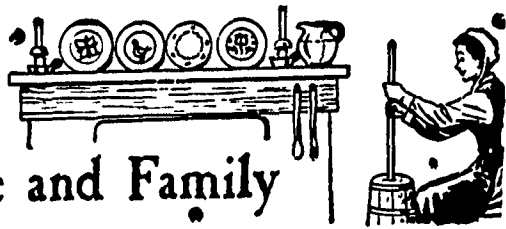


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

For People On The Go --



For people on the go, we have a variety of interesting recipes. Whether you're picnic on beach fans, backyard enthusiasts or a family off to a summer cottage, we have just the right thing for you.

Part of the fun of summer eating is the variety of delicious salads. Tomatoes filled with a tasty shrimp salad are perfect for a special luncheon or for an evening meal when it's just too warm for oven cooking.

SPENCE

FRESH SHRIMP STUFFED TOMATOES	3	tablespoons chopped onion
4 large tomatoes	1	jar (2-oz.) pimiento slices
1½ pounds fresh shrimp, cooked, shelled and deveined (cut in half if very large)	¼	cup mayonnaise
¾ cup thinly sliced celery	2	tablespoons lemon juice
¾ cup coarsely chopped green pepper	1	tablespoon grated Parmesan cheese
	¾	teaspoon salt
	¼	teaspoon ground black pepper

¼ teaspoon Worcestershire sauce

¼ teaspoon garlic powder

Cut tops from tomatoes and scoop out pulp. Invert and refrigerate until ready to serve. Combine next five ingredients. Combine next seven ingredients, blending well. Toss with shrimp, cover and refrigerate at least 1 hour. Sprinkle inside of tomatoes with salt; stuff with salad. Serve with assorted crackers. Makes four servings.

Make this tasty casserole a part of your weekend equipment. Prepare it early in the day, seal the cover to the casserole and tuck in the corner of the car. When you get to your destination, all you'll need to do is add a few finishing touches and bake.

TAKE 'N BAKE CASSEROLE

1¼ cups shredded pasteurized process American cheese (5-oz. cans) tuna, drained or 2 (7-oz.) cans chicken (4-oz.) jar pimiento slices
1 cup grated Romano cheese
¼ teaspoon ground black pepper
1 (4-oz.) can sliced mushrooms, drained
¼ cup chopped onion
2 tablespoons butter or margarine
¾ cup milk
¾ cup saltine cracker crumbs

Combine ¼ cup shredded American cheese with the next four ingredients. Sauté mushrooms and onion in 1 tablespoon butter or margarine until onion is tender. Add to tuna or chicken mixture, toss lightly. Turn into a 1½ quart casserole. Pour milk over.

Sprinkle with remaining cheese, then cracker crumbs which have been lightly browned in remaining butter or margarine. Bake in a preheated moderate oven (375 degrees) for 30 to 35 minutes.
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