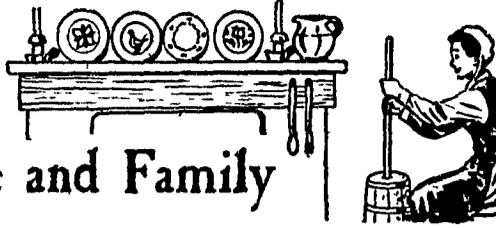


For the Farm Wife and Family



Cheese Pies Star For Lent

Cheese pies are favorite with the French and the Swiss. Sometimes the cheese is Swiss, sometimes it's a sharper, deeper colored cheese like our cheddars — but always the crust is short and crisp and the cheese is combined with cream and eggs for a light, smooth textured custard.

The cheese custard can be seasoned in various ways— with a faint breath of tender spring onions — with crisp bacon or shaved ham—or with fresh, flaked crab meat.

We have two cheese pie recipes for you today—Green Onion Cheese Pie and Crab Meat Quiche—two ideal main dishes for Lent. The mainstay of both custards is a condensed cream of celery soup. It's an economical and certainly a smooth and subtly seasoned base for the cheese custard. Preparing a custard of this type with a condensed soup makes it almost fool proof.

Green Onion Cheese Pie

Pastry using one cup flour
1 cup thinly sliced green onions, including tops
2 tablespoons butter or margarine
1 can (10½ ounces) con-

densed cream of celery soup, unriluted
¾ cup grated process American cheese
½ cup milk
3 eggs, slightly beaten
1½ tablespoons flour
2 teaspoons prepared mustard

Heat oven to 350 degrees. Line 9-inch pie plate with pastry. Sauté onions in butter until tender; spread over pastry. Combine soup and cheese; heat until cheese melts. Add milk. Beat eggs, flour and mustard; pour over onions. Bake 45 minutes or until knife inserted in center comes out clean. Allow to stand 10 minutes before ser-

ving. Makes six servings.
NOTE: One cup chopped onions may be substituted for the green onions.

Crab Meat Quiche

Pastry using 1 cup flour
1 cup cooked, cleaned crab meat, flaked
4 slices (4 ounces) processed Swiss cheese
3 eggs
1 can (10½ ounces) cream of celery soup, undiluted
¾ cup milk
1 tablespoon salt
Dash cayenne pepper
Paprika

Line nine-inch pie plate with pastry; chill one hour. Heat oven to 375 degrees. Fill crust with crab meat; top with cheese slices. Combine eggs and remaining ingredients; heat well.

Pour over crab meat and cheese; dust lightly with paprika. Bake 40-50 minutes or until knife inserted in center comes out clean. Serve warm. Cut into wedges. Makes one 9-inch pie.

A menu planned around the use of a ring-mold makes even a simple meal festive. When the center is filled with vegetables, it becomes a one dish meal that is both easy and attractive to serve.

The baked food will turn out easily from the mold if this method is followed. Grease the pan well. When the food is ready to be served place the warmed chop plate

over the mold. Then holding the plate and mold firmly together with both hands, quickly invert them, so the plate is on the bottom.

Luncheon Ring

1¾ cup scalded milk
¼ cup butter
1 cup soft bread crumbs
2 cups cooked rice
1 tablespoon chopped onion
1 teaspoon salt
¾ pound grated cheddar cheese
3 eggs

Scald milk and add butter and bread crumbs. Add cooked rice, onion, salt, cheese, and well beaten eggs. Blend thoroughly. Pour into a well-greased ring mold. Set mold in pan of hot water. Bake in 375 degree oven for 55 to 60 minutes, or until delicately browned. Un-mold on warm plate.

Fill center of ring with buttered carrots and peas, and garnish with parsley. Serves eight.

Menu suggestion: Cheese rice luncheon ring with buttered carrots and peas, tomato aspic with chopped celery added, whole wheat muffins, butter, and half grapefruit.

Cheese - Tomato Rarebit With Shrimp

1 cup uncooked white rice
1 teaspoon salt
2 cups water
1 10½ ounce can condensed

tomato soup
½ cup milk
1 pound cheddar cheese, grated
1 teaspoon salt
1 teaspoon prepared tart
1 teaspoon Worcestershire sauce
¼ teaspoon paprika
About one pound hot, cleaned and deveined

Put rice, salt, and in 2-quart saucepan to vigorous boil. Turn as low as possible. Cover with lid and simmer this low heat 14 minutes, move saucepan from but leave lid on 10 minutes longer. While rice cooks, tomato soup and milk saucepan over low heat. Cheese, salt, mustard, cestershire sauce and paprika. Stir until cheese melts. Arrange hot shrimp over rice. Cheese-tomato sauce.

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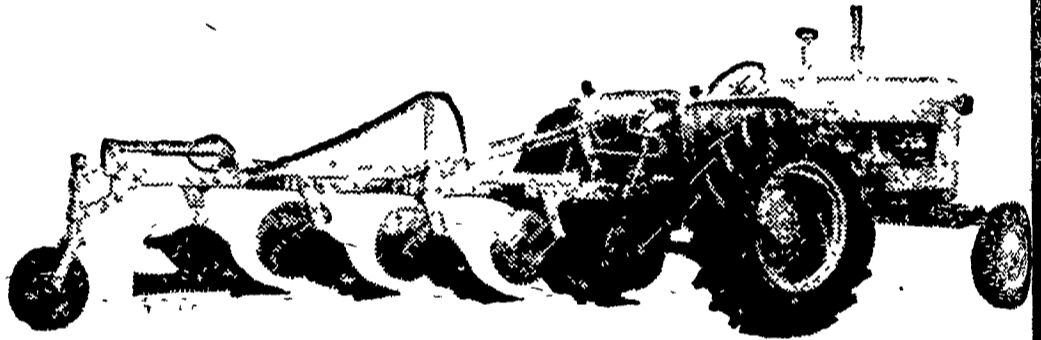
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