



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 full 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 margarine and cook the celery, parsley, and onion in it until the onion is golden brown.

Combine with the salmon, mashed potatoes, and seasonings. Beat egg yolks well and add to the mixture. Beat egg whites until stiff and fold in. Pile lightly in

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 servings.

In our next recipe, there's a bubbly, golden topping over layers of fish, spinach and mushroom soup. Bake it in a shallow dish so the glorious cheese topping will show to best advantage. With a salad and dessert, you'll have a substantial meal. "Florentine" means spinach is used and the green touch is marvelous!

FILLETS FLORENTINE, BUBBLY CHEESE TOPPING

- 2/3 cup uncooked white rice
- 1 1/2 cups water
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1 can condensed cream of mushroom soup (10 1/2 oz)
- 2 cup milk
- 1 1/2 to 2 cups cooked, seasoned chopped, drained spinach
- 1 pound fish filets (sole, had-dock, halibut, whiting, etc.) partially thawed or

thawed
 2 tablespoons lemon juice
 1/2 teaspoon salt
 1/8 teaspoon black pepper
 1 cup sharp cheese, 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 mushroom 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 individual casseroles.

The seafood used in this casserole is shrimp —

SHRIMP-NOODLE CASSEROLE

- 4 cups cooked noodles
- 1 pound cooked, shelled shrimp
- 2 cups white sauce
- 1 1/2 cups sharp Cheddar cheese
- 1 teaspoon Worcestershire sauce
- Dash of cayenne pepper
- Combine noodles and shrimp
- Add cheese, Worcestershire sauce

and cayenne pepper to white sauce. Add to noodles and shrimp combination and bake in a moderate oven until the casserole is golden brown.

If you would like an unusual cheese sauce for this recipe, replace the Cheddar combination with one cup shredded Brick cheese, one diced pimiento, and one-half teaspoon grated onion. Or two cups shredded 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 last year.

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