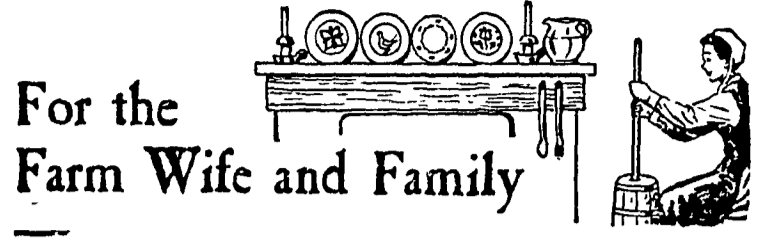


(Continued from Page 8)
 d) and unserved ones. Compare prices to see if it pays to prepare a product yourself from basic ingredients. Sometimes it does not. How much you enjoy cooking and how much time you can spend will influence your choice.
 * * * * *
 An unusual main dish that fits into an economical food budget is Hot Chicken Salad. Using economical chicken, the "salad" has welcome novelty when you plan a company

menu. Bake it in one big casserole or in individual casseroles; serve with a vegetable, tossed salad, hot rolls and a favorite dessert.

HOT CHICKEN SALAD
 1 1/2 cups ready-to-eat high protein cereal
 3 cups diced, cooked chicken
 1 cup finely cut celery
 1/4 cup chopped, pitted ripe olives
 3 tablespoons cut pimiento
 3 tablespoons finely chopped green onions
 1/2 teaspoon salt

1 cup cooked salad dressing
 1 tablespoon butter or margarine
 Crush cereal into coarse crumbs. Combine all ingredients except cereal and butter. Divide chicken salad into 6 greased individual casseroles or put in one big casserole. Combine cereal crumbs with melted butter and sprinkle over chicken salad. Bake in moderately hot oven (400 degrees) about 15 minutes or until thoroughly heated.
 * * * * *



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Worth Trying Anytime
 Add glamor and flavor to casseroles with colorful ripe olives. Chop or slice ripe olives and stir into macaroni and cheese or your favorite tuna-noodle dish.

For a different appearance and a new flavor to mashed sweet potatoes, balls, stick toasted slivered almonds into the balls. Put into a 350-degree oven and heat about 25 minutes.

A surefire eye-opener for breakfast is to heat canned peach halves in then soup, then drain and fill the peach cups with hot crumbled bacon. Serve at once with French toast or waffles.

Instead of using milk when you scramble eggs, use two tablespoons of show green color on some part cottage cheese for each egg of the surface . . . the green Beat eggs with cheese and portions taste bitter.

There's less waste in pairing if you select potatoes that are regular in shape and have shallow eyes.

About Buying And Storing Potatoes
 Fall crop potatoes are a good buy. Start with high-quality potatoes, store them properly and they'll keep well for several months.

When shopping, look for potatoes that are firm, smooth, well-shaped, free from cuts and decay. It's hard to judge the quality of potatoes covered with soil so look for reasonably clean ones. Avoid potatoes that



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