

CUT OUT AND SAVE THE COUPON IN THE CENTER OF THIS PAGE

# DIRECTIONS FOR COOKING

To be followed in all recipes on this page.

Empty the contents of a ten-cent package of Foulds' Macaroni, Spaghetti, Curly-Q (Elbow) Macaroni, Curly-Q (Elbow) Spaghetti or Egg Noodles into three quarts of rapidly boiling water to which has been added one tablespoonful of salt. (Some also add a little pepper.) Boil 12 to 15 minutes to suit taste, stirring occasionally with a fork to prevent sticking, then drain in colander and rinse thoroughly with hot water. Never start to cook in cold or merely warm water. Always be sure water is boiling rapidly. Never allow it to stop boiling. If necessary to add more water, have it boiling.

## Baked, with Cheese

- 2 cups grated cheese (American)
- 1 teaspoonful salt
- 1/8 teaspoonful pepper
- 1 cup milk

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni as directed above. Put a layer of Macaroni or Spaghetti into greased baking dish, then a layer of grated cheese. Alternate layers until all food is used. Before adding top layer, which should be cheese, add milk and seasonings. Bake in moderate oven for 30 minutes.

## With Asparagus

- 2 cans green asparagus or 2 bunches fresh asparagus.
- 2 cups milk
- 1/4 cup butter
- 3 tablespoonfuls flour
- Sauce: 1/2 teaspoonful salt
- 1/2 teaspoonful curry powder
- 1/2 teaspoonful paprika

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni as directed above. To make sauce, melt butter, add flour, salt and paprika, and curry powder. Add cold milk and stir until sauce has thickened. Combine with macaroni. Pour into serving dish and over it place fresh asparagus cut into small pieces and cooked until tender or canned asparagus heated. Brown 1/4 cup butter and pour over asparagus.

## With Tomato Soup

- 1 pint can of tomato soup
- 2 tablespoonfuls fat or 4 slices bacon
- Few grains cayenne
- 2 cups grated cheese
- 1 teaspoonful salt

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni, as directed above. Add tomato soup to Macaroni or Spaghetti and seasonings and heat just before serving add cheese and bacon, chopped in small pieces.

## With Chicken

- 2 cups cooked chicken cut in dice
- 2 cups chicken stock
- 1/4 cup flour
- 2 teaspoonfuls salt
- Few grains pepper
- 1 cup milk

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni as directed above. Put a layer of Macaroni or Spaghetti into greased baking dish, then add a layer of diced chicken. Alternate layers until all food is used. Top layer should be Macaroni or Spaghetti. Pour sauce over all and bake in hot oven for 30 minutes. Sauce: Add 1/4 cup cold milk to flour. Pour into heated stock and remaining milk. Season and cook until thickened.

## With Hamburger Steak

- 2 cups grated American cheese
- 1/4 cup fat
- 1 pound hamburger steak
- 4 cups tomatoes (canned)
- 1 green pepper, chopped
- 1 onion, minced
- 2 teaspoonfuls salt
- Few grains cayenne

Put fat in frying pan; add hamburger steak and cook about 5 minutes, then simmer with tomatoes, onion and green pepper for one hour. Season with salt and cayenne. Add Foulds' Macaroni or Spaghetti which has been boiled and drained as directed above, and cook 15 minutes longer. Just before serving add grated cheese.

SAVE THESE COUPONS

SO CASH OF VALUEZ MILLS

## FOULDS MILLING CO.

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