

For the Farm Wife and Family

Late Summer Suppers

By Mrs. Richard C. Spence

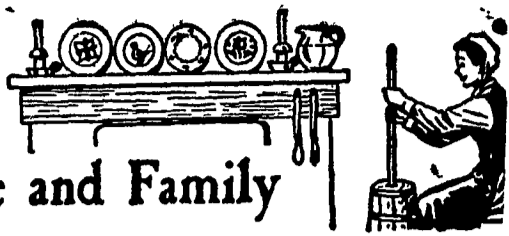
You can make light work of summer cooking without your family being the wiser. Just make use of simple recipes, choose dishes requiring little cooking and select ready-prepared foods judiciously.

An illustration of these principles is Western Cheese Buns, a hot open-face sandwich designed to star at weekend suppers. The savory filling blends shredded sharp cheese, green pepper, onion, hard-cooked eggs, olives, mustard and chili sauce. Spread it over split frankfurter rolls and top with buttered corn flakes. Broil the buns until the cheese melts. Serve a kidney bean salad, potato chips, milk and iced tea with the sandwiches, and bring on watermelon for dessert. English muffins might be an alternate for the frankfurter rolls if you prefer them.

WESTERN CHEESE BUNS

- 1 cup corn flakes
- 1 tablespoon butter or margarine, melted
- 2 cups (½ pound) shredded sharp Cheddar cheese
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped onions
- 2 hard-cooked eggs, chopped
- ½ cup chopped, stuffed olives
- 1 teaspoon prepared mustard
- 3 tablespoons chili sauce
- ¼ teaspoon salt
- ½ teaspoon pepper
- 6 frankfurter rolls.

Crush corn flakes slightly; combine with melted butter. Reserve for topping. Combine cheese, green pepper, onion, eggs, and olives. Add mustard, chili sauce and seasonings; mix lightly. Split each roll in half lengthwise; spread with cheese mixture and sprinkle with corn flakes. Broil about 5 minutes, or until cheese is melted. Serve immediately. 6 servings 2 halves each.



Casseroles are always good supper dishes because they can be prepared ahead of time, refrigerated, and then popped into the oven to bake just before serving. Most casserole preparations can be frozen; to save dishes freeze them right in the baking dish. Casseroles made of certain "temperature-proof" materials may be placed in a preheated oven directly from the freezer; others may not. If you are freezing then baking your casserole dishes in the casserole, be sure you know which type dish you are using and allow the breakable variety to return to room temperature before placing in the oven.

BACON 'N BOWS CASSEROLE

- ½ pound sliced bacon
- 8 ounces noodle bows or wide noodles
- 2 eggs, beaten
- ½ cup dairy sour cream
- ½ teaspoon salt
- Dash pepper

1 cup small curd, creamed cottage cheese (8 ounces)
 1 cup shredded natural Swiss cheese (3 ounces)
 ¼ cup sliced pitted ripe olives
 Cook bacon until crisp. Drain and crumble. Cook noodles in boiling salted water until partially cooked, about 4 minutes. Drain. Meanwhile, thoroughly mix eggs, sour cream, salt and pepper. Stir in cottage cheese, Swiss cheese and olives. Make 4 to 6 servings.

TO SERVE IMMEDIATELY: Arrange noodles in bottom of lightly greased shallow 1-½ quart casserole with cover. Sprinkle bacon over noodles. Pour egg-cheese mixture over top, spreading cheese evenly. Bake, covered, in moderate oven (350 degrees) 20 minutes. Uncover and bake 5 to 10 minutes longer or until custard is set and cheese is melted and bubbly.

TO FREEZE: Line a shallow 1-½ quart casserole with heavy-duty aluminum foil, allowing enough extra to fold over top. Arrange noodles in casserole and assemble with remaining ingredients as directed above. Seal foil wrapping well. Freeze. When frozen, remove foil package from casserole and store in freezer. Do not freeze for longer than one week.

TO THAW AND BAKE: Remove noodle mixture from foil wrapping, place in lightly greased shallow 1-½ quart casserole with cover. To bake immediately, cover and bake in moderate oven (350 degrees) 40 minutes. Uncover and bake 20 to 35 minutes longer or until heated through and cheese is melted. To thaw first, cover and

hold in refrigerator 24 hours. Bake, covered, in moderate oven (350 degrees) 25 minutes. Uncover and bake 20 to 25 minutes longer, or until heated through and cheese is melted.

PORK UPSIDE DOWN MUFFINS

- 1 pound ground pork
- 1-¼ cups condensed consommé (10-½ ounce can)
- 1 cup thinly sliced carrots (3 to 4 carrots)
- 1 teaspoon salt
- ½ teaspoon caraway seed
- ½ teaspoon dry mustard
- ¼ teaspoon pepper
- ¼ cup water
- 2 tablespoons enriched flour
- 1 cup cooked peas (8-ounce can)

Muffins
 Brown pork in heavy skillet. Drain and reserve drippings for muffins. Stir in consommé, carrots, salt, caraway seed, dry mustard and pepper. Simmer gently until carrots are almost tender, about 10 minutes. Blend water and flour to make a smooth paste. Add to pork mixture, stirring constantly until mixture thickens. Stir in

peas and keep hot while preparing muffin batter. Fill twelve ungreased 6-ounce baking dishes about ½ full of hot pork mixture. Drop muffin batter onto hot pork mixture filling about ¾ full. Bake in hot oven (425 degrees) 20 to 25 minutes or until muffins are golden brown. Turn out upside down onto serving plates, two per serving.

MUFFINS

- 3 cups sifted enriched flour
 - ¼ cup sugar
 - 4 teaspoons baking powder
 - 1 teaspoon salt
 - 2 eggs, beaten
 - 1 cup milk
 - ¼ cup reserved pork drippings
- Sift together flour, sugar, baking powder and salt. Blend eggs, milk and pork drippings. Add liquid to flour mixture, stirring only until flour is moistened. Drop by heaping tablespoonfuls onto hot pork mixture.

HAMBURGER ONION LOAF

- 2 cups sifted flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup shortening

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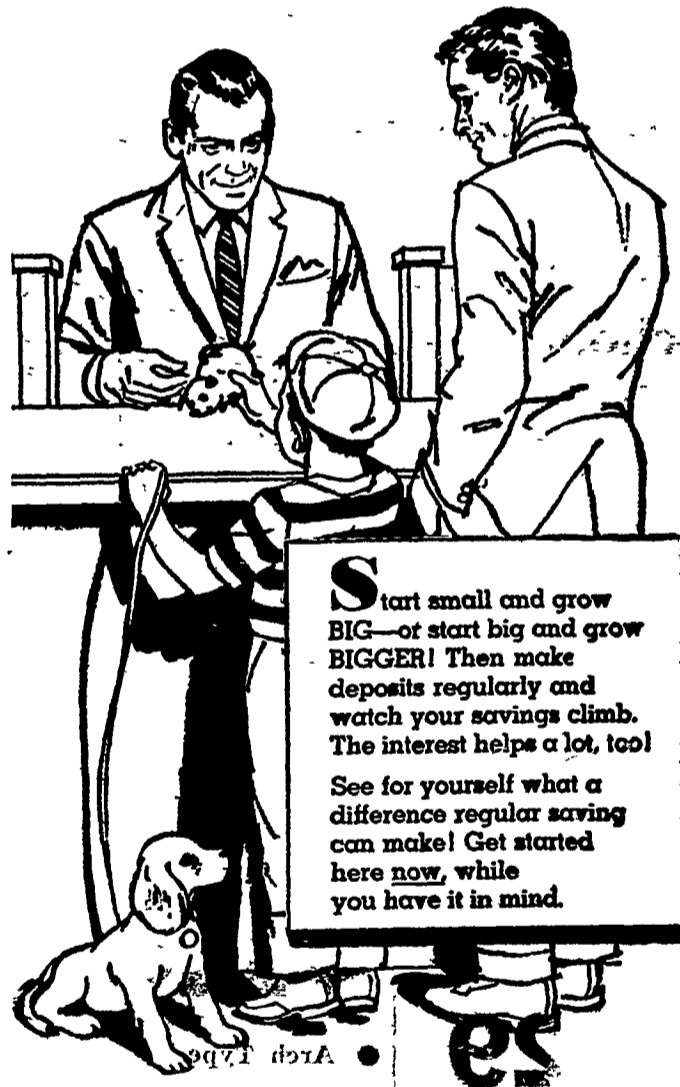
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