

For The Farm Wife

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 1/2 cup chopped onion
 1 clove garlic, minced
 1 tablespoon chopped parsley
 1 cup cooked or canned tomatoes
 1 cup (8-ounces) tomato sauce
 1/2 cup water
 1/2 teaspoon basil
 1/4 teaspoon sugar
 1 teaspoon salt
 Dash of pepper
 1 cup cottage cheese
 3 slices Cheddar cheese
 1/2 cup Parmesan cheese
 Cook noodles according to package directions; rinse and drain. In saucepan melt butter; saute onion, garlic and parsley. Add tomatoes, tomato sauce, water, basil, sugar, salt and pepper; simmer 15-20 minutes. Combine noodles, tomato

sauce and cottage cheese. In a square 9-inch baking dish spread 1/2 of noodle mixture; top with 4 slices Cheddar cheese and 1/2 of the Parmesan cheese. Repeat layers. Bake 30 minutes in a 350 degree oven; remove from oven and allow to stand 5-10 minutes before serving. 6-8 servings.

 Accompany a luncheon casserole with a tasty quick loaf bread like Onion-Cheese Bread.

ONION-CHEESE BREAD

1 1/2 cups milk
 1 tablespoon minced onion
 3 cups sifted enriched flour
 1 tablespoon baking powder
 1 teaspoon salt
 1/2 teaspoon black pepper
 3/4 cup shredded sharp cheddar cheese

1/2 tablespoon finely chopped pimiento.
 1 egg, beaten
 3 tablespoons melted shortening or oil

Combine milk and onion. Let stand 15 minutes. Meanwhile, sift together flour, baking powder, salt and black pepper. Stir in cheese and pimiento. Combine egg, milk-onion mixture and shortening or oil. Add to dry ingredients, stirring only until flour is moistened. Turn into well-greased 4 1/2 x 8 1/2 inch loaf pan. Bake in moderate oven (375) degrees 55 minutes, or until well browned. (This bread is very moist. It will test done at about 40 minutes, but should be baked the full time.) Cool 10 minutes before removing from pan. Serve warm.

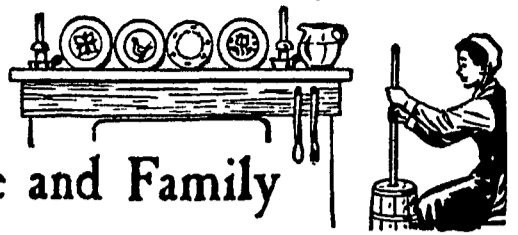
 A hot cheese dip, to be served in a chafing dish.

HE-MAN DIP

1/2 cup shredded cheddar cheese
 3/4 cup milk

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Carrots Today

Carrots strike a cheery note at produce counters these days. Fresh and bright, carrots are neat and clean with no bulky tops to remove when you get home. Packaged in see-through film bags, carrots are a joy to buy.

You have good reason to appreciate the new packaged carrots. For one thing, they cost less than the old-time carrots sold in bunches with the tops on. There's less waste and spoilage losses with prepackaging and the carrots stay fresh longer.

Carrots are an all-purpose vegetable.



THURSTON

You can serve them raw as a finger food or in salads, and

you can put them in a stew or in a soup, or serve them as a vegetable.

Raw carrots make a vitamin A-rich, low-calorie snack.

For You To Try

A butter sauce flecked with toasted slivered almonds, chopped parsley, grated lemon rind, and crushed thyme leaves is an ideal companion for baked fillets of haddock or sole. Almonds have long been associated with fish — either in sauces or as a garnish.

Stuff fresh California dates and serve as party nibblers and salad garnishes. Snip dates along one side, remove pits, and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit, or a favorite cream cheese spread.

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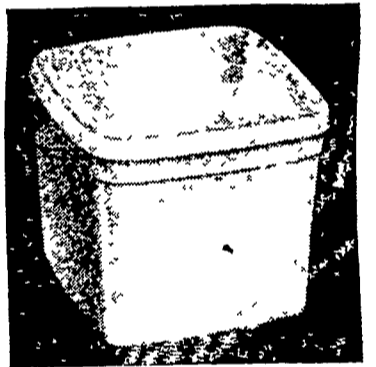


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