

★ **Bride's Kitchen**

(From page 9)

**QUICK TUNA BAKE**

2 tablespoons butter  
2 tablespoons flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 cups (large can) undiluted evaporated milk  
1/2 cup (1 1/2 ozs) grated Parmesan cheese  
1 cup cottage cheese  
1 cup (6 1/2 to 7-ounce can) drained, flaked tuna  
1/3 cup finely chopped onion  
1/4 cup chopped green pepper  
2 tablespoons chopped pimiento  
3 cups cooked macaroni  
Paprika  
Melt butter in saucepan over medium heat. Add flour salt and pepper. Stir until smooth. Slowly add evaporated milk. Cook until thickened and smooth, stirring constantly. Remove from the heat. Add Parmesan and cottage cheese. Mix thoroughly. Combine tuna, onion, green pepper, pimiento and macaroni in 2-quart casserole. Pour cheese sauce over mixture. Combine thoroughly. Sprinkle top with paprika. Bake in moderate oven (350 degrees) for 25 to 30 minutes. Serve at once. Makes 4 to 6 servings.

**1-2-3 FUDGE SAUCE**

1 large can (1-3/4 cups) undiluted evaporated milk  
2 cups sugar  
3 squares (3 ounces) unsweetened chocolate  
1 teaspoon vanilla  
Mix evaporated milk, sugar and chocolate in saucepan. Bring to a boil over medium heat. Cook 5 minutes, stirring vigorously. (Start timing when mixture starts to "bubble" around edges of pan.) Remove from heat. Add vanilla. Beat with rotary-type beater for 1 minute. Serve hot or cold on ice cream or cake. If sauce is too thick when cold, add additional undiluted evaporated milk just before serving. Makes 2 1/2 cups.

**REFRIGERATOR CHEESE CAKE**

**Spiced Crust:**

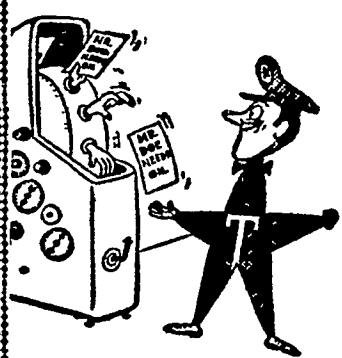
1 1/2 cups graham cracker crumbs  
1/4 cup sugar  
1 teaspoon cinnamon  
1/4 cup melted butter

**Filling**

3/4 cup sugar  
2 tablespoons (2 envelopes) unflavored gelatine  
1 teaspoon salt  
3 eggs

(Turn to page 6)

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**Best Food Buys**

**Local Produce Reaching Market**

Summer is officially here and so is a large variety of fresh fruits and vegetables to add color and excitement to the summertime menu. Locally grown produce is starting to market now. Quality will be high and prices at the year's low in the months ahead, reports Tom P. Per, Penn State Extension Marketing Agent.

This is the final big week of the local strawberry harvest. Homemakers desiring to freeze a supply of strawberries for out-of-season use are reminded that supplies will be reduced and quality less desirable after this week. Blueberries from the Carolinas mark the start of harvesting on this fruit item. Watermelons are in good supply at reasonable prices; cantaloupe prices are moving lower as competition increases from other fruits. Honeydew melons remain in short supply.

Green beans, peas, lettuce, carrots, sweet corn, and white potatoes lead the list of good buys in vegetables. Asparagus

supplies are adequate and prices continue very reasonable. Peppers and California-grown celery bears a lower price tag than recent weeks while onions, cucumbers and salad greens have moved in the opposite direction. The tomato market is very high now and gives promise of staying that way until the beginning of next month; most supplies are now coming from the greenhouses of Ohio.

Good buys at the meat counter will include chuck roasts and blade cuts of beef, turkeys and broiler-fryers although this item will be priced somewhat above the levels of recent weeks. Smoked pork picnic, frankfurters and spring lamb will be economical meat choices too. Crab meat is an especially good buy in seafood.

Eggs, ice cream and a wide variety of cheeses are economically priced in the dairy department as June Dairy Month promotions continue.

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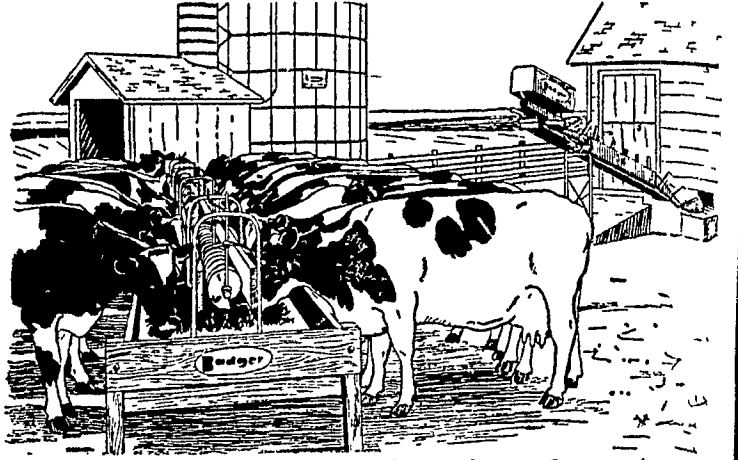
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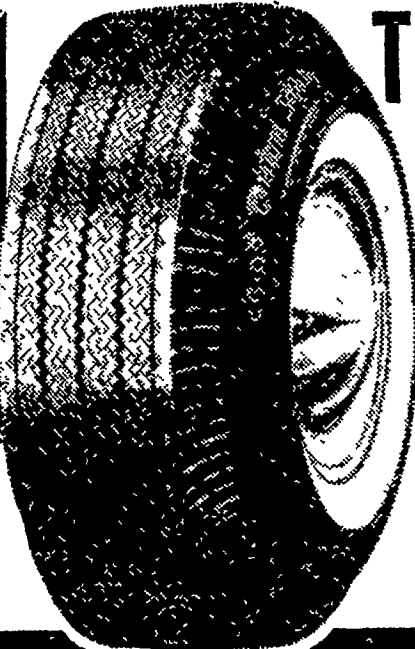
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