

MENU OF THE MONTH

Food, the general term for all matter that is taken into the body for nourishment, contributes to its life and growth and gives the power for work in all the maintenance of life.

The complex organic substances that form a large part of food fall into three main classes; PROTEINS, CARBOHYDRATES and FATS.

Therefore good food and nourishing foods mean a lot to us, so it is important in planning our menus that we have a well balance diet.

Our menu for the month a very simple menu, but very tasty. Try it on the family.

THE MENU:

Chicken and Dressing

Califlower

Coffee

CHICKEN AND DRESSING

- 1 fat hen
- 3 stems of celery
salt and pepper
- 2 garlic clove
- 2 med. onions
- 1 teas. paprika
- ½ large green pepper
- ¼ teas. sage
water

Clean hen and cut in servings pieces, put in pot with enough water so when chicken is done there will be enough broth for dressing, add all the above ingredients and cook until the chicken is done.

BREAD FOR DRESSING

- 1 cup meal (or)
- 1 cup freina
- ¼ cup white flour
- ½ cup wheat flour
- 3 eggs
- 1 cup milk or more
salt
- 1½ teas. baking power
- ¼ cup mazola oil

Combine all ingredients and

blend well, pour in oiled pan and bake in oven 375 degrees for about. 1. hour.. Remove. from oven, let it cool, then brake in fine pieces in bowl and add the following:

3 med. onions, ½ cup celery, ½ large green pepper, 3 eggs, salt and pepper, ¼ teas. paprika, 1 teas. baking powder, and broth from chicken. Blend in well and pour in baking dish or roaster, cover and cook in oven 350 for 30 minutes, uncover and brown.

CALIFOWER

- 1 med califlower
- ½ stick butter
- ½ can tomato paste
- 2 med onions
- 2 eggs

Separate, and clean buds, drop in boiling salted water for five minutes. Remove from water. Chop onions and brown in butter; add tomato paste to browned onions, beat eggs, dip the califlower in the beaten eggs and brown in butter slightly. Pour tomato paste and onions over the califlower. Cover and steam in 350 degree oven for 20 minutes. Serve.