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For The Farm Wife

(Continued from Page 10) SPAGHETTI SALAD

- ounces elbow spaghetti or macaroni
- cans (7 oz. each) tuna, drained and flaked
- cup chopped celery cup sliced pimiento-stuffed green olives
- cup chopped onion Tomato Aspic*
- cup mayonnaise or salad dressing
- tablespoon lemon juice teaspoon salt

Curly endive or water

cress sprigs Set out an 8-inch ring mold. from Çook spaghetti or macaroni in boiling, salted water until tender, yet firm, 5 to 7 minutes; drain. Rinse with cold water and drain thoroughly. Meanwhile, in large mixing bowl combine tuna, celery, olives and onion. Fold in pic'. Fold 4 cups spaghetti salad mixture into aspic. Rinse ring mold with cold water and spoon in aspic mixture Chill until firm, about 4 hours Pour over remaining spaghetti salad and mix lightly Cover ter with remaining spaghetti provides salad. Garnish aspic ring with sprigs Serve immediately.

Lancaster Farming, Saturday, June 25, 1966—11





Ladies, Have You Heard?...

By Doris Thomas, Extension Home Economist

Use Protein Foods In Summer Salads

If a salad is the main course, use generous quantities of protein foods. Choose

Anchovies Cheese Canned meat

Sardines

Sandwich meat Cooked pork, beef, lamb. chicken, or turkev

Hard-cooked eggs For extra flavor to hearty salads, marinspaghetti. Prepare Tomato As. ate cubes or strips of cooked beef, pork, or nic. Fold 4 cups spaghetti lamb in vinegar or lemon juice seasoned

with herbs at least an hour before adding to the salad.

Planning Life Insurance Follow these guides in de health, skills, Blend mayonnaise or salad termining the kinds and earning capacity dressing, lemon juice and salt amounts of insurance protec. What kinds of tion you should buy.

and chill Unmold aspic ring Read them and understand out of your pocket? onto serving plate. Fill cen- exactly what protection each

Examine your resources as curly endive or water cress a family This includes your about the kinds of insurance savings, social security and protection that are available.



THOMAS

property plus human resources involving your family's abilities, and

What kinds of losses would be most serious to you? Can Get your policies together you afford to cover any risks

Cover first the losses that would be most serious

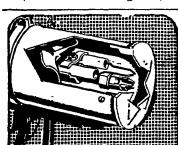
Learn as much as you can

Find a good, reliable insurance agent . . one whose judgment you can trust in helping you make decisions

Tuna Terminology Study the label on canned . it determines the tuna type of tuna to use for particular dishes and can make a difference in the price you

Solid-pack tuna contains solid fillets Use "as is" for salads, or in pieces in hot or cold dishes

(Continued on Page 16)



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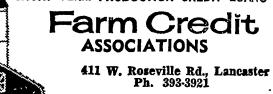
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