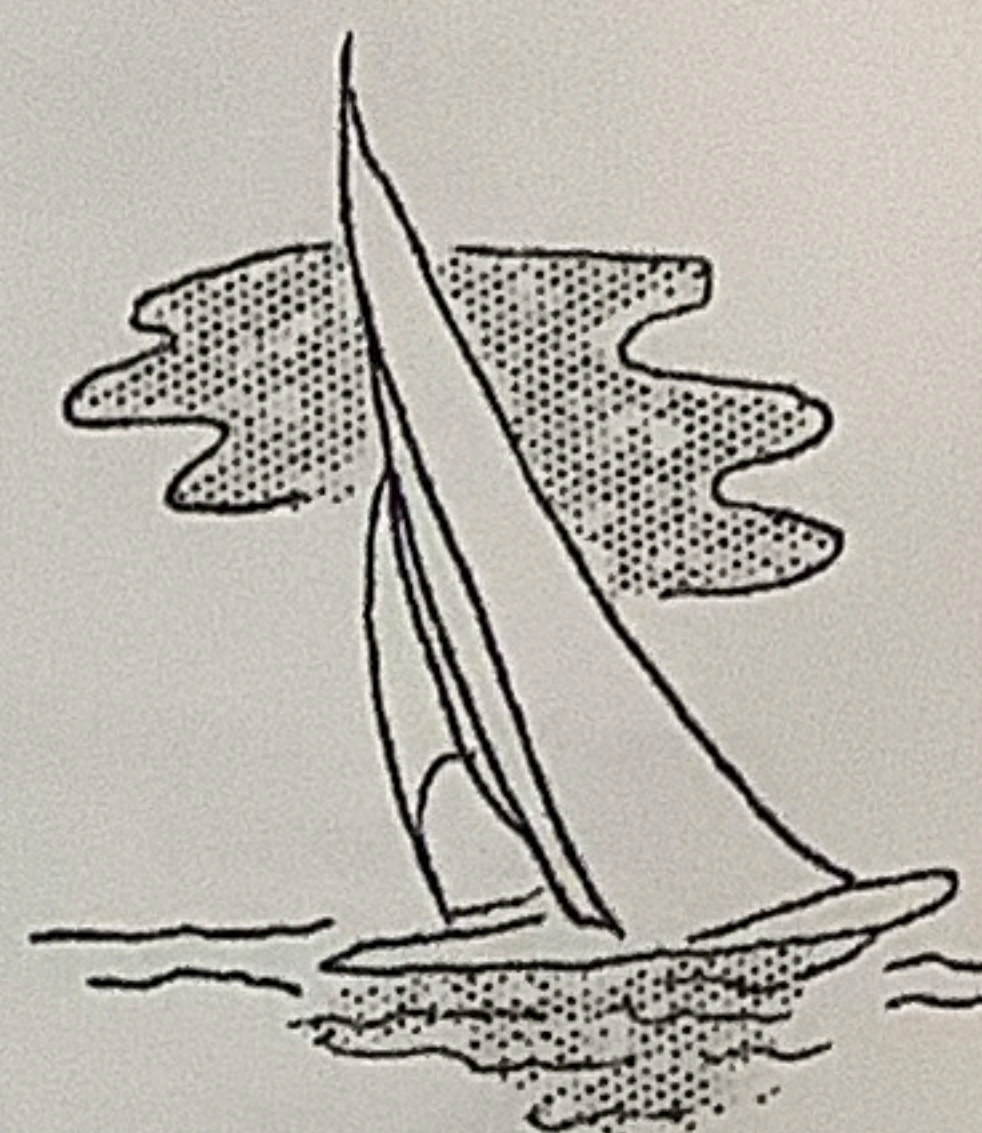


THURSDAY, JULY 9: Chicken Salad; Pork & Veal Salad; Garlic Bread;  
Golden Summer Punch

For a garden picnic lunch, these meat salads, with garlic bread, a cool drink, and your favorite ice cream, make a wonderful summer meal.

Chicken Salad

- 3 cups chicken, light and dark meat
- $\frac{1}{2}$  cup mayonnaise
- 3 tablespoons coffee cream
- 1 teaspoon salt
- 2 tablespoons lemon juice



Blend mayonnaise and coffee cream together. Add lemon juice. Toss all ingredients together until well blended. Garnish with 1 tablespoon chopped parsley and 2 tablespoons thinly shredded carrots.

Pork and Veal Salad

- 3 cups meat, cut into julienne strips
- 1 cup celery, sliced thin
- $\frac{1}{2}$  cup carrots, cut into julienne strips
- $\frac{1}{2}$  cup mayonnaise and 2 tablespoons coffee cream, blended
- 1 teaspoon salt
- 1 tablespoon lemon juice

Toss ingredients together until well-blended and serve on lettuce leaf.

Garlic Bread

- 1 loaf French bread, unsliced
- $\frac{1}{4}$  tsp. garlic seasoning powder
- $\frac{1}{2}$  cup butter
- 2 tablespoons chopped parsley

Mix dry ingredients into butter. Cut loaf of bread into slices, but not clear through. Spread between slices of bread with garlic butter and heat in oven until hot.

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Golden Summer Punch

- 1 can frozen orange juice (6 oz.)
- 1 can frozen lemonade concentrate (6 oz.)
- 1 can apricot nectar (12 oz.)
- 1 can pineapple juice (no. 2)

Add water to frozen concentrate as directed on can. Combine with apricot nectar and pineapple juice. Chill. Serve in punch bowl. Add ice cubes, orange slices, and mint leaves.

TUESDAY, JULY 14: Drop-in Luncheons

Unexpected summer guests need not mean hours in a hot kitchen. There are many foods now easily available that should be stable items in your kitchen to meet such emergencies - tasty, and easily prepared.

Here is a list of such foods - and they'll save you many hours of food preparation, and make summer cookery easier.

Packed Ready Meats: Wieners  
Beef Stew  
Tongue  
Corned Beef Hash  
Luncheon meats  
Salami  
Macaroni Salad

Seafoods: Lobster  
Crab meat  
Shrimp  
Salmon  
Sardines  
Tuna Fish

Chicken: Creamed (canned or frozen)  
Chicken Pie with Vegetables (frozen)

Cheese: Creamed Cheese  
Cottage Cheese -- Salad  
American Cheese for sandwiches

Other Foods: Potatoes - French Fried, Chips  
Frozen Vegetables  
Fresh or Frozen Fruit

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THURSDAY, JULY 16: Deviled Chicken Balls; Crabmeat or Lobster  
Newberg; Toasted Angel Food Cake

These ready packed meats can be used in the preparation of dishes suitable for summer dinners, as well as for picnics and luncheons. Here are two recipes to delight the palates of the most discriminating dinner guest.

Deviled Chicken Balls

- |                              |                         |
|------------------------------|-------------------------|
| 1 can boned chicken (6 oz.)  | 1 tsp. curry powder     |
| 2 tbs. finely chopped chives | $\frac{1}{2}$ tsp. salt |
| 2 tbs. finely chopped celery | 1 tsp. paprika          |
| 1 tbs. chopped parsley       | 2 tbs. prepared mustard |
| 2 tbs. bread crumbs          |                         |

Saute onions, celery, chives and parsley in butter. Cut chicken fine, and mix all ingredients together until well blended. Make into balls early and chill. Just before serving, roll in egg batter and crumbs and fry in deep fat until golden brown at 375 F.

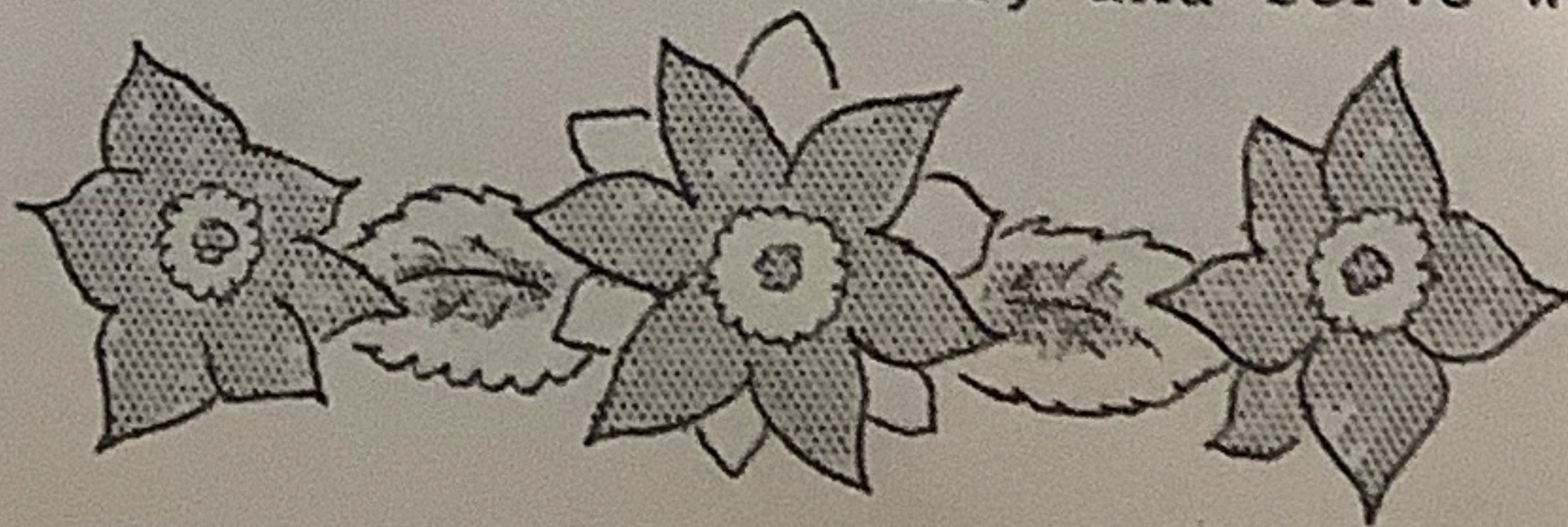
Crabmeat or Lobster Newberg

- 1 $\frac{1}{4}$  pound lobster
- 2 tablespoons hot butter
- 1 tablespoon warmed brandy
- $\frac{3}{4}$  cup heavy cream
- 3 tablespoons sherry
- 1 egg yolk

Remove lobster meat from shell, cook in court-boullion for 15 minutes. (Canned lobster meat may be used.) Cool and slice and put in a saucepan with 2 tablespoons hot butter and a pinch of cayenne. Add 1 tablespoon warmed brandy and ignite. Simmer the lobster on low fire for 10 minutes. Remove the meat, add  $\frac{3}{4}$  cup heavy cream and 3 tablespoons sherry to the juice in the pan and simmer, stirring for 3 minutes. Thicken the sauce by stirring in 1 beaten egg yolk and reheat without boiling. Pour the sauce over the lobster and serve.

Toasted Angel Food Cake

Lightly toast slices of angel food cake, and serve with peaches and whipped cream.





TUESDAY, JULY 21: Washington Cream Pie; Cheese Crusted Hamburger Pie;  
Summer Fresh Fruit Salad

Washington Cream Pie  
 (2 cakes)

2 cups sifted cake flour	2 tsp. baking powder
$\frac{1}{4}$ tsp. salt	4 tbs. butter or other shortening
1 cup sugar	$\frac{3}{4}$ cup milk
1 egg, unbeaten	
1 teaspoon vanilla	

Sift flour once, measure, add baking powder and salt, and sift together 3 times. Cream butter thoroughly, add sugar gradually, creaming both together until blended and light. Add egg and beat very thoroughly. Add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two 9-inch layer pans at 375 for 25 minutes. When cakes have cooled, split each layer in half evenly through the middle. Cover the bottom halves with filling (see below) and put the top back on. Sprinkle with powdered sugar, or frost as an ordinary cake with your favorite frosting, or with boiled icing and melted chocolate (bitter) sprinkled over the top.

Custard Filling:

3 tablespoons cake flour
1 cup milk
dash salt
2 tablespoons orange juice
$\frac{1}{3}$ cup sugar
1 egg yolk, slightly beaten
$\frac{1}{2}$ teaspoon vanilla
1 tablespoon grated orange rind

Combine flour, sugar and salt in top of double boiler. Add milk, egg yolk, and orange rind. Place over rapidly boiling water and cook 10 minutes, or until thickened, stirring constantly. Add orange juice. Cool. Add vanilla.

Cheese Crusted Hamburger Pie

1 garlic bud, sliced	1 tsp. salt
3 tbs. fat	1 can tomato juice (#2)
1 lb. ground beef	$\frac{1}{2}$ cup chopped celery
2 tbs. chopped peppers	2 tsp. Worcestershire sauce
$\frac{1}{4}$ cup flour	



Fry garlic in fat in heavy skillet for about 5 minutes. Remove garlic, saute celery until translucent. Remove from skillet. Fry green peppers for about 5 minutes, remove from skillet. Place beef in skillet and brown well. Stir in flour and salt. Add tomato juice and cook until thickened, stirring constantly. Stir in celery, garlic and peppers and worcestershire sauce. Pour into 8-inch square baking dish and top with cheese pastry.

Cheese Pastry:  $1\frac{1}{2}$  cups sifted flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup shortening  
 $\frac{3}{4}$  cup shredded American Cheese  
3 tablespoons cold water (about)

Sift flour and salt together and cut in shortening; add cheese. Sprinkle with water. Mix lightly until dough begins to stick together. Roll out about  $\frac{1}{4}$  inch thick. Cut into 8 inch squares and cover hamburger mixture. Cut remaining pastry into strips  $\frac{1}{2}$  inch wide and arrange lattice style on top of 8 inch pastry square. Bake at 400 F. about 30 minutes. Makes 4 servings.

#### Summer Fresh Fruit Salad

On Jumbo lettuce cups, build a fresh fruit tower; allowing 3 balls each of watermelon, cantelope and honeydew melon, 3 slices of purple plums, blueberries, strawberries, and any other fruit in season, keeping the colors harmonious and pleasing. The fruit should be marinated in lemon juice and sugar. Chill before serving.

THURSDAY, JULY 23: Pike in White Wine; Sole Marie; Mocha Cake

#### Pike in White Wine

Clean 3 pike or other fresh-water fish, weighing  $\frac{3}{4}$  to 1 pound each, and stuff with the following mixture:

1 onion, chopped and sauteed in butter  
1 tablespoon chopped parsley  
1 small clove garlic and 1 shallot, chopped  
 $1\frac{1}{2}$  cups bread crumbs soaked with a little milk  
salt and pepper  
 $\frac{1}{2}$  cup butter

Mix well and bind with 1 egg yolk.

Put in the bottom of a shallow baking dish a layer of onions, chopped and sauteed in butter but not brown. Add salt and pepper, lay the fish on the onions, and add dry white wine almost to cover. Poach fish in a moderate oven (350 F.) for about 20 minutes, or until the fish are done, and remove to a serving platter. Reduce the pan juices on the fire and force through a fine strainer. Thicken slightly by stirring in 1 tablespoon butter with 1 tablespoon flour and season to taste. Pour the sauce over the fish and return the dish to a very hot oven (450 F.) for a few minutes before serving.



Sole Marie

Clean a sole and remove the skin. Poach it for 20 minutes in a court-boullion seasoned with salt, pepper, a pinch each of thyme, parsley and chervil, several slices of carrot, onion, lemon, and garlic. Carefully remove the filets.

Make a puree of finely chopped mushrooms sauteed in butter with half a shallot, chopped, blending in a very small amount of flour, several tablespoons heavy cream, and a pinch of salt. Reshape the sole on an ovenproof serving dish, with this puree between the filets.

Heat a generous  $\frac{1}{2}$  cup dry white wine with 1 tablespoon butter and salt and pepper and blend it into 1 beaten egg yolk. Pour the sauce over the sole and brown quickly under the broiler.

Mocha Cake

$1\frac{1}{2}$ cups cake flour	$\frac{1}{4}$ tsp. vanilla
$1\frac{1}{2}$ tsp. baking powder	3 eggs, separated
$\frac{1}{4}$ tsp. salt	3 squares chocolate
$\frac{2}{3}$ cup shortening	$\frac{2}{3}$ cup strong coffee
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ cup sugar (for egg whites)
$\frac{1}{4}$ tsp. almond extract	

Sift flour, baking powder and salt together. Cream shortening until soft and smooth, but not too long until it melts. Add sugar and cream until fluffy, add egg yolks and flavoring. Cream well. Add flour alternately with coffee, beating until smooth after each addition. Beat egg whites until stiff but not dry. Add  $\frac{1}{4}$  cup sugar to the egg whites. Grate chocolate while the egg whites are beating. Fold grated chocolate into the cake batter. Fold the cake batter into the egg whites lightly. Bake in two 8-inch cake pans for 20 minutes at 350 F.

TUESDAY, JULY 28: Tenderloin and Mushrooms; Creole Rice and Franks;  
Caramel Crunch Peach Pie

Tenderloin and Mushrooms

Slice  $\frac{3}{4}$  pound of firm, white mushrooms, and saute them in 3 tablespoons butter until the liquid is evaporated. Sprinkle them with salt and papper and  $\frac{1}{2}$  tablespoon flour, blend well, and stir in 1 cup warm cream. Keep hot.

Meanwhile, saute quickly six  $\frac{3}{4}$  inch slices of beef tenderloin in hot butter for  $2\frac{1}{2}$  minutes on each side. Saute 6 slices of French bread,  $\frac{1}{2}$  inch thick, in a good quantity of butter, turning them often to prevent the butter from being absorbed by one side. Put the meat on the bread and arrange them on a heated platter in a ring

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with the mushrooms in the center. Make a sauce by stirring  $\frac{1}{2}$  cup port or sherry into the juices in the pan used to cook the meat, boil up once or twice, and pour a spoonful on each tenderloin. Serve the rest of the sauce in a small sauceboat.

### Creole Rice and Franks

6 franks	3 cups cooked rice
$\frac{1}{2}$ cup chopped green pepper	2 cups tomatoes
$\frac{1}{2}$ cup chopped onions	$1\frac{1}{2}$ teaspoon salt
3 tablespoons fat	

Brown green pepper and onion in fat. Add rice, tomatoes and salt. Cover and simmer 30 minutes. Place franks on rice. Return covered and simmer five minutes. Six servings.

### Caramel Crunch Peach Pie

$\frac{1}{2}$ cup sifted flour	Combine flour, oats, brown sugar, cinnamon and salt. Add the melted butter, and press into 9-inch pie pan, reserving $\frac{1}{2}$ cup. Arrange peach slices and sprinkle with rest of crumbs. Bake at 375 F. for 30 minutes.
$1\frac{1}{2}$ cups oatmeal	
$\frac{2}{3}$ cup brown sugar	
1 teaspoon cinnamon	
$\frac{1}{2}$ tsp. salt	
$\frac{1}{2}$ cup melted butter	
4 cups fresh peaches	

THURSDAY, JULY 30; Pickled Fish; Carrot Cucumber Relish

### Pickled Fish

2 cups water	1 tsp. red hot peppers
1 qt. tarragon or mixed herb wine	1 tsp. leaf thyme
vinegar	1 tsp. whole allspice
2 tablespoons sugar	1 tsp. juniper berries
2 tablespoons salt	3 crushed bay leaves
1 tsp. whole white pepper	1 tablespoon sweet marjoram
1 tsp. whole black pepper	6 lbs. fish, whole or pieces
2 cups onion rings	(trout is best; small pieces
2 cups celery, sliced	of trimming may be used.)

Add the above spices to the vinegar and sugar. After the fish has been washed and cleaned it should be soaked in salt water (1 C. per gallon) for 6 hours. Then it should be placed in the boiling pickled brine and heated until it comes to a boil, then simmered slowly for 5 minutes. Cool. The fish should be kept in the brine in a tightly sealed container for at least 24 hours, under good refrigeration.



Carrot Cucumber Relish

7 cups cucumbers

5 cups vinegar

7 cups carrots

2 teaspoons celery seed

5 cups sugar

2 teaspoons mustard

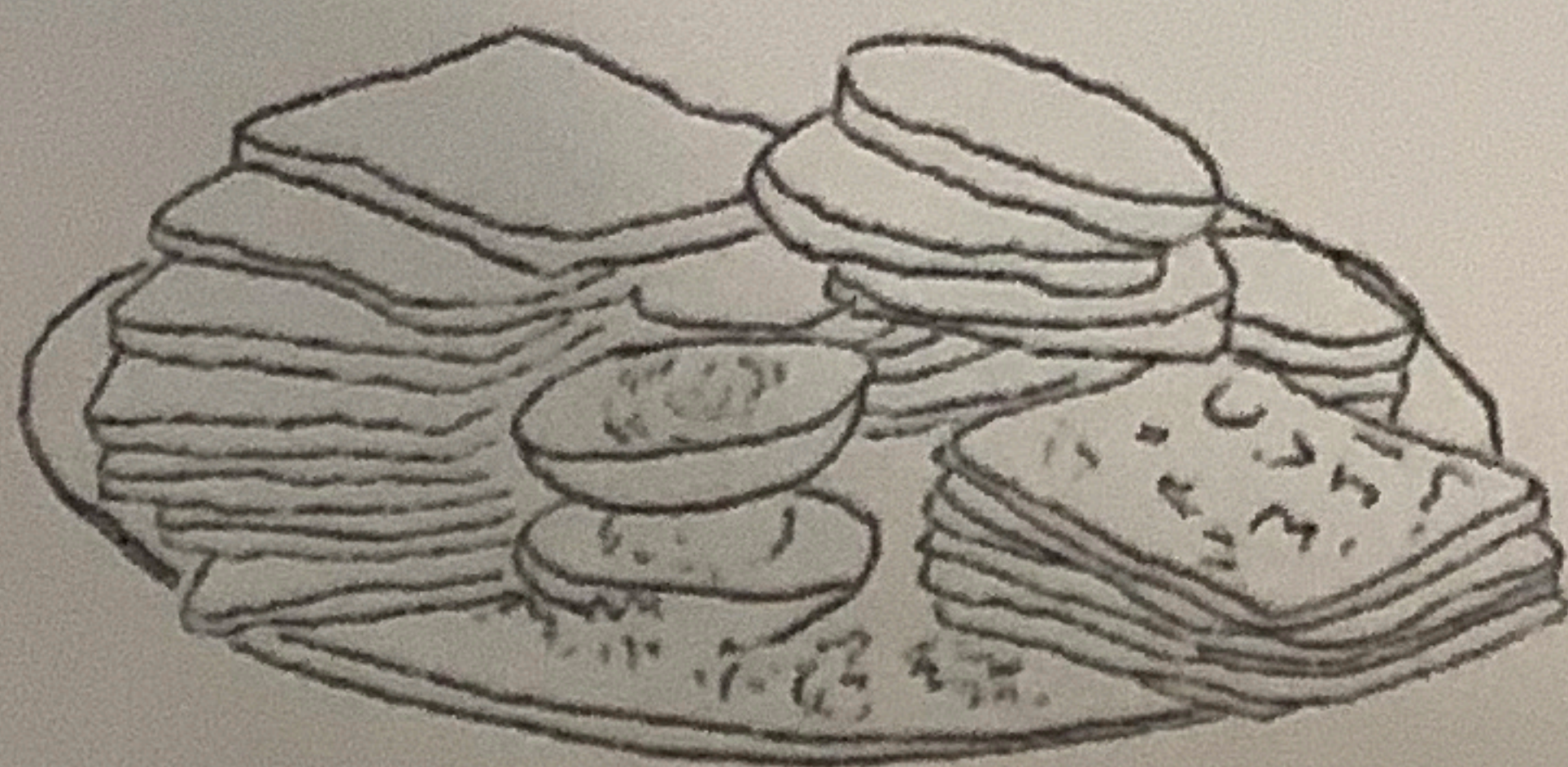
Wash, peel, grate or chop carrots and cucumbers and let stand in salt water overnight ( $\frac{1}{2}$  cup salt). Drain juice in morning. Combine sugar, vinegar and celery seed and mustard and simmer for 15 minutes with carrots and cucumbers. Pack and seal.



WIBA COOKING SCHOOL OF THE AIR

August, 1953

- Tuesday, August 4 . . . . . Hot Roast Beef Sandwich  
Mashed Potatoes  
Prune Pie
- Thursday, August 6 . . . . . Cheese Sauce With Asparagus  
Shrimp Rabbit Sandwich  
Raisin-Carrot Salad
- Tuesday, August 11 . . . . . Dagwood Sandwich  
Make Your Own Sandwich  
Chilled Melon Julep
- Thursday, August 13 . . . . . Fresh Cooked Salmon Sandwich  
Dagwood Chicken Sandwich  
Fried Green Tomatoes
- Tuesday, August 18 . . . . . Cheese, Tomato and Bacon Sandwich  
Meat Sandwich Spread  
Blueberry Ginger Bread
- Thursday, August 20 . . . . . Green Tomato Supreme  
Ham Salad Sandwich De Luxe  
Apricot Chiffon Pie
- Tuesday, August 25 . . . . . Denver Sandwich  
White House Chicken Sandwich  
Harvard Beets
- Thursday, August 27 . . . . . Ham Salad Sandwich  
Tuna Sandwich De Luxe  
Marmalade Chocolate Chip Cookies



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Tuesday August 4, Hot Roast Beef Sandwich  
(Serves 6)

1 1/2 pound pot roast, boneless Beef	6 - 6 oz. white potatoes
3 cups brown gravy	6 slices of white bread

Brown the roast in a heavy pan, or kettle on top of the stove or in the oven; then add water, cover and cook at 300 degrees at 40 minutes per pound until tender.

Gravy

Skim off 6 tablespoons fat from the roast, add 6 tablespoons flour to make a roux. Brown the mixture and add 3 cups good stock - cook until thick.

Mashed Potatoes

Peel potatoes and cook in salt water until tender. Drain. Mash them being sure they are smooth without lumps. Season with butter and enough hot milk to make them the consistency of fluffy potatoes.

To Serve: On each plate place a slice of bread, add a slice of beef, put a scoop of mashed potatoes on the beef, and pour brown gravy over all and serve hot.

Prune Pie

Mrs. Josephine Arand, Van Hise Hall Kitchen, Univ. of Wis., Madison

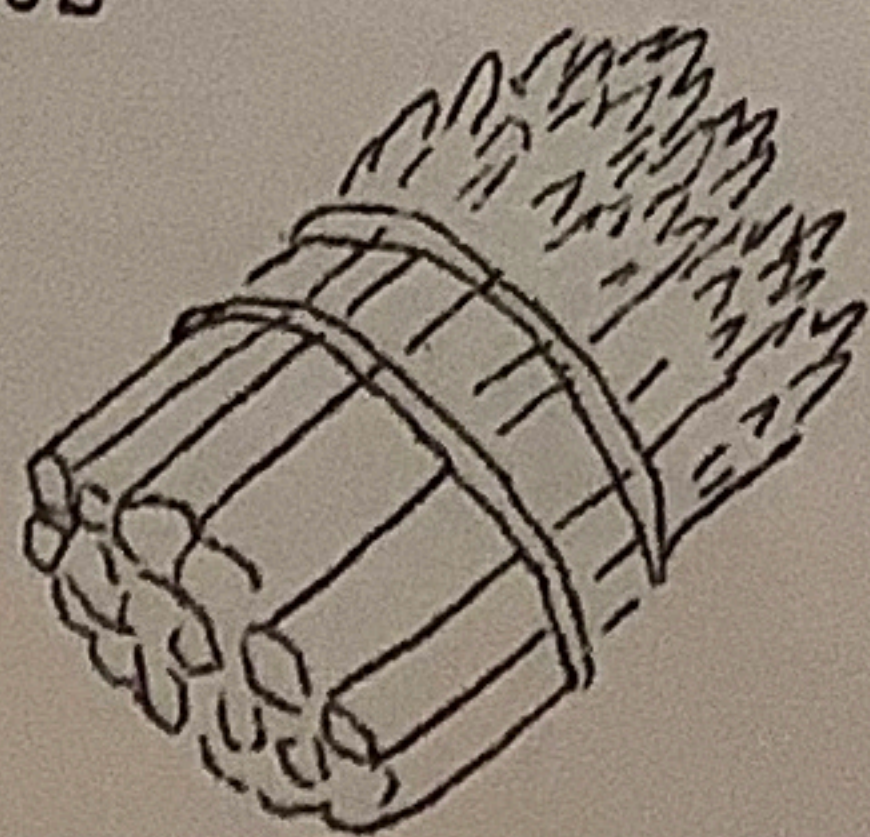
1 pound of prunes	1/8 teaspoon nutmeg
2 cups prune juice	1/8 teaspoon salt
1/3 cup sugar	2 tablespoons cornstarch

Cook prunes slowly, drain and pit. Add 2 cups prune juice, and dry ingredients in sauce pan, cook until cornstarch is clear. Mix with prunes, pour into baked pie shell and serve with whipped cream.

Thursday August 6: Cheese Sauce with Asparagus, Shrimp Rabbit Sandwich, and Raisin-Carrot Salad

Cheese Sauce with Asparagus  
(6 Servings)

3 tbs. butter	1/4 tsp. dry mustard
3 tbs. flour	1/2 teaspoon salt
1 1/2 cups milk	1/16 tsp. cayenne pepper
6 toast points	1/2 pound american cheese
Asparagus	





Melt butter in sauce pan, add flour and seasonings to make a roux. Add hot milk and stir until thick. When thick and smooth, add cheese and stir until melted. Serve over cooked asparagus on toast points.

This cheese sauce is excellent when served over other vegetables (such as Broccoli, cauliflower, green beans, etc.)

#### Raisin-Carrot Salad

$\frac{1}{2}$ cup seedless raisins	$\frac{1}{2}$ cup chopped nuts
1 cup finely chopped raw carrots	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup diced apples	$\frac{1}{16}$ dash cayenne pepper
$\frac{1}{2}$ cup finely chopped celery	$\frac{1}{4}$ cup mayonaise

Combine all ingredients. Chill and serve on lettuce leaf.

#### Shrimp Rarbit Sandwich

$\frac{1}{2}$  cup butter  
 $\frac{1}{8}$  cup chopped onions  
 $\frac{1}{8}$  cup chopped green pepper  
 $1\frac{1}{2}$  pound cooked shrimp  
6 slices toast, crust trimmed

Melt butter, add chopped onion and green pepper, cook very slowly for 5 minutes. Add shrimp, mix carefully with a fork and cook slowly until the shrimp is hot. Place generous amount on each slice of toast, and cover each portion with the following sauce:

2 tablespoons butter	$\frac{1}{2}$ teaspoon dry mustard
2 tablespoons flour	$\frac{1}{8}$ teaspoon salt
1 cup hot milk	$\frac{1}{16}$ teaspoon cayenne pepper
1 teaspoon worchestershire sauce	$\frac{1}{2}$ pound american cheese

Melt butter in sauce pan, mix dry ingredients with flour and add to butter to make a roux. Add 1 cup hot milk and cook until thick. Add cheese (grated) and cook until melted and well blended.

Tuesday, August 11: Dagwood Sandwich, Make Your Own Sandwich and Chilled Melon Julep

#### Dagwood Sandwiches (6 servings)

18 slices enriched bread	6 rings green pepper
12 slices of luncheon meat	$\frac{1}{2}$ cup mayonaise
6 slices Swiss cheese	prepared mustard

Toast bread on both sides. For each sandwich spread one side of toast with mayonaise and cover with a slice of meat. Cover with another slice of toast; spread top with mayonnaise and cover with a slice of cheese. Cover this with the third slice of toast; spread with mayonnaise. Garnish top with green pepper rings. Cut each sandwich in half diagonally and top with a small amount of mustard.