## For the Farm Wife and Family

By Mrs. Richard C. Spence

### March Winds Blow In Good Foods



March is a mixed-up month, anyway you 2 look at it. It's a strange medley of winter winds and spring rains, with a dash of snow at times March meals show the same trend toward variety, they may include hearty stews and casseroles or cool salads whatever the weather or the cook's mood indicates Lent has a place in March meal plans, too, 2 us it covers the entire month this year.

Since tuna is a standby for Lenten meals, 1 its a pleasure to find appetizing and new ways to serve it This Two Layer Tuna Salad meets many needs It's a salad, it's a main dish, it's packed with enough protein to make low heat; add flour, salt and a meal Serve it as a luncheon main attrac- paprika, blending well. Add tion with your favorite hot rolls, butter and milk slowly, cook until thick-

milk, or serve it at a buffet bowl with chilled beaters, ened. 4 to 5 minutes, stirsupper with potato chips rel- whip sour cream until double ring continually Stir in onion, ishes and a hot spoon bread in volume (about 5 minutes), parsley—grated—lemon—peel TWO LAYER TUNA SALAD gelatin along with cucumber time, blending well Remove Pour into mold Chill until from heat

Chill until jelly-like consis- en picks. Place fish rolls in Combine orange pieces. tency. Fold in tuna, celery greased shallow baking dish. flaked tuna, macaroni, celery and pimiento. Pour into mold Pour sauce over fish rolls; and onion, Blend mustard, maon top of cucumber layer, sprinkle with grated cheese, yonnaise, and salt; stir Chill until firm Unmold onto Bake, uncovered, at 375 de through salad ingredients. Add salad greens. 6 to 8 servings. grees, 25 to 35 minutes. Serve black pepper to taste. Salad

## TUNA ROLLS

tablespoons butter or margarine tablespoons flour teaspoon salt 1/2

teaspoon paprika cups milk

cup chopped green onion tablespoons chopped parsley teaspoon grated lemon

peel tablespoons fresh lemon juice

pounds sole fillets can (7-oz) tuna, drained cup shredded Cheddar

cheese Melt butter in saucepan over

Blend in mustaid Fold into and lemon juice a little at a

Place fillets on flat surface To prepare second layer: In Salt and pepper fillets on both a bowl combine gelatin and sides Spoon a little drained boiling water; stir until gela- tuna onto end of each fillet, tin is dissolved. Add cold was soll up fillet snugly with tuna tei, onion, salt and vinegar, in center Fasten with wood-

## BAKED FISH AND

MACARONI SALAD oranges, peeled, cut into bite-size pieces can (7-oz) tuna, drained 1 and flaked cups cooked macaroni. drained, cooled cup diced celery cup finely chopped onion

at once 6 to 8 servings.

ORANGE-TUNA

cup mayonnaise teaspoon prepared mustard teaspoon salt Coarsely ground black

pepper

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will keep for several days when covered and refrigerated. 6 to 8 servings.

#### BROILED TUNA SANDWICHES

recipe waffles cans (7-oz.) tuna, drained and flaked cup sliced stuffed green olives

cup sweet pickle relish tablespoon minced onion teaspoons lemon juice Dash black pepper cup mayonnaise

(Continued on Page 18)

or sauteed vegetable

First layer: package (3 oz) lime-

flavoi gelatin cup boiling water

tablespoons vinegar 142 teaspoons grated onion

teaspoon salt

cup dairy sour cleam teaspoon prepared mustard cup finely chopped cu-

cumbei Second layer:

package (3 oz) celeryflavored gelatin

cup boiling water cup cold water

1½ teaspoons grated onion

3/4 teaspoon salt

1½ tablespoons vinegai

can (7 oz) tuna, drained and flaked

cup chopped celery tablespoons chopped pimiento

Salad greens

To prepare first layer In bowl combine gelatin and boilıng water, stn until gelatin 🗘 is dissolved Add vinegal, onion and salt Chill until jelly-like in consistency. In chilled



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