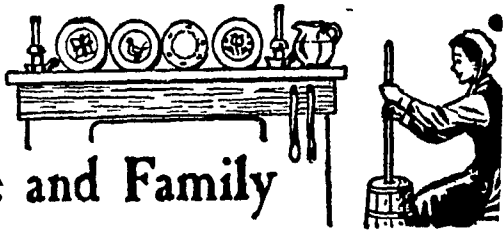


## For the Farm Wife and Family



### Menus For Spring

By: Mrs. Richard C. Spence

Here are some menus for the springtime, calculated to get winter-weary appetites up and going. Now is a good time to take advantage of the green vegetables available in any quantity.

- Hearty Garden Salad**
- Sliced Ham and Cheese Platter**
- Assorted Olives and Pickles**
- Enriched Hard Rolls**      **Butter or Margarine**
- Lemon Chiffon Tarts**
- Beverage**

#### HEARTY GARDEN SALAD

- 8 ounces elbow macaroni
- ½ cup salad oil
- ⅓ cup vinegar
- 3 tablespoons sugar
- ¼ teaspoon salt
- 1 ½ pound leaf lettuce
- ¾ cup sliced radishes
- ¼ cup diced green pepper
- ¾ cup tiny carrot sticks (3 small carrots)
- 1 large tomato, cut in wedges
- 2 hard-cooked eggs, sliced
- 1 teaspoon salt
- ½ teaspoon pepper
- Red onion rings

Cook macaroni in boiling water until tender (about 7 minutes). Drain. Combine salad oil, vinegar, sugar and

¼ teaspoon salt; pour oil mixture over macaroni. Cover and chill at least one hour. Tear lettuce into bite-size pieces. Toss lettuce with other vegetables, eggs, 1 teaspoon salt and pepper. Just before serving, mix macaroni lightly with vegetables. Add more seasoning if desired. Garnish salad with red onion rings. Makes 4 to 6 servings.

#### LADIES LUNCHEON

- Cheese Souffle**
- Molded Vegetable Salad**
- Buttered Asparagus Spears**
- Bread Sticks**
- Butter or Margarine**
- Relishes**

- Blueberry Fried Pies Beverage**
- BLUEBERRY FRIED PIES**
- 3 cups sifted enriched flour
- 1½ teaspoons salt
- 1 cup shortening
- ¼ to ½ cup cold water
- BLUEBERRY FILLING:**
- ½ cup enriched flour
- ¼ cup sugar
- Dash salt
- 2 tablespoons orange juice
- 2 cups blueberries and syrup (1-pound can)

Cooking oil or shortening  
Sift together flour & salt. Cut or rub in shortening until mixture is crumbly. Sprinkle with water, mixing lightly until dough begins to stick together. Turn out on floured board or pastry cloth and press dough together. Cover or wrap in waxed paper. Prepare Blueberry Filling. Combine flour, sugar & salt in saucepan. Add orange juice, blueberries and syrup. Cook over medium heat until mixture is thickened, stirring occasionally. Cool.

Divide pastry into halves. Roll dough out to ¼ thickness and cut into rounds 4½ or 5 inches in diameter. Spoon about two tablespoons filling onto half of each round. Moisten edges and fold over other half of dough. Press edges together with fork to seal. Heat a small amount of oil or shortening in skillet. Fry pies about 3 minutes on each side, turning when browned. Makes 16 to 18 small pies.

NOTE: To freeze pies — prepare, but do not fry. Wrap in moisture-vapor-

proof material. Seal and freeze. When ready to serve, remove wrappings from pies. Bake in hot oven (425 degrees) to 25 minutes.

Casserole dinners are a perfect choice when family members have early evening plans and after-dinner cleanup time is limited. Most of the preparation can be done ahead and pots and pans washed before dinner. The main dish goes from oven to table in the attractive dish in which it bakes.

#### SPRINGTIME HAM CASSEROLE

- 8 ounces elbow macaroni.
- 2½ cups condensed cream of chicken soup (two 10½-oz. cans)
- 1 cup milk
- 1 cup water
- ½ cup sliced green onion
- 2 tablespoons minced parsley
- ½ teaspoon pepper
- 2 cups diced cooked ham
- Buttered bread crumbs

Cook macaroni in boiling salted water until tender, (about 7 minutes). Drain. In saucepan, blend thoroughly the soup, milk and water; heat. Add onion, parsley and pepper. Stir in ham and macaroni. Turn mixture into lightly greased 2-quart casserole; top with buttered crumbs. Bake in moderate oven (350 degrees) about 25 minutes. Makes 4 to 6 servings.

#### CASSEROLE OF SAUSAGE AND NOODLES

- 8 ounces medium noodles
- 1 pound pork sausage meat

- ½ cup butter or margarine
- 1 cup diced celery
- ½ cup enriched flour
- 1½ teaspoons dry mustard
- ½ teaspoon salt
- 2 tablespoons minced onion
- 3 cups milk (or use 1 cup water and 2 cups milk)
- ½ cup crushed potato chips

Cook noodles in boiling salted water until tender (about 5 minutes). Drain. While noodles are cooking, brown sausage in skillet. Drain off excess fat. Melt butter or margarine in saucepan. Add celery and cook over low heat about 5 min. Stir in flour, mustard, salt & onion. Add milk gradually, and cook until thickened, stirring constantly. To sauce, add noodles and sausage. Turn mixture onto lightly greased 2-quart casserole. Sprinkle crushed potato chips over top. Bake in moderate oven (350 degrees) about 25 minutes. Makes 4 to 6 servings.

#### SPAGHETTI WITH SHRIMP CREOLE STYLE

- ¼ cup butter or margarine
- ½ cup finely chopped onion
- ¼ cup finely chopped green pepper
- 1 clove garlic, minced
- ¼ cup enriched flour
- 1 teaspoon salt
- ½ teaspoon chili powder
- ½ teaspoon pepper
- 4½ cups tomatoes (two 1 pound 4-ounce cans)
- ¾ cup water

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Jack and daughter Anne, 7, and son, Timmy, 11, wait for breakfast to be served in kitchen of their self-built home.



Methodist Church in Little Utica, N.Y., about 2 miles from the Luke Farm, where family attends services.



Luke family and employees operate modern potato harvester in the field.



Father-son team gets set for another day of potato harvesting. Philip is shown on tractor . . . son, Jack, in foreground.

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