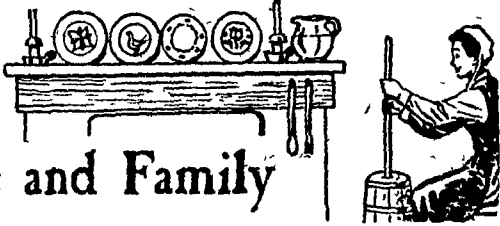


For the Farm Wife and Family



Lent Means Planning

By Mrs. Richard C. Spence

It's "all aboard" time for planning meals geared to the Lenten season. Although you may not observe Lent at your house, there is no better time than now to take advantage of some of the seafood specials stores are offering during this season. It is also a good time to give some new recipes a try. Take this Salmon Crunch Casserole for instance. Salmon and celery soup are the featured ingredients. A topping of crunchy cashew nuts glamorizes this easy-to-fix dish.

Salmon Crunch Casserole

8 ounces medium noodles
1 1/4 cups condensed cream of celery soup (10 1/2 ounce can)
1 cup milk
2 cups coarsely flaked salmon (1 pound can)
1/4 cup minced onion
1/4 cup chopped pimiento-stuffed olives
1/4 cup chopped salted cashew nuts

Add four teaspoons salt and noodles to 1 1/2 quarts of boiling water. Boil rapidly, minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile gradually add milk to soup. Simmer about 10 minutes.

Mix salmon, onion and olives. Rinse noodles with warm water and drain well. Pour soup over noodles and mix gently.

Place 1/2 of noodle mixture in well-greased 2-quart casserole. Cover with half of the salmon mixture. Repeat

with alternate layers of noodles and salmon mixture, ending with noodles. Top casserole with nuts.

Bake in moderate oven (350 degrees) 20 minutes. Makes four servings.

Here's an unusual treatment for fish fillets. Serve them with sweet-sour sauce, along with noodles. This all in one dish is colorful, too, with the inclusion of green pepper and tomatoes in the sauce.

Sweet Sour Fish With Noodles

1-pound package frozen fish fillets
1 tablespoon granulated sugar
1/4 cup brown sugar
3 tablespoons cornstarch
1 teaspoon salt
1/4 cup vinegar
1 cup water
8 ounces broad noodles
1/2 cup butter or margarine
1 green pepper, cut in strips
2 cups cooked tomatoes (1-pound can)

Thaw fish fillets according to package directions. Rinse fillets and cut into bite-size pieces. Combine sugar, brown sugar, cornstarch and satl in saucepan.

Add vinegar and water and cook until mixture thickens, stirring constantly. Add four teaspoons salt and noodles to 1 1/2 quarts boiling water.

Boil rapidly stirring constantly, for two minutes. Cover, remove from heat and let stand 10 minutes. Meanwhile, melt butter or margarine in large skillet or Dutch oven. Add green pepper and cook three or four minutes, stirring occasionally. Add tomatoes and fish.

Cover and let simmer about five minutes. Add thickened sauce, cover and cook

mixture five to 10 minutes longer, stirring occasionally. Rinse noodles with warm water and drain well. Add noodles to fish mixture thoroughly. Serve immediately. Four servings.

A baked fish stuffed with celery-almond stuffing has mouth-watering goodness to every tasty bite. Crunchy almonds stirred into this herb-flavored bread stuffing provide a pleasing texture contrast to the tender baked fish.

Baked Fish With Celery-Almond Stuffing

1 1/2 quarts enriched bread cubes
1/2 cup slivered blanched almonds
1 teaspoon salt
1/4 cup minced parsley
1/2 teaspoon crumbled basil leaves
1/4 teaspoon pepper
1/2 cup butter or margarine
1 cup diced celery
1/4 cup minced onion

(1 vegetable bouillon dissolved in 3/4 cup water) or hot water
1 whitefish or trout, ed, (about 4 pounds)
Melted butter or margarine

Empty bread cubes large bowl. Add almonds, salt, parsley, basil and per. Melt butter or margarine in saucepan. Add onion and cook five minutes, stirring constantly.

Pour celery mixture bread cubes and toss. Add bouillon or water mix thoroughly until is moistened. Place in greased aluminum foil baking pan.

Fill fish cavity loosely stuffing. Close opening skewers. Brush with butter or margarine. Bake moderate oven (350 degrees) about one hour or until flakes easily. (Allow 15 minutes per pound of fish. If fish becomes dry

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Source: U.S. Dept. of Health, Public Health Service; Publ. No. 24 "Individual Water Supply Systems."	
WHEN WATER IS CLEAR, COLD AND GOOD TASTING, IT IS SAFE	NOT TRUE
Many people associate safe water with its clarity, but this is a dangerous standard since the bacteria that contaminate water cannot be seen, smelled or tasted. A glass of sparkling clear untreated water may be deadly without any suspicious sign at all.	
A WFL USED FOR YEARS IS "SAFE"	NOT TRUE
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