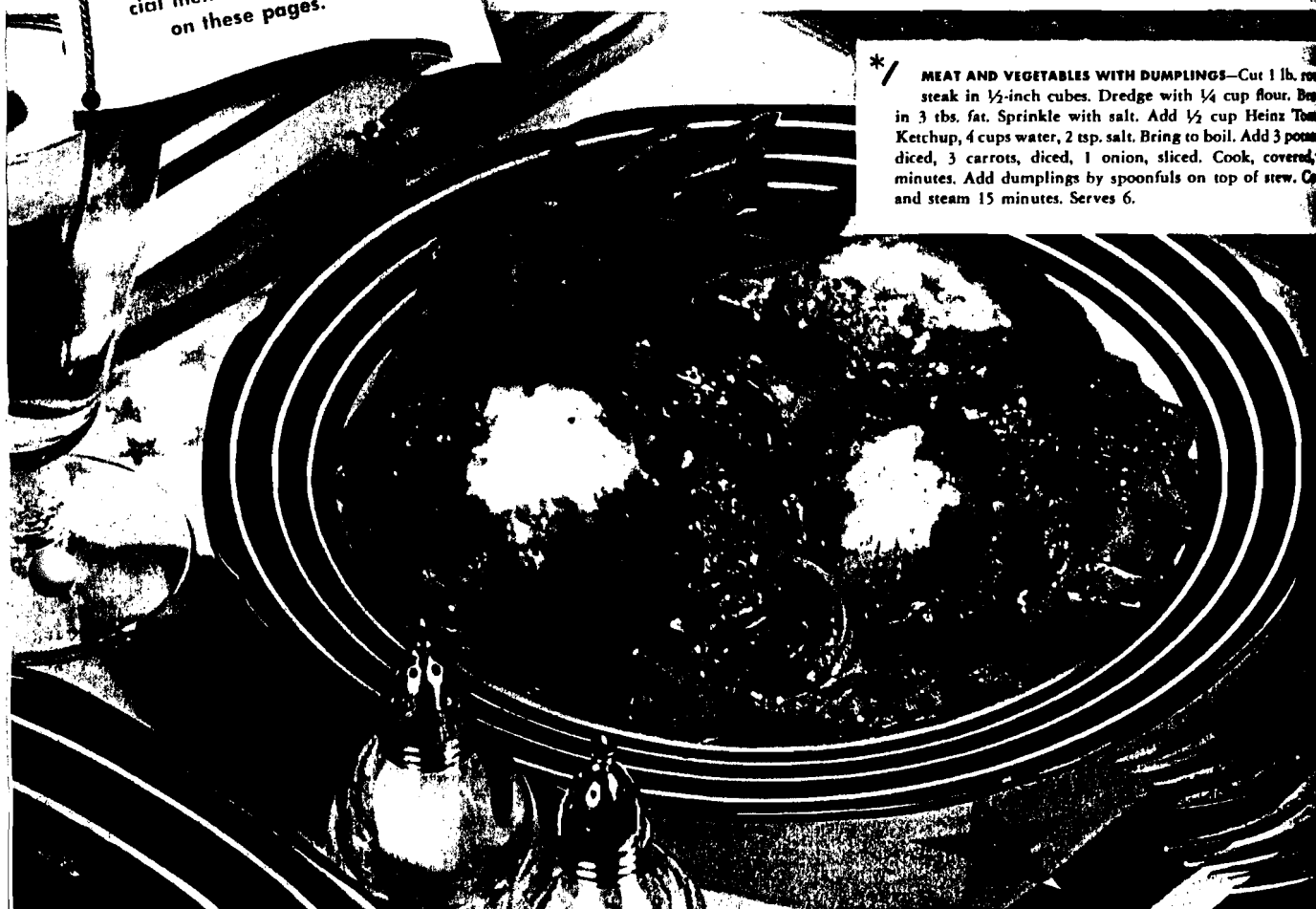


To help the American homemaker feed her family well on a limited amount of meat—thereby releasing more for our fighting forces—the Heinz Home Institute has prepared the special menus and recipes on these pages.

# How To Make Your Family Happy



**\*1 MEAT AND VEGETABLES WITH DUMPLINGS**—Cut 1 lb. round steak in 1/2-inch cubes. Dredge with 1/4 cup flour. Brown in 3 tbs. fat. Sprinkle with salt. Add 1/2 cup Heinz Tomato Ketchup, 4 cups water, 2 tsp. salt. Bring to boil. Add 3 potatoes, diced, 3 carrots, diced, 1 onion, sliced. Cook, covered, 15 minutes. Add dumplings by spoonfuls on top of stew. Cover and steam 15 minutes. Serves 6.

Serving giving simpli

### MENU

Condensed  
of Tomato  
Vegetables with  
Fruit Salt  
Cucumbers  
Coffee

Condensed  
Hamburg  
Baked Potatoes  
Heinz C  
Baked App  
C

Old Mo

the me  
oney! An  
as good  
Heinz condi  
boys in ser  
Sauce



of green sa  
egars are n  
egars bring  
in dressings  
ll your sal

Try y  
have  
made

# E

**\*2 SPAGHETTI AND MEAT CASSEROLE**—Cook 5 oz. spaghetti as directed on package. Brown 1 tbs. fat, 1/4 cup chopped onion, 1/2 tsp. salt, and 1/2 to 3/4 lb. ground beef in skillet. Mix 1 1/2 cups Heinz Tomato Juice, 1/2 cup Heinz Tomato Ketchup, 2 tsp. Heinz Worcestershire Sauce and 1 tsp. salt. Combine meat and spaghetti in greased casserole. Top with sauce. Bake in moderate oven (375° F) 30 min. Serve with Parmesan cheese. Serves 4.



**\*3 NOODLES WITH HAM AND MUSHROOMS**—Cook 6 oz. noodles. Melt 2 tbs. butter. Blend in 3 tbs. flour. Mix 1 tbs. Heinz Prepared Yellow Mustard, pepper, 1 cup milk, 1/2 cup mushroom liquid. Cook, stirring till thick. Combine 1 cup canned or fresh mushroom pieces with 1 cup diced cooked ham. Beginning with noodles, arrange alternate layers of noodles and ham mixture in greased casserole. Add sauce. Bake in moderate oven (375° F) 20 min. Serves 6.



**\*4 HAMBURGERS AU GRATIN**—Combine 1/2 lb. ground beef, 1/2 tsp. salt, dash of pepper, 1/2 cup Heinz Tomato Ketchup. Form into patties. Sauté in fat in skillet. To make sauce, Melt 3 tbs. butter, add 3 tbs. flour, blend. Gradually add 1 1/2 cups milk—then 3/4 tsp. salt, 1 tbs. Heinz Prepared Yellow Mustard. Add 1 cup grated American cheese. Cook till melted. Place hamburgers in baking pan. Add sauce. Bake in slow oven (325° F) 20 min. Serves 4.

