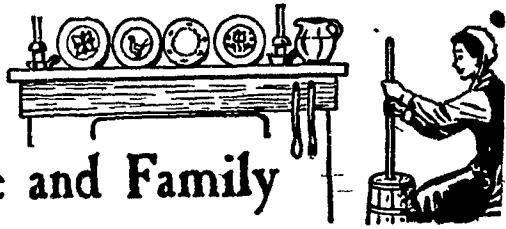


For the Farm Wife and Family



Luncheon Suggestions

By Mrs. Richard C. Spence

A hearty casserole, along with a salad, rolls and a light dessert are the makings of a good lunch. The brisk fall weather seems to awaken lagging appetites; which means that we cooks must be minding our business and try to satisfy those appetites with tasty and nourishing foods.

Casseroles are often a good way to get our families to eat some of the foods they ordinarily would not touch; the combination of foods sometimes changes the taste or even disguises some foods. Take for instance the carrots and peas in the following Four-Star Chicken Casserole. Your family may not eat these vegetables separately but combined with other ingredients in this casserole they will eat them and agree that it was a pretty tasty dish.

FOUR-STAR CHICKEN CASSEROLE

8 ounces elbow macaroni
1 tablespoon butter or margarine
¼ cup chopped onion

2½ cups condensed cream of celery soup (2 10½ oz. cans.)
1 cup milk
2½ cups diced cooked chicken
½ cup sliced carrots (cooked)
½ cup peas (cooked)
⅓ cup bread crumbs
2 tablespoons melted butter or margarine
¼ teaspoon poultry seasoning

Cook macaroni. Meanwhile, melt butter or margarine in sauce pan. Add onions and cook about 5 minutes. Blend in soup and milk; stirring until smooth. Add chicken, carrots and peas. Simmer over low heat about 5 minutes. Rinse macaroni with warm water and drain well. Combine macaroni with chicken

bread crumbs, butter or margarine and poultry seasoning. Sprinkle over casserole. Bake in moderate oven (375 degrees) about 15 minutes. Makes 4 to 6 servings.
Menu suggestion: Four-Star Salad, Crusty Rolls, Butter or Margarine, Chocolate Pudding, Milk.

CHEESE-TUNA NOODLE SCALLOP
Scallop is another lunch suggestion. A hot vegetable, crisp relishes and bread or rolls go along happily with this main dish.

CHEESE-TUNA NOODLE SCALLOP

8 ounces medium noodles
½ cup butter or margarine
¼ cup enriched flour
⅓ cup nonfat dry milk
1 teaspoon salt
Dash pepper
2½ cups water
1 cup drained, flaked tuna (7 ounce can)
8 ounces sliced American cheese
Paprika

Cook noodles. Melt butter or margarine in saucepan. Blend in flour, dry milk, salt and pepper. Add water gradually, stirring constantly. Cook until sauce is thickened stirring constantly. Rinse noodles with warm water and drain well. Add noodles and tuna to sauce. Turn ¼ of noodle mixture into bottom of greased 8-inch square baking pan. Cover with half the sliced cheese. Repeat layers ending with noodle mixture. Sprinkle top of casserole lightly with paprika. Bake in moderate oven (350 degrees)

about 25 minutes. Makes 4 to 6 servings.

In each serving of Cheese-Burger Luncheon Bake there are two ounces of protein-rich food, plus a bonus of food iron and the essential B-vitamins.

CHEESE-BURGER LUNCHEON BAKE

12 slices enriched sandwich bread
Butter or margarine
¾ pound ground beef
½ cup finely chopped onion
½ teaspoon salt
Dash pepper
6 slices American cheese (6 ounces)
3 eggs, beaten
1¼ cups milk
1¼ cups condensed tomato soup (10½ ounce can)

Spread bread with butter or margarine. Arrange 6 slices in greased 9x13x2-inch baking pan. Toast in moderate oven (350 degrees) about 15 minutes. Meanwhile, combine ground beef, onion, salt and pepper. Form into six flat patties, the shape of the bread slices. Place on top of toast pan. Place cheese slices over meat and top with six remaining bread slices. Combine eggs and milk. Blend into tomato soup. Pour mixture over sandwiches in baking pan. Bake in moderate oven (350 degrees) 45 to 50 minutes. Makes six servings.

Menu suggestions: Cheese-means there is less shr...

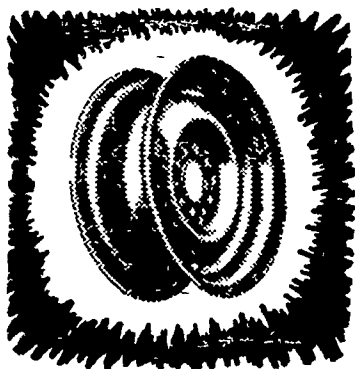
Burger Luncheon
Green Salad, Carrot and Cery Sticks, Fresh Fruit and Cookie.

Frankfurters are always good casserole ingredients. How about giving the Dish Frank Meal a try?

ONE-DISH FRANK

1 pound franks
2 tablespoons chopped onion
2 tablespoons butter margarine
2 tablespoons flour
¼ teaspoon basil
½ teaspoon salt
½ teaspoon pepper
8-ounce can tomato
½ cup water
2 packages frozen spinach, partly thawed
1 pound-1-ounce can kernel corn, drained
Pan-fry onion in butter tender. Blend in flour, salt, and pepper. Add sauce and water. Heat stir until mixture bubbles about five minutes. In another square pan arrange layers the spinach, corn, tomato sauce and franks in moderate oven (350 degrees) for 30 minutes.

Brown and serve sandwiches. They are fast becoming a mainstay of the pantry shelf. These ages have been carefully tested to be sure that they are just right. Since they are cooked when you buy them, there is less shrinkage.



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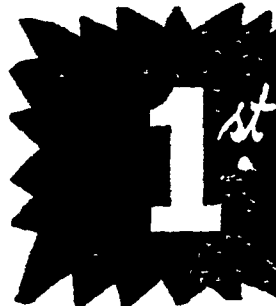
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