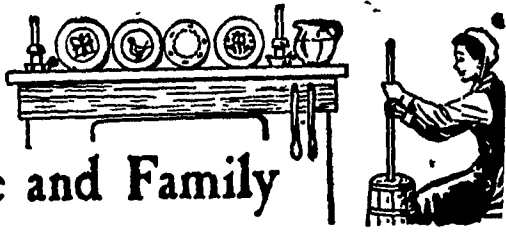


For the Farm Wife and Family



Use Your "Noodles"

By Mrs. Richard C. Spence

Use your "noodles" to make delicious supper and luncheon dishes! From wide to narrow, noodles take the stage in a starring role to bring you dishes of top flavor, nutrition and appearance.

WHAT'S IN A NOODLE? Noodles are made from the same basic ingredients as macaroni and spaghetti. However, in addition, noodle products are required by law to contain a minimum of 5.5 percent egg solids, thus are called egg noodles. Egg solids may be added in fresh powdered or frozen form. Only the yolk is used because the whites tend to make noodles tough.

Marco Polo brought noodles to Italy when he returned from his explorations in the Orient. These delicious morsels were a favorite food among the Chinese and quickly became a specialty of Italian cooks. Soon, the fad for this new dish spread from country to country across Europe; and since then noodles have become a favorite food around the world.

Every nationality has its special way of preparing them, but noodles are especially good in the Florentine style — with spinach.

HAM-NOODLE FLORENTINE
2 cups uncooked egg noodles
1 package (10 ounces) fro-

zen spinach, chopped, cooked, drained
1/2 pound cooked ham, cut in thin strips (1 1/2 cups)
1 can (10 1/2 ounces) condensed cream of celery soup, undiluted
1 cup grated American cheese
2 tablespoons milk
1 tablespoon prepared mustard
1/4 cup soft bread crumbs
Paprika

Heat oven to 375 degrees. Cook noodles in boiling salted water until tender; drain. Combine with spinach and ham in 1 1/2 quart casserole. Combine soup and next 3 ingredients; mix lightly but well with noodle mixture. Top with bread crumbs; sprinkle with paprika. Bake 30-35 minutes or until hot. Makes 4-6 servings.

In the German style, bake noodles in a ring mold with

nutty-flavored Swiss cheese and a rich cream sauce until they achieve a smooth custard-like texture. Fill this noodle ring with buttered broccoli for a truly delicious vegetable course.

GERMAN NOODLE RING WITH BROCCOLI

3 cups medium noodles
1 can (10 1/2 ounces) condensed cream of celery soup, undiluted
1 1/2 cups grated Swiss cheese
1/2 teaspoon paprika
1/2 teaspoon salt
3/4 teaspoon pepper
3 eggs, slightly beaten

Heat oven to 350 degrees. Cook noodles in boiling salted water until tender; drain. Combine soup and next 4 ingredients in a saucepan. Heat, stirring occasionally; until cheese is melted. Gently mix cheese mixture with eggs and noodles. Pour into 1-quart greased ring mold. Set mold in pan of warm water. Bake 45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before unmolding. Fill center with cooked, buttered broccoli. Makes 6-8 servings.

Ham - and - Cheese Noodle Ring: Add 1 cup diced cooked ham with noodles. Omit salt.

NOTE: American or sharp cheddar cheese may be substituted for the Swiss cheese.

Another traditional German favorite, sauerbraten, is delicious atop a tender nest of piping hot noodles.

OLD STYLE SAUERBRATEN WITH NOODLES

3 1/2 pound beef pot roast (blade or round-bone)
1 cup vinegar
1 cup water
1 large onion, sliced
2 tablespoons sugar
2 teaspoons salt
1/2 teaspoon peppercorns
1/2 teaspoon whole cloves
2 bay leaves
1 lemon, thin sliced
2 tablespoons butter or margarine
1 tablespoon flour
2 tablespoons flour
1/4 cup raisins
1/2 cup gingersnap crumbs
12 ounces broad noodles

Wipe pot roast with clean damp cloth and place in large glass bowl. In a saucepan, combine vinegar, water, onion, sugar, salt, peppercorns, cloves, and bay leaves. Heat to boiling, and pour over pot roast. Allow to cool. Add sliced lemon, cover, and set in refrigerator. Marinate 24 to 36 hours, turning two to three times. Remove meat from marinade and drain thoroughly. Strain marinade and reserve. Heat butter or margarine in heavy kettle. Sprinkle meat with 1 tablespoon flour and brown slowly on all sides. Gradually add half of the marinade, stirring constantly. Continue stirring until all the browned flour and fat are blen-

ded into liquid. Cover and simmer about two hours or until meat is tender, stirring occasionally. Add the 2 tablespoons flour, mixed with a little water. Add raisins, remaining marinade, about 1 cup water, and gingersnap crumbs. Simmer 10 minutes to blend well. Meanwhile cook noodles in boiling salted water until tender (about 7 minutes). Drain. Arrange on hot platter and place meat on top. Pour a little gingersnap gravy over all, and serve remaining gravy as an accompaniment. Serve very hot. Makes 6 to 8 servings.

The Americans are not to (Continued on Page 9)

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