

Things to Cook

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The following recipe for Meat Turnovers will be found a great help in using left-over meat of any kind. Beef, veal, chicken, turkey, pork and lamb may be used to advantage and, if you have a small amount of cooked vegetables, that may be added also. This will help to increase the quantity, as well as being an addition to the flavor.

If you have enough left-over gravy, this may be served with the turnovers, or a sauce may be used. I am giving a recipe for cheese sauce, using a very little cheese, and the cheese may be omitted, if you prefer the sauce plain.

Meat Turnovers (Crust)

- 1/2 teaspoon salt
- 3 teaspoons baking powder
- 1 1/2 cups flour
- 6 tablespoons shortening
- 1/2 cup milk

Sift flour, baking powder and salt, cut in shortening, add milk. Separate into six parts, roll each out to about one-fourth inch thickness, making them round. Place part of the meat on half of each piece of crust and moisten edges with a little water, fold over and press edges together. Place on a greased pan and bake about 25 minutes at 425.

Filling

- 2 cups cooked meat cut in dice or 2 tablespoons butter or fryings
 - Salt and pepper if necessary
 - 1 or 2 tablespoons water or gravy
- Mix well together. If the meat is well seasoned and moist, the seasoning and water may be omitted, but the filling should be well seasoned.

Cheese Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons American cheese cut in bits

Make sauce of first five ingredients, add cheese and stir until melted. After pouring over the turnovers add a dash of paprika.

Something a little different from the usual meat balls will be found in the following recipe for Baked Pork Patties. This is one of the convenient dishes which may be prepared early and placed in the refrigerator until ready to cook.

If you wish to go out for the afternoon and have only about an hour to one and one-half hour to prepare your dinner, this may be prepared early and, on your return, placed in your oven to heat and then baked until the meat is tender.

Baked Pork Patties

- 1 1/2 pounds lean fresh pork ground
- 2 cups cooked rice
- 1/4 cup onion chopped fine
- 1/4 cup green pepper cut or chopped
- 1 pimento cut fine
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 to 2 tablespoons bacon fat
- 2 tablespoons flour
- 1 cup cream tomato soup
- 1 cup water

Half cup uncooked rice, washed and rinsed well and cooked in boiling, salted water, will make about the right

amount. Mix cooked rice with meat, add onion, green pepper, pimento, salt and pepper.

Form into flat patties and brown quickly in a little bacon fat, using not more than two tablespoons of the fat. Remove from pan, add flour and stir until well blended and browned nicely, add the soup and water mixed together and stir until thickened.

Place the patties in layers in baking dish, with sauce between layers and over the top. Bake about one to one and one-fourth hour in a 350 degree oven.

RAVINIA WOMAN'S CLUB PROGRAM FINE

(Continued from page 5)

Judge Arnold's withdrawal from judicial life she was logically installed in that court with title of judge and serves in that capacity today.

With Judge Bartelme at its head, the Juvenile court is today, a model of unique efficient and effective activities, to most of the progressive countries of the civilized world.

Judge Bartelme, in her talk at the Woman's club gave a brief outline of the court which is conducted upon an informal plan, followed by examples of specific cases of dependent, delinquent, and neglected children, showing how they are handled by the court.

Radiates Sympathy

She is delightfully human. She radiates sympathy and understanding and it is easy for those who listened to her, to understand her great success in her work.

During the program Mrs. Theodore Osborn of Ravinia spoke of the work of the Social Service committee in Highland Park.

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The PRICE of FOOD Today

Prices subject to change depending upon fluctuations in wholesale market prices.

These prices are provided by The Great Atlantic & Pacific Tea Company as a buying guide to housewives. Prices shown in the first column are in effect at A & P Food Stores January 23-24.



SPECIAL

	PRICES TODAY	PRICES a year ago	Change in Price
IONA PEAS, CUT BEETS OR TOMATOES	3 NO. 2 CANS 25c	28 1/2c	-3 1/2c
Golden Bantam Corn	3 NO. 2 CANS 25c	28 1/2c	-3 1/2c
Hamilton Sauerkraut	3 NO. 2 CANS 25c	28 1/2c	-3 1/2c
Nucoa Margarine	NATURALLY COLORED, LB. 20c	23c	-3c
Iona Pink Salmon	2 NO. 1 TALL CANS 23c	29c	-6c

OTHER FOODS IN DEMAND

Grandmother's White Bread 16-oz. loaf	5c		
FRANCO-AMERICAN Spaghetti	3 15 3/4-oz. cans 25c	25c	
Del Maiz Corn	2 No. 2 cans 25c	30c	-5c
Uneda Graham Crackers 1-lb. pkg	15c		
"UNEEDA BAKERS" Holland Rusk	pkg. 13c		
Pillsbury's Wheat Bran	pkg. 16c	17c	-1c
Wet Shrimp	5 3/4-oz. can 15c	17c	-2c

HOUSEHOLD ITEMS

Chipso Flakes or Granules	2 large pkgs. 37c	42c	-5c
Amer. Family Flakes	2 med. pkgs. 37c	42c	-5c

CHOICE MEATS

Fresh Killed Stewing Chickens	lb. 32c
Beef Pot Roast	lb. 25c
Boneless Rolled Veal Roast	lb. 33c
Round or Swiss Steak	lb. 35c
Armour's Melrose Smoked Picnics	lb. 16c
Pork Loin Roast	lb. 17c

FRESH FRUITS AND VEGETABLES

Navel Oranges, size 150	dozen 45c
Grapefruit, size 80	each 5 1/2c
Idaho Potatoes	15 lb. peck 35c
EXTRA LARGE FANCY Rome Beauty Apples	lb. 5c
New Texas Cabbage	lb. 5 1/2c

* + Indicates increase in price - Indicates decrease in price

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