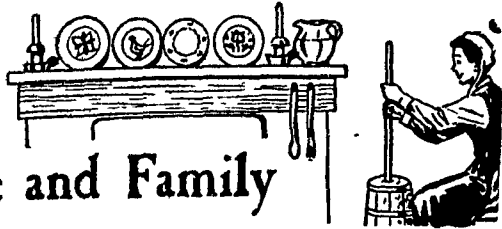


The Wife and Family



brush again with but- margarine. Serve with wedges. Six servings.

suggestion: Chilled le juice, baked fish elery-amond stuffing, buttered potatoes, d asparagus spears, crab apples, crisp rel- enriched rolls, butter garine, fruit cup, cook erage.

Mushroom Roll-Up
 1/2 cups packaged biscuit
 or 7 ounce can tuna,
 1/2 cup mayonnaise
 1/2 cup chopped sweet pick

1/2 tablespoons chopped
 1/2 teaspoon chopped onion
 or 4-ounce can sliced
 mushrooms, drained
 1/2 teaspoon salt
 1/2 biscuit dough by
 the directions. Roll into
 1/2 inch thick. Com-
 bining ingredients.
 over dough; roll as
 ly roll Place on un-
 baking sheet

Curve ends slightly to ma-
 ke a crescent. Bake in hot
 oven (425 degrees) 30 min-
 utes, or till done. Serve with
 creamed peas. Serves six.

Shrimp Delight
 1 1/2 cups packaged pre-
 cooked rice
 1 cup finely chopped med-
 ium onions
 1/2 cup finely chopped gre-
 en pepper
 2 tablespoons butter
 2 tablespoon enriched flour
 1 1/2 cups canned tomato
 juice
 1 cup grated process Amer-
 ican cheese
 2 4 1/2 ounce cans (1 1/2 cup)
 shrimp or 1 package fro-
 zen

1 teaspoon salt
 1/2 teaspoon Worcestershire
 sauce
 Dash Tabasco sauce
 1 cup soft bread crumbs
 2 tablespoons butter
 Prepare rice as directed
 on package. Cook onion and
 green pepper in two table-
 spoons butter till tender but
 not brown. Blend in flour.
 Stir in tomato juice grad-



What countless number of
 ways there are for serving spa-
 ghetti!
 Of the many fashions, the
 combination of spaghetti and
 seafood comes to mind less of-
 ten than others. Yet, it's a
 means of stretching the good
 flavor of seafood a long way,
 and it's a delightful Lenten
 treat.
 Here crabmeat is combined
 with spaghetti in a tasty casse-
 role for lunch or dinner. It's an
 attractive dish given a light to-
 mato color with cream of toma-
 to soup

If you've never used herbs be-
 fore, be sure to try using mar-
 joram used in this dish. See if
 after the first bite, you don't
 agree something has been added
 which enhances the flavor of the
 food. If you once begin to cook
 with herbs, you'll enjoy using
 them because of the distinctive
 taste they give to the dish to
 which they're added Remember
 with fresh herbs—a little bit goes
 a long way.

Tomato Crab Casserole
 1 1/2 quart casserole 4-6 servings
 350° preheated oven, 45 minutes
 2 1/2 cups thin spaghetti, broken
 1 cup evaporated milk
 1 can cream of tomato soup
 1 6 1/2 ounce can crabmeat,
 flaked
 1 1/2 cups shredded sharp cheddar
 cheese
 1/2 cup chopped green pepper
 2 tablespoons minced onion
 1/2 teaspoon marjoram
 1/2 teaspoon salt
 1/2 teaspoon pepper
 Buttered bread crumbs

Cook spaghetti in boiling salted
 water until tender, about 10 min-
 utes. Drain. Mix evaporated
 milk, tomato soup, flaked crab-
 meat, 1 cup of the shredded
 cheese, green pepper, onion, and
 seasonings. Mix in the spaghetti.
 Pour into a buttered 1 1/2 quart
 casserole. Top with the remain-
 ing 1/2 cup shredded cheese and
 the buttered crumbs and bake in
 a preheated 350° oven for 45 min-
 utes

ually, and cook till thick.
 Add cheese and stir until
 melted.
 Add shrimp, rice, and sea-
 sonings. Stir well; pour into
 greased 1 1/2-quart casserole.
 Top with bread crumbs; dot
 with two tablespoons butter.
 Bake in moderate oven
 (350 degrees) 30 minutes, or
 till browned. Makes eight
 servings.

A very subtle flavor en-
 hances this macaroni and
 cheese casserole At first bite

this casserole tastes like ev-
 erybody's favorite macaroni
 and cheese dressed up with
 ripe olives. But after the
 third taste, it's evident that
 clams are the surprise in-
 gredient.

Seaside Macaroni & Cheese
 8 ounces elbow macaroni
 3/4 cup butter or margar-
 ine
 1/2 cup enriched flour
 1 teaspoon salt
 1 teaspoon celery salt
 1/4 teaspoon pepper
 2 7-ounce cans minced

clams
 Milk
 2 1/2 cups shredded sharp
 cheese
 3/4 cup sliced pitted ripe
 olives
 1/2 cup enriched bread
 crumbs
 Add four teaspoons salt
 and macaroni to 1 1/2 quarts
 boiling water. Boil rapidly,
 stirring constantly, for two
 minutes Cover, remove from
 heat and let stand five minu-
 tes.

Meanwhile, melt butter or
 margarine in saucepan. Blend
 in flour and seasonings. Drain
 clams thoroughly and
 reserve liquid. To clam liq-
 uid, add enough milk to make
 one quart liquid.

Add milk mixture grad-
 ually to mixture in saucepan
 and cook until thickened,
 stirring constantly. Remove
 from heat and immediately
 blend in two cups of the che-
 ese, stirring until cheese is
 melted Rinse macaroni with
 warm water and drain well.
 Add macaroni, olives and
 drained clams to cheese sau-
 ce.

Turn into greased two-
 quart casserole. Combine
 bread crumbs and remain-
 ing 1/2 cup cheese. Sprinkle
 over top of casserole. Bake
 in moderate oven (350 de-
 grees) 20 to 25 minutes.

Makes four to six servings

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