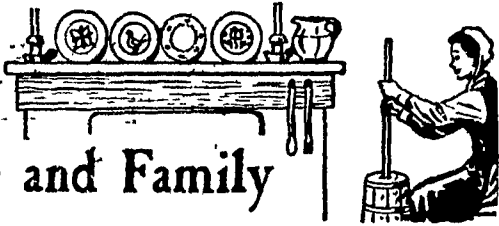


# For the Farm Wife and Family



## Time For Easy Cookin'

by Mrs. Richard C. Spence

The time of year has come when the homemaker feels she is almost too busy to cook. There is housecleaning to do, the garden and yard must be taken care of, the children want to go on a picnic—and well, the days aren't long enough for everything.

This is the time when an easily prepared casserole or a one dish meal are an answer to a busy housewife in distress. We hope some of the following recipes will be of help to you.

Noodles, macaroni or spaghetti are always a nourishing ingredient in any casserole. Not only do they serve as good partners for fish and seafood, but they also combine well with meat flavors. The next recipe is a good example.

### Beef and Macaroni Bake

6 ounces elbow macaroni  
 ¼ cup butter or margarine  
 ¼ cup minced parsley  
 1 small onion, finely chopped  
 1-¼ cups condensed cream of mushroom soup (10 ½-ounce can)  
 ¾ cup water  
 ¼ teaspoon salt  
 ½ cup shredded sharp cheese  
 ½ pound ground beef  
 ½ cup buttered enriched bread crumbs

Add one tablespoon salt and macaroni to 4½ cups of boiling water. Boil rapidly, stirring constantly, for two minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, melt butter or margarine in saucepan. Add parsley and onion, and cook about three minutes, stirring occasionally. Blend in soup and water.

Heat to boiling, stirring constantly. Remove from

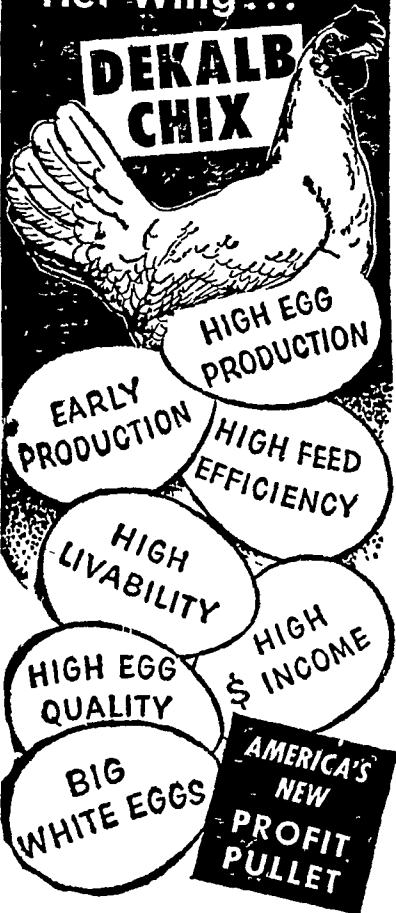
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flour  
 2 teaspoons salt  
 ¼ teaspoon pepper  
 2½ cups milk  
 1½ cups shredded sharp cheese (6 ounces)  
 3 cups cooked broccoli pieces (about 1 pound)  
 ½ cup buttered enriched bread crumbs.

Add four teaspoons salt & macaroni to 1½ quarts of boiling water. Boil rapidly, stirring constantly, for two minutes. Cover, remove from heat and let stand ten minutes.

Meanwhile melt butter or margarine in saucepan. Stir in flour, salt and pepper. Add milk gradually and cook until thickened, stirring constantly.

Remove from heat and blend in 1¼ cups of the cheese, reserving ¼ cup for topping. Rinse macaroni with warm water and drain well. Add macaroni and broccoli to cheese sauce.

Turn into greased two-quart casserole. Bake in moderate oven (350 degrees) 20 to 25 minutes. Makes four servings.

Tuna Noodle Saute answers the description of a quickie dish with gourmet flavor. Only seven ingredients are used. Cooked noodles, tuna, almonds and flavorings are cooked in butter in this speedy range-top dish.

**Tuna Noodle Saute**  
 8 ounces medium noodles  
 ½ cup butter  
 ¼ cup chopped onion  
 Salt  
 Pepper  
 2 cups drained flaked tuna (two 7-ounce cans)  
 ½ cup toasted slivered almonds.

Cook noodles and rinse with warm water; drain well. When thoroughly drained, turn noodles out on ab-

sorbed paper. Allow to dry about 10 minutes. Sprinkle with salt and pepper.

Meanwhile, melt butter in large, heavy skillet. Add onion and cook over low heat about five minutes. Add noodles and cook lightly, stirring to coat well with butter, about 10 minutes.

Arrange tuna in layer on top of noodles, cover and cook about five minutes. Stir occasionally to prevent sticking. Sprinkle almonds over top and cook just until heated thoroughly. Makes four to six servings.

For an extra-special occasion and when you have some extra time, you might want to make a fish-shaped casserole out of aluminum foil. Here's how it's done:

Cut a 12-inch long fish shape from cardboard. Cut two sheets of heavy-duty aluminum wrap at least three or four inches wider in both dimensions than the cardboard fish.

Place the fish outline between the two sheets of foil, and mold the edges to form

sides that are 2-4 high. This is your cooking and without a baking pan.

To make individual seroles, cut fish shapes, inches long and deep.

### Lobster and Macaroni Au Gratin

2 6½ ounce cans lobster (2 cups)  
 2 tablespoons lemon juice  
 ¼ teaspoon mace  
 2 tablespoons butter  
 1 tablespoon margarine  
 2 tablespoons flour  
 ¼ teaspoon dry mustard  
 ¼ teaspoon salt  
 Dash pepper  
 1¾ cups milk  
 1½ cups grated sharp cheese  
 1 cup cooked elbow macaroni  
 ¼ cup cracker crumbs

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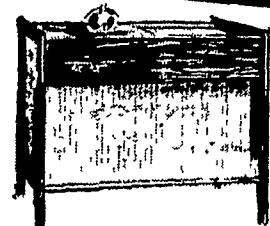
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