

**Know Cheese**

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**IMPERIAL CRAB IN NOODLE RING**

- 1 cup milk
- 3 egg yolks
- ½ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon dry mustard
- 2 cups shredded Cheddar cheese
- 1 8-ounce package medium noodles, cooked and drained
- 3 egg whites

Heavily butter ring mold (6-½ cups); set aside. In a saucepan, beat together milk, egg yolks, salt, paprika, and mustard. Over medium heat, stirring constantly, heat to simmer; add cheese. Continue heating and stirring until cheese melts and sauce thick-

ens. Fold in noodles. Beat egg whites until stiff peaks form; fold into noodles. Pour into ring mold; place in pan of hot water 1 inch deep. Bake 40-45 minutes. Loosen from sides of mold; turn out on hot platter.

**IMPERIAL CRAB:**

- 6 tablespoons butter
- 3 tablespoons chopped green pepper
- 3 tablespoons chopped onion
- 1 2-ounce can sliced mushrooms, drained
- 6 tablespoons flour
- 2 teaspoons salt
- ½ teaspoon paprika
- ¼ teaspoon pepper
- 3 cups milk
- 2 tablespoons lemon juice
- 2 7-½-ounce cans crab meat
- 3 hard-cooked eggs, chopped
- ¼ cup sliced stuffed olives
- Parsley

**Automatic Clothes Dryer Saves Effort**

Drying clothes in an automatic dryer may help keep clothes white and free from damage, points out Helen E. Bell, extension home manage-

ment specialist, the Pennsylvania State University.

Chemicals in the air, dirt, and dust cause some graying of clothes. Leaving colored articles to hang in strong sunlight can cause considerable fading, she adds.

In a saucepan, melt butter; saute green pepper, onion and mushrooms. Blend in flour, salt, paprika and pepper; cook 1 minute. Remove from heat; gradually blend in milk. Cook, stirring constantly, until thickened. Stir in lemon juice. Fold in crab meat, eggs and sliced olives. Pour into center of Noodle Ring, garnish with parsley. Serves 8.

Studies have been made to see how much effort is used with a dryer and in hanging clothes outdoors. In one study, which measured steps, it was found that in a typical laundry it took two steps to the dryer and 625 to hang the same clothes outdoors, Miss Bell says.

Another study measured effort in foot-pounds — drying one pound of clothes one foot. Figures show line drying took 43,000 foot-pounds of work while using the dryer took 1,000 foot-pounds. Using the dryer eliminates carrying the basket and the bending and stretching needed to hang each wet article.

Women who line-dry clothes can do some things to get better results. Miss Bell suggests they can get the wash out in early morning or late afternoon when the heat of the sun is less, or they can have lines in the shade. They can take clothes from the line for ironing when they are damp dry to cut down the time in the sunlight.

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