



For the Farm Wife and Family Ladies, Have You Heard? . . .

By: Doris Thomas, Extension Home Economist
About Casseroles

Casserole cookery is a creative process — whether you're new at the one-dish meal game or are an experienced casserole cook

You can begin with an imaginative appraisal of the contents of the refrigerator and the cupboard shelves. Besides the leftover meats and vegetables that are a good foundation for a casserole, check for unusual items that will add special interest. Mushrooms, nuts, bits and pieces of cheese, pimento-stuffed green olives, ripe olives, water chestnuts, and chow mein noodles offer exciting possibilities.

When you shop, do it with an eye to supplementing and using what you already

have on hand instead of completely starting from scratch. You'll want to watch for bargains at the meat counter and select inexpensive cuts, such as stewing meat, short ribs, pork or lamb shoulder, and ground meats.

Meat for a casserole should be cooked until almost done and tender before adding to the vegetables.

For an attractive casserole, vary the shapes of the food. You might dice vegetables or cut them into thin strips or slice circles of carrots or parsnips. Use whole vegetables such as pearl onions, new potatoes, and young carrots. Also keep cut-up food in large enough pieces so the food keeps its identity.

Top a casserole with your favorite biscuits, muffins, or pastry and bake until the topping is done and golden brown.

Facts On Interfacings

Interfacings for garments add body and shape to them. Interfacings are of two types — woven and non-woven. Woven interfacing fabrics come in many brands and colors. You'll find woven interfacings in cotton, rayon, nylon and blends. Since woven interfacings are woven like a regular fabric, you need to cut them on the exact grain.

Non-woven interfacings are made of nylon and rayon fibers that are bonded together. They come in many weights and in nonon versions that



THOMAS

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... of red show in the top
... Refrigerate until firm.
... squares, and serve on
... of bibb lettuce or other
... ens.
... Here's a main dish salad
... that should rate tops with
... anyone.

SANDWICH AND SALAD BOWL

4 ounces cheddar cheese
4 ounces Swiss cheese
10 1/2 ounce package frozen
artichoke hearts
1 cup sliced raw cauliflower
1 1/4 cup salad oil
2 tablespoons wine vinegar
2 cloves garlic, cut in half
1/2 teaspoon salt
1/2 teaspoon basil
1/4 cups lettuce, torn into
pieces
1/4 cup sliced radishes
1/4 cup sliced green onion
Salt and pepper
2 hard-cooked eggs, sliced

Cook artichoke hearts ac-
cording to package directions.
Drain. Combine with cauliflow-
er. Blend together oil, vinegar,
garlic, 1/2 teaspoon salt and
basil. Pour over artichoke
hearts and cauliflower. Mar-
inate for several hours. Com-
bine lettuce, radishes, onion
and marinated vegetables. Toss
together. Cut cheese into nar-
row strips. Toss with salad
seasoning. Garnish with eggs.
Serve with peanut butter and
egg salad finger sandwiches.

Fresh citrus salads are "just
what the doctor ordered" for a
hot summer day.

ORANGE-VEGETABLE SALAD BOWL

3 quarts torn fresh spinach
3 medium zucchini, unpeeled,
thinly sliced
3 green onions
2 cups finely shredded
cabbage
2 oranges, peeled, cut into
bite-size pieces
Freshly ground black pepper
Citrus French Dressing
In large bowl, combine spin-
ach, zucchini, onions and cab-
bage. Add orange pieces and
Citrus French Dressing. Toss
lightly. Sprinkle with pepper.

CITRUS FRENCH DRESSING

1/4 cup fresh lemon juice
1/2 cup orange juice
1 teaspoon prepared mustard
1 clove garlic, pureed
1 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon dried basil,
crushed
Combine all ingredients in
small saucepan. Place over low
heat, stirring to blend. Heat
just to boiling, chill. Mix well
before using. Makes 3/4 cup.
Calories 25 to 30 per serving.
This salad will serve 10 to 12
people.

GREEN SUPPER SALAD

1 avocado, peeled, sliced
2 tomatoes, sliced
1 cup sliced green pepper
1 cup thinly sliced radishes

2 quarts torn salad greens
2 teaspoons sugar
1/2 cup salad oil
1/4 cup lemon juice
1/4 cup water
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon Italian seasoning
2 teaspoons prepared mus-
tard

In large salad bowl, combine
avocado, vegetables and salad
greens; chill. Mix remaining
ingredients for the dressing,
shaking well. Just before serv-
ing, pour enough dressing over
the salad to moisten well. Toss
lightly. Makes 1 cup dressing.
10 to 12 servings.

ORANGE SALAD DELIGHT

3 quarts torn iceberg lettuce
or mixed salad greens
1/2 cup sliced green onion
4 oranges, cut into bite-size
pieces
Lemon Piquant Dressing
1/4 cup Parmesan cheese
Freshly ground pepper

In large salad bowl, combine
lettuce, onion and oranges.
Toss lightly with enough
Lemon Piquant Dressing to
coat salad ingredients. Sprinkle
with cheese and pepper. Serve
at once. 4 to 6 servings.

LEMON PIQUANT DRESSING

1/2 cup salad oil
1/4 cup fresh lemon juice
1/4 cup water
3 tablespoons catsup
1/2 teaspoon paprika
1 teaspoon dry mustard
1 tablespoon Worcestershire
1/2 teaspoon salt
1/8 teaspoon hot sauce
1 small clove garlic, pureed

Combine all ingredients in
jar, cover lightly and shake
well. Refrigerate several hours
for flavors to blend. Shake well
before using. Makes 1 1/4 cups.

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