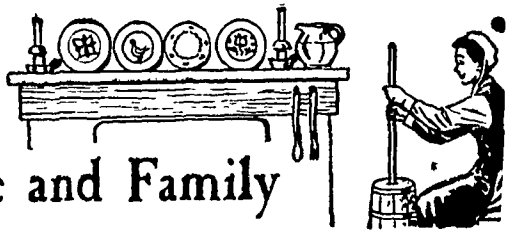


For the Farm Wife and Family



THE EGG AND YOU

By Mrs. Richard C. Spence

The old Lenten standby — the egg — is featured this season in some sparkling easy-to-assemble skillets and casseroles.

Supporting the egg and making it a star in our Green and Gold Casserole are fluffy rice and chopped broccoli. A rich and creamy sauce for the combination comes just quick from a can of condensed cream of celery soup spiced with nutmeg. This is a casserole that takes but 10 minutes of baking. It's ideal for the after-five cook who dashes home from the office to get dinner on the table for her family.

GREEN AND GOLD CASSEROLE

- 1 can (10½ ounces) cream of celery soup undiluted
- 1-¼ cups water
- ½ teaspoon salt
- Dash nutmeg
- 1-1 cups packaged pre-cooked rice
- 2 cups chopped hard-cooked eggs (approximately 6)
- 1 cup chopped cooked broccoli

Heat oven to 375 degrees. In a saucepan combine soup, water, salt and nutmeg, heat to boiling. Combine with rice and remaining ingredients. Pour into 1-½ quart casserole. Bake 10 minutes. Makes 4-6 servings.

Note: Spinach or green beans may be substituted for the broccoli.

Cheese Marvel can be whipped up in 20 minutes in either casserole or skillet.

CHEESE MARVEL

- 1 can (10-¾ ounces) condensed cheese soup, undiluted
- ½ teaspoon salt
- 1-¾ cups water
- 6 quartered hard-cooked eggs
- 1 cup cooked mixed vegetables
- ½ teaspoon curry powder
- 1-1 cups packaged pre-cooked rice

Heat oven to 375 degrees. In a saucepan combine soup and next 5 ingredients. Bring to a boil. Stir in rice. Pour into 1-½ quart casserole. Bake 10 minutes. Makes 4-6 servings.

If you prefer top of the range-cooking combine all ingredients in large skillet. Bring to a boil. Reduce heat.

simmer 5 minutes. Stir and serve. Makes 4-6 servings.

Note: For a heartier dish, substitute 1 can tuna, drained and 4 hard-cooked eggs for the 6 eggs suggested in the above recipe.

If you have a plan for adventure in your cooking this Oriental dish will not be a lost cause. If you or your family are partial to Oriental food you will like this authentic dish. If Chinese dishes are new to your family now is the time to introduce them.

EGG FOO

- ½ cup chopped onions
- 2 5-ounce cans bamboo shoots, drained
- 1 5-ounce can water-chestnuts, finely chopped
- 1 1-pound can bean sprouts, drained
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup shredded wheat biscuit crumbs
- 12 eggs, well beaten
- ½ cup milk

Mix all ingredients. For each serving, heat 1 tablespoon shortening in a 6-inch skillet. Add 1 cup of egg mixture. Cook over low heat, turning to brown both sides. Makes 6 to 8 servings.

Here are some very quick recipes using hard-cooked eggs.

DEVILED LUNCHEON EGGS

- 4 hard-cooked eggs, shelled
- ¼ teaspoon dry mustard
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- 8-ounce tube smoky cheese
- Few grains cayenne pepper
- 1 pound can peas, drained
- 2 tablespoons fine bread crumbs
- Paprika

Cut eggs into halves lengthwise. Scoop out yolks and combine with mustard, onion powder, salt. 2 tablespoons smoky cheese-in-a-tube and cayenne. Mix until smooth. Fill egg whites with yolk mixture. Arrange eggs in an 8-inch square casserole or 9-inch pie pan. Pour peas around eggs. Squeeze rest of smoky cheese from the tube over all. Sprinkle bread crumbs over peas and paprika over eggs. Bake in a slow oven (325 degrees) 15 to 20 minutes.

UNDER-OVER EGGS

- 4 hard-cooked eggs, shelled
- 10-½-ounce can condensed tomato soup
- ½ cup milk
- ¼ teaspoon basil, if desired

- 4 slices buttered toast
- ½ cup grated sharp cheddar cheese

Combine soup and milk. Add basil and heat. Cut eggs into quarters and arrange 4 quarters on a piece of buttered toast. Cover with hot tomato soup-sauce, sprinkle with cheese. Serve with additional toast, fruit, and milk, if desired.

EGGS AND VEGETABLE CASSEROLE

- 4 hard-cooked eggs, shelled
- 2 ounce can mushrooms, drained
- 2 tablespoons chopped pimiento
- ½ teaspoon salt
- 1 cup cooked cut asparagus or green beans
- 10-½-ounce can condensed cream of celery soup
- ¼ cup milk
- ½ cup coarse buttered bread crumbs

Slice the eggs into a shallow buttered casserole. Top with remaining ingredients in the order listed. Place uncovered in a moderate oven (350 degrees) for 30 minutes.

(Continued on Page 15)

LOANS

FOR ANY FARM PURPOSE
MADE THE FARMER'S WAY



LANCASTER PRODUCTION CREDIT ASSN.
111 West Roseville Rd.
Lancaster, Pa.
Ph. Lanc. FA 3-3921



You save money with our Texaco

"All-Star" heating oil service!

GARBER OIL CO.

105 Fairview St.
MOUNT JOY, PA.
Ph. OL 3-2021

PENN SQUARE MUTUAL FUND

Investing in Diversified Securities for INCOME and CAPITAL GAINS Possibilities

NO BUYING CHARGE
NO SELLING CHARGE

Subscriptions Accepted With No Minimum Share Requirements — Free of Pa. Personal Property Tax in opinion of Legal Counsel

NON-ASSESSABLE
J. L. HAIN & CO.

151 Penn Square, Reading, Pa. TR 5-4424

Please send me free information about Penn Square Mutual Fund

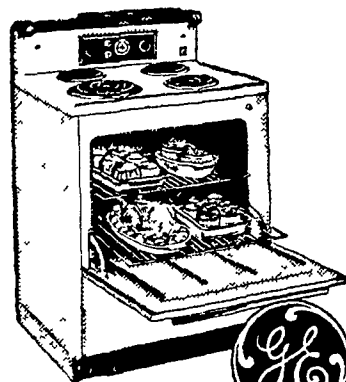
Name _____

Address _____

City and State _____



ELECTRIC RANGE SALE



30 INCH ELECTRIC RANGE WITH

- Clock & Timer
- Storage Drawer
- Full Width Fluorescent Light
- Interior Oven Light

NEVER BEFORE AT THIS LOW PRICE

\$198 WITH TRADE

Makes Cooking and Baking A Pleasure!

L. H. BRUBAKER

370 Strasburg Pike Rt. 30 to right on 896
Phones: FA 7-5179 — OA 7-6002

Don't Be Bashful...

ABOUT ASKING!

Loaning Money
For Homes
Is Our
Business



Today, Savings & Loan Associations provide the greatest source of mortgage loans that is available in the country. We're proud of our ability to get a family into a home of its own.

If you would like some information on what it would take you to make a move, stop in. There is not the slightest obligation in talking things over.

CURRENT DIVIDEND

4%

Per Annum
Paid
on
Savings

ALL ACCOUNTS
INSURED TO \$10,000

FIRST FEDERAL

Savings and Loan

ASSOCIATION OF LANCASTER

25 North Duke St.
Customer Parking in Rear
Phone EX 7-2818

