

For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor



SPENCE

FISH FROM A CAN

Don't sell canned fish products short. They come in real handy when you want a quick, economical, and tasty casserole or one-dish meal. What's more, most of these dishes can be prepared ahead of time, ready to pop in the oven or heat on top of the stove just before mealtime.

Pancake mix is a convenient shortcut in preparing today's Clam Fritters and canned clams make this delicacy available to us at any time.

CLAM FRITTERS

- 1½ cups pancake mix
- 2 cans (7-oz. ea.) minced clams, drained
- ¼ cup chopped onion
- 2 tablespoons horseradish
- 2 tablespoons chopped pimiento
- 1 teaspoon Worcestershire sauce
- 1 egg, beaten
- ½ cup evaporated milk

Combine pancake mix, clams, onion, horseradish, pimiento and Worcestershire sauce in a 2 bowl. Add egg and milk. Mix thoroughly. Drop by teaspoon-

fuls into hot deep fat (360 degrees), frying only a few at a time. Fry about 3 minutes on each side or until golden brown and crusty. Drain on absorbent paper. Makes 2 dozen.

Pacific Salmon Casserole combines canned salmon, broccoli and celery soup with an unusual topping of crumbled shredded wheat and cheese.

PACIFIC SALMON CASSEROLE

- 2 cans (1-lb. ea.) salmon, drained and flaked
- 1 package (10-oz.) frozen

- broccoli spears, cooked and drained
- 1 can (10½ oz.) condensed cream of celery soup
- 3 shredded wheat biscuits, crumbled
- ¾ cup grated American cheese
- 1 teaspoon chopped parsley
- 3 tablespoons melted butter or margarine
- ½ teaspoon Worcestershire sauce
- Dash liquid red pepper seasoning

Pat half of the salmon evenly in greased 8-inch square baking dish. Arrange broccoli over salmon. (If broccoli spears are large, cut in half lengthwise.) Spread with soup. Top with rest of salmon. Combine shredded wheat, cheese and parsley. Add butter, Worcestershire sauce and red pepper seasoning, mixing to combine. Sprinkle over salmon. Bake in preheated moderate oven (375 degrees) about 25 min. Makes 6 servings.

TUNA TUMBLE

- 1 can (10½-oz.) can cream of vegetable soup
- ¾ cup milk
- ¼ cup grated Parmesan cheese
- ¼ teaspoon garlic salt
- ¼ teaspoon ground black pepper
- Dash liquid hot pepper seasoning
- 1 can (7-oz.) can tuna, drained and flaked
- 1 cup cooked egg noodles
- 1 cup cooked vegetables
- 1 jar (2-oz.) pimiento slices, well drained
- ½ cup finely rolled bacon-flavored cracker crumbs
- 1 tablespoon butter or margarine, melted
- Sprigs of parsley

Combine first 6 ingredients

in a medium saucepan, blending well; bring to a simmer. Stir in next 4 ingredients. Pour into a 1-quart casserole. Toss cracker crumbs with butter or margarine; sprinkle on top of casserole. Bake in a preheated slow oven (325 degrees) 10 to 15 minutes or until crumbs are golden brown. Garnish with parsley sprigs. Makes 2 generous servings.

Here's a recipe developed and tested by food experts to make good use of shrimp, eggs, and potatoes which are all in ample supply. This main dish salad is suited to make-ahead meals that are convenient for the occasion demanded.

SHRIMP POTATO SALAD

- ½ pound cooked, peeled, cleaned shrimp, fresh, frozen or canned
- 2 cups diced cooked potatoes
- 3 hard-cooked eggs, chopped
- ¾ cup chopped celery
- ¾ cup chopped sweet pickle or drained pickle relish
- ¼ cup shredded cheese
- 2 tablespoons chopped onion
- ½ cup mayonnaise or salad dressing
- 1 teaspoon salt
- Dash white pepper
- Salad greens

If using frozen shrimp, thaw. Cut large shrimp in half. Combine all ingredients except salad greens. Chill; serve on salad greens. Makes 6 servings.

TWO-FISH CASSEROLE

- ½ cup butter or margarine
- ¼ cup thinly sliced scallions
- 1½ cups sliced celery
- 1 (4-oz.) can sliced mushrooms, drained (reserve liquid)
- ¾ cup all-purpose flour

- 1 pint light cream or half-and-half
- 2 egg yolks, beaten (save the whites for a dessert)
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 1 (7¾ oz.) can crab meat, drained and flaked
- 1 (1-lb.) package frozen had-dock filets, thawed, very well drained and cut into bite-size pieces
- 1 (4-oz.) jar pimientos, sliced, drained
- 1 cup finely rolled Ritz cracker crumbs
- 1 cup Parmesan cheese
- ½ anchovies, minced
- 6 Lemon slices and parsley sprigs, optional

Melt ¼ cup butter or margarine in large saucepan, add next 3 ingredients and cook 5 minutes. Remove from pan. In same pan, heat 2 tablespoons butter, blend in flour. Gradually add mushroom liquid and light cream, blending until smooth. Cook and stir constantly over medium heat, until mixture thickens. Remove from heat. Add a little of the hot sauce to the egg yolks; pour back into saucepan. Cook one minute. Do not boil. Add next (Continued on Page 11)

SUPER SHOES

Self Service

SHOES

2750 Columbia Ave.
Lancaster

Lanc. Co.'s Largest
Shoe Store

All 1st Quality
Super Low Prices

HOLLAND STONE

Ready-Mixed CONCRETE

CONCRETE BLOCKS

METAL WINDOWS

New Holland Concrete Products

New Holland, Pa. 354-2114

9 MONEYMAKING ALFALFAS

DuPuit
Vernal
Buffalo
Ranger
Cayuga
Narragansett
Haymor
Northwest Common
Northwest Grimm

8 MONEYMAKING CLOVERS

Certified Pennscott
Select Pennscott
Penna. Medium Red
Midwest Medium Red
Mammoth
Alsike
Yellow Sweet
Tall Sweet

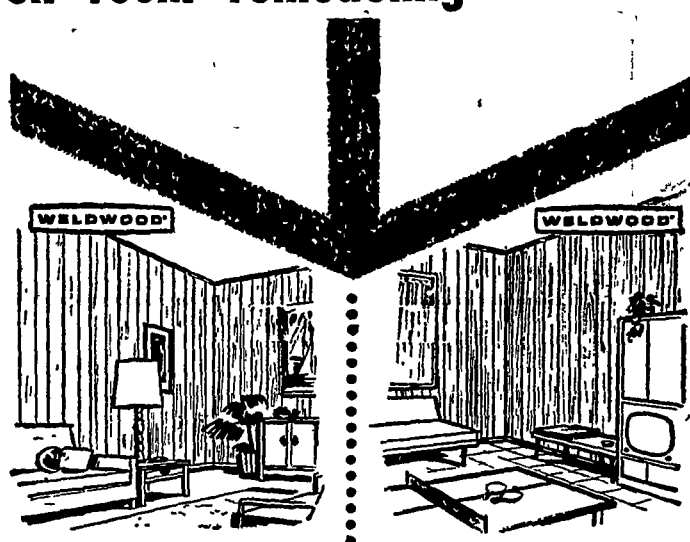
Fresh seed mixed and Inoculated (FREE)

Save with REIST'S Seeds

REIST SEED COMPANY


Finest Quality Seeds (Since 1925)
Mount Joy, Pa. Ph. 653-4121

get slack season savings on room remodeling NOW!



Blame it on taxes or Christmas, but whatever the reason, this time of year is always "slow" for new kitchens, remodeled game rooms, attics, basements, etc. To help keep our crews busy, we're offering big savings to you if you let us start now. You get free custom designs and a low low quotation without obligation, of course. And no project is too large or too small.

Come in and use our Home Center for design ideas. See, on display, a tremendous variety of materials and finishes as well as display rooms and photos of completed projects.



LONG AND BOMBERGER HOME CENTER

45 North Broad St., in Lititz

Phone: 626-2123

YOUR REMODELING HEADQUARTERS