



Mrs. Wizard that's You!

Bargains galore for you in this week's meals for two at \$5.57 a week per person.

By LIANE WAITE

I played a game recently when I was shopping to see just how inexpensively two people could eat for a week. I compared canned foods against fresh and against frozen. I shopped for cuts of meat that I had forgotten existed. It was quite a bit of fun checking one item against another on a strict cost basis. After the shopping was over and the findings were sifted, I discovered that the total was \$5.57 a person for the week.

This amount was a surprise to me, considering that it is based on 2200 calories a day per person—possibly low for a man, but high for a woman. Married couples could therefore adjust the quantities. My surprise was heightened because the shopping was done in a New Jersey community store under everyday conditions. My butcher told me that any woman can buy cheaply if she knows what she wants and picks it out herself.

Choosing yourself is perhaps the key to the whole game. For instance, you will find meats that you have forgotten about. Oxtails and breast of lamb are there, and to whet your appetite I have included recipes for them that are a little out of the ordinary. Meanwhile, you will find that you can buy frozen orange juice for 15 cents a quart while fresh is 29 cents, and that dry milk is about 7

cents a quart while fresh whole milk is 23 cents. These prices will fluctuate with the season and will best be worked into the budget if you can compare the prices in person.

It is nice to know that modern labor saving foods can be expense savers for us too. Take, for instance, frozen green beans at 19 cents a package against fresh beans at almost 26 cents for the same number of servings.

One trick I rediscovered was to buy breads at the "day-old" store. All large bakeries run this service and will sell to you, as they did to me, bread and rolls at half price. These can be stored in the freezer, too, if you get an extra supply.

Breakfast sets the tone of the day and is almost the core of these menus. About one third of the day's calories are included here, and for prices which are microscopic. One serving of shredded wheat is about a cent and oatmeal is a cent and a half.

Since market day is generally Friday or Saturday, I have begun the week's menus with Sunday. Foods have been re-used in these menus, but they appear in different guises.

Margarine is cheaper, therefore used throughout. If you prefer butter, add 30 cents per person per week.



Beefsteak pie with potato crust, homemade rolls, kale and molded custard-pudding dessert—a bounty for \$1.23.

STUART

Beefsteak Pie with Potato Crust: Cut 3/4-pound flank steak into 1" pieces. Dredge the meat in seasoned flour and brown in 2 tablespoons melted shortening. Add 2 small onions which have been peeled and sliced. Cook until golden brown. Add 2 tablespoons flour, 1 1/2 teaspoons salt, 1/4 teaspoon pepper, 1/4 teaspoon thyme and 1/2 teaspoon garlic salt. Add 1 1/2 cups water and cover. Bake in a moderate oven, 350° F., for 1 hour until the meat is tender. Remove and add a potato crust made from 2 potatoes, thinly sliced and covered with 1 tablespoon margarine, 1/2 teaspoon salt and 1/4 teaspoon pepper. Sprinkle paprika on top. Replace in a hot oven, 450° F., and bake about 15 minutes, or until the potatoes are browned.

82¢

Baked Stuffed Flank Steak: Cut a 3/4-pound piece of flank steak in two. Wipe with a damp cloth, then place in a bowl with 3 tablespoons French dressing for several hours. Heat 2 tablespoons of the French dressing in a skillet. Add 2 tablespoons diced onion and cook until golden brown. Add 3/4 cup dry bread crumbs, 1/2 teaspoon salt, 1/2 teaspoon soya sauce, 1/4 teaspoon pepper, 1/4 teaspoon monosodium glutamate and 1/4 teaspoon celery salt. Toss well and place half of the mixture on each piece of steak, which has been sprinkled with monosodium glutamate. Roll and tie tightly with a string. Heat the rest of the French dressing and brown the rolls well in this. Bake in a slow oven, 325° F., for 2 hours or until tender. Skim off extra fat from drippings. Thicken slightly.

81¢

Fricassee of Lamb with Dumplings: Cut 1 1/2 pounds breast of lamb into 1" pieces, trimming off extra fat and tissue. Heat in a heavy pan until browned slightly. Then add 1 cup diced carrot, 1 cup diced celery, 2 leeks or 1/2 cup diced onions and 3 cups water. Season with 2 teaspoons salt, 1/2 teaspoon garlic salt, 1/4 teaspoon rosemary, 1 bay leaf and 1/4 teaspoon pepper. Cover and simmer gently about 1/2 hour, or until the meat is tender. Add a paste of flour and water and cook until thickened. Make dumplings, using your favorite recipe. Add to the top of the dish, cover again, and cook until dumplings are done. Turnip is another good vegetable to use here. Add 1 cup, diced, when they are in season along with or in place of one of the other vegetables.

22¢

Oxtail Ragout: Roll 1 pound oxtails in flour to which salt and pepper have been added. Sauté meat in 1 tablespoon fat until browned. Add 2 small onions which have been peeled and sliced. Sauté until golden brown. Add 1 1/2 teaspoon salt, 3 peppercorns and 2 cups hot water. Simmer for 2 1/2 to 3 hours. Add 2 potatoes, cut into quarters, and cook 30 minutes longer. Remove extra fat and add more liquid if necessary.

28¢

Potato Soup: Melt 3 tablespoons shortening in a deep kettle. Add 1/2 cup chopped onion, 1 1/2 cups peeled and diced potatoes and 1/2 cup water. Season with 1 clove garlic, crushed, 1 1/2 teaspoons salt and 1/8 teaspoon pepper. Cover and cook very slowly until soft. Add 1 1/2 cups milk and continue cooking until soup comes to a boil. Then put through a sieve. Return to the pan. Add 1 tablespoon chopped parsley, season to taste and heat again before serving.

14¢

Vegetable Soup: Cook slowly 1/2 cup sliced celery, 1/2 cup diced carrot, 2/3 cup chopped onion and 1 cup cubed potato, in 2 tablespoons fat. Add 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover with 3 cups water, add celery and carrot tops and simmer gently until all the vegetables are tender. Remove celery and carrot tops, add 1/4 teaspoon sugar, a few cut green beans, and simmer again until the beans are cooked. Add 1 tablespoon vinegar before serving.

9¢

Liver-and-Potato Sauté: Cut 1/2 pound beef liver into 1/2" cubes. Dredge with seasoned flour. Meanwhile, peel 2 potatoes and cut into thin slices. Add 2 tablespoons minced onion. Heat 3 tablespoons shortening in a skillet and add the potatoes, cooking until they are almost browned. Then add the liver, 1/2 teaspoon salt, 1/4 teaspoon pepper and a pinch of thyme and marjoram. Cook just until liver is browned, about 3 minutes.

34¢

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Soil

PICKS UP ALL THE DIR FROM YOUR

- ends scrubbing
- cuts grease
- removes dirt
- cuts floor clean

See how shining clean you



Easy to f and so de

Tomato Surprise. Fill of cottage cheese... sp Ham. Serve with U Hanenber, Underwo whole hams and fine,