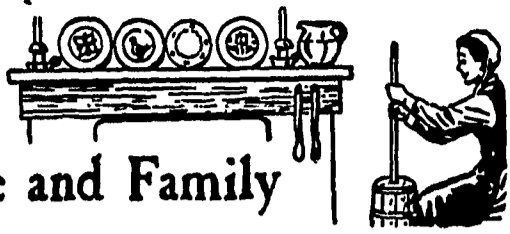


# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



SPENCE

## Ground Beef Specials

If Lasagna sounds like a dish that's way out to you, we invite you to take a look at the following recipes. Lasagna is essentially an Italian dish but it has been revised to suit the taste of those who do not care for a highly seasoned food. You might try Casserole Lasagna or the All-American Lasagna.

### CASSEROLE LASAGNA

- 1 pound ground beef
- 3/4 cup chopped onion
- 3/4 cup chopped celery
- 3/4 cup chopped green pepper
- 2 cans (6-oz. each) tomato paste
- 1 teaspoon sugar
- 3/2 teaspoon dry mustard
- 3/2 teaspoon oregano
- 3/2 teaspoon salt
- 3/4 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1/4- 1/2 teaspoon Tabasco sauce
- 1 cup dairy sour cream
- 1 pkg. (8-oz.) broad noodles, cooked and drained
- 3/4 pound sliced Mozzarella cheese
- 3/2 cup cottage cheese

In a large skillet, brown beef with onion, celery and green pepper. Blend in tomato paste, sugar, mustard, oregano, salt, pepper, Worcestershire and Tabasco sauces. Continue to cook and stir occasionally 5 additional minutes. Remove from heat; set aside. Blend sour cream and noodles together. Layer half of sour cream-noodles in bottom of buttered 2-quart casserole, top with half the meat mixture.

Place Mozzarella cheese slices over meat; spread cottage cheese on Mozzarella. Top with a layer of remaining noodles and meat mixture. Bake in a preheated 350 degree oven 20-25 minutes until heated. Makes 6-8 servings.

NOTE: Meat mixture may be prepared ahead to save time before baking.

### ALL-AMERICAN LASAGNA

- 3/4 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons oil
- 3/4 pound ground beef
- 3 cans (8 oz. each) tomato sauce
- 2 teaspoons oregano
- 1 teaspoon sugar
- 1 teaspoon salt
- 3/4 teaspoon pepper

- 1 package (1 lb.) lasagna
- 1 carton (8 oz.) small curd cottage cheese
- 1 pkg. (3 oz.) grated Parmesan cheese, about 1/4 cup
- 1 pkg. (9 oz.) sliced Mozzarella cheese

Cook onion and garlic in oil until tender. Add ground beef, cook until brown. Combine tomato sauce, oregano, sugar, salt and pepper with beef mixture. Simmer 30 minutes, or until sauce is thick. Cook lasagna in boiling, salted water 15 minutes. Drain; rinse with cool water. Arrange 1/2 of noodles in a greased 9x13-inch pan. Cover with 1/2 each of sauce, cottage cheese and Parmesan cheese. Repeat layers twice. Cover with Mozzarella cheese. Bake in preheated 350 degree oven, about 30 minutes. Let stand 10 minutes before cutting into squares. Makes 12 servings.

For those of you who are a little more adventuresome with your cooking, we suggest Chili Empanadas, a dish that is a favorite in the southwestern part of our United States.

### CHILI EMPANADAS

- 4 cups sifted flour
- 1 teaspoon salt
- 1 1/2 cups shortening
- 6-8 tablespoons cold water
- 1 pound ground beef
- 1 tablespoon oil
- 1 medium onion, chopped
- 1 garlic clove, chopped and crushed
- 1 can (8 oz.) tomato sauce
- 1 pkg. (1 1/2 oz.) chili seasoning mix
- 1 cup (4 oz.) grated Cheddar cheese

Sift together flour and salt. Cut in shortening until pieces are the size of small peas. Sprinkle with water, a little at a time, mixing lightly until dough begins to stick together. Form into two balls, wrap each tightly and refrigerate while preparing filling. Brown ground beef with onions and garlic in oil. Combine tomato sauce and chili seasoning mix. Add seasoned sauce to meat mixture, mixing well. Cook over low heat for 5 minutes. Roll out dough to 1/4 inch thickness. Cut into circles with 4-inch cookie cutter; transfer to ungreased baking sheet. Place 2 teaspoons meat mixture in center of each. Sprinkle each with about 1 teaspoon cheese. Fold in half, moisten edges and seal with fork. Bake in preheated 450 degree oven, 12-15 minutes or until done. Makes 26-28 empanadas.

### SKILLET SPAGHETTI

- 1 pound ground beef
- 3/2 cup chopped onion
- 2 tablespoons oil
- 1 can (15 oz.) tomato sauce
- 3 cups hot water
- 7 oz. spaghetti, uncooked
- 1 pkg. spaghetti seasoning mix

Brown beef and onion in oil. Add tomato sauce, water, spaghetti and seasoning mix. Cover and simmer 30 minutes, or until spaghetti is tender, yet firm. Stir occasionally. 6-8 servings.

### O BOY APPETIZER MEAT BALLS

- Meat Balls:
- 1 1/2 pounds ground beef

- 3/4 cup rolled oats, quick or old-fashioned
- 1 teaspoon salt
- 2 teaspoons seasoned salt
- 1/2 teaspoon black pepper
- 1 egg
- 1/2 cup milk
- 3 tablespoons grated onion
- 1 teaspoon Worcestershire sauce

### Mustard Sauce:

- 3/4 cup dairy sour cream
- 1/4 cup mayonnaise
- 2 tablespoons prepared mustard
- 3/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper

For meat balls, thoroughly combine all ingredients. Shape to form 1-inch balls using a teaspoonful of meat mixture for each meat ball. Fry in a small amount of shortening. Remove meat balls to serving dish. Serve hot with mustard sauce made by thoroughly combining all ingredients. Makes 6 dozen.

NOTE: Sauce can be prepared ahead of time and refrigerated.

### WHAT'S A FABRIC SOFTENER

A fabric softener is a chemical designed to coat textiles making them soft and fluffy, says Helen Bell, Penn State extension home management specialist. A fabric softener goes into the last rinse because it lubricates the fibers. It is never added to the wash water. For best results with a fabric softener, follow directions on the container.

Well done is better than well said.

## Just Arrived!

### CARLOAD OF WIRE FIELD FENCING

Now Taking Orders At Early Spring Price

Genuine RED BRAND Field Fencing, Hog & Poultry Fencing, Welded Turkey Wire, Poultry Netting, Barb Wire, Steel Posts, Farm Gates, etc.

WE WILL DELIVER IN AREA

Extra discount on quantity orders

## SAVE ON TOBACCO MUSLIN

MOTH BALLS IN BULK FOR INSECT CONTROL

### W. L. Zimmerman and Sons

Dial 717-768-3131

Ten miles east of Lancaster on Route 340 INTERCOURSE, PA.

**LOW** in cost...  
**LOW** in upkeep...  
**HIGH** on your list of needs!

**Eastern Products Corporation**

## "The Scottsdale" Garden Building

\$69.80

- Sliding doors outside — extra storage inside!
- Extra wide door opening
- Completely watertight

Low-priced storage with quality features. Finish is galvanized, has additional corrosion-resistant pigmentation for long-lasting beautiful appearance. Floor included. Inside dimensions: 6'x5'x66 1/4".



**LONG AND BOMBERGER HOME CENTER**  
45 North Broad St. in Lititz  
Phone: 626-2123

## HOLLAND STONE

## CONCRETE BLOCKS

## Ready-Mixed CONCRETE

## METAL WINDOWS

## New Holland Concrete Products

New Holland, Pa.

354-2114

## SPRING NEEDS

- Scotts Products — Complete line
- BPS Paints
- DuPont Lucite
- Speed Queen Washer
- Hotpoint Appliances
- Prizer Ranges — Gas & Coal
- Monarch Ranges
- Warm Morning Heaters
- Seed Potatoes
- Lawn Seed — Scotts — Old English
- Vigoro
- Tobacco Seed
- Tobacco Muslin
- HyGro
- Garden Tools
- Lawn Mowers

## GROFF'S Hardware

South Railroad Ave., New Holland, Pa.

Phone 354-0851