



THREE COUNTY BOYS this week have played nursemaid, coiffeur and dietician to 30 head of 4-H steers and nine pens of lambs. Shown here are Herbert Frey, R1 Marietta, left, and Donald G. Herr, R2 Quarryville. Samuel Long, R4 Manheim,

has tull charge of the sheep and assists with the steers. Only Long has an entry, the other two young men having sold their steers at the district roundup and the Eastern National shows. (LF Photo)

For Farm Women . . .

(Continued from page 6)

Drain the fish, and flake it with a fork Heat the butter or bubbly, golden topping over laymargarine and cook the celery, eis of fish, spinach and mushparsley, and onion in it until the room soup Bike it in a shallow onion is golden brown Combine with the salmon, ping will show to best advantage

mashed potatoes, and seasonings With a salad and dessert, you'll Beat egg yolks well and add to have a substantial meal "Florenthe mixture Beat egg whites until tine" means spinach is used and stifi and fold in Pile lightly in the green touch is marvelous!

a greased baking dish Bake in a moderate oven (350°) for one hour or until firm in the center and lightly browned Four or five servines

1'3 cups water 1 teaspoon salt In our next recipe, there's a ¹s teaspoon black pepper

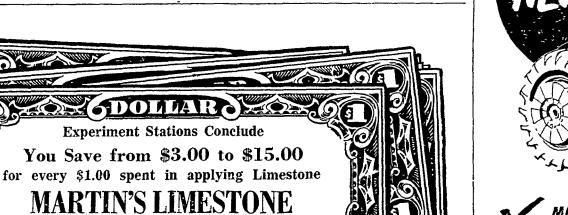
1 can condensed cream of mushroom soup $(10\frac{1}{2} \text{ oz})$ 2 cup milk dish so the glorious cheese top-

11/2 to 2 cups cooked, seasoned chopped, drained spinach 1 pound fish fillets (sole, haddock, halibut, whiting, etc) partially thawed or

FILLETS FLORENTINE,

BUBBLY CHEESE TOPPING

²'₃ cup uncooked white rice



thawed

- 2 tablespoons lemon juice
- ¹/₂ teaspoon salt

¹'s teaspoon black pepper

1 cup sharp chese, grated

Put the rice, water and salt in a 2 quart saucepan Bring to a vigorous boil over a high heat Turn the heat down low Cover with a lid and simmer 14 minutes Remove the saucepan from the heat but leave the lid on 10 minutes

Spread the cooked rice over a well greased shallow baking dish or other baking dishes holding at

least six cups Sprinkle with the black pepper Mix together the nusnroom soup and milk Pour half the soup over the rice Spread the spinach over the rice Cut the fish into serving pieces Arrange over the spinach Sprinkle the fish with the lemon juice, salt and one eighth teaspoon black pepper Pour on the rest of the soup Sprinkle the cheese over the top to cover the fish and vegetables

Bake in a preheated 375° oven 25 minutes or until the fish flakes easily Place under the broiler until the cheese becomes brown and bubbly This recipe makes six generous servings

Make attractive servings by placing the layers of food in inuviqual casseroles

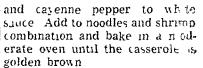
The seafood -used in this cas serole is shrimp —

SHRIMP-NOODLE CASSEROLE

- 4 cups cooked noodles
- 1 pound cookd, shelled shrimp
- 2 cups white sauce
- $1\frac{1}{2}$ cups sharp Ceddar cheese 1 teaspoon Worcestershile

sauce Dash of cayenne pepper

Combine noodles and shrimp Add cheese, Worcesershire sauce



If you would like an unusual cheese sauce for this recipe, replace the Cheddar combinat on with one cup shredded Brik cheese, one diced piniento, and one-half teaspoon grated onion Or two cups shielded Gouda cheese, one teaspoon Worcestershire sauce, and one-half teaspoon garlic salt may be used

Drought Affects Canned Food Entries

The summer drought seem to have affected the number of entries in the school homemaking canned foods section this year at the Farm Show. The total is 174 entries compared with 255 E.t. year.

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