

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Tasty Tuna Teasers

We know you'll find these 1 tempting tuna dishes as satisfying as they are quick and easy to prepare.

QUICK SKILLET TUNA SUPPER

- 1/2 cup chopped green onions and stems
- 1/4 cup snipped fresh parsley
- 2 tablespoons butter or margarine
- 3 cups cooked rice (regular or instant)
- 1 can (6 1/2 or 7-oz.) chunk style tuna, drained
- 2 eggs, slightly beaten
- 1/2 teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 1/2 cup grated Cheddar cheese
- Garlic salt

In large skillet saute onions and parsley in butter until soft; add rice and saute until golden. Add tuna; cook until heated. Pour mixture of beaten eggs, lemon peel and juice and grated cheese over tuna-rice. Stir quickly until cheese is melted and eggs are set. Season to taste with garlic salt. Dust lightly with paprika, if desired. 2 to 3 servings.

TUNA SUPPER CASSEROLE

- 2 cans (6 1/2 or 7-oz.) chunk style tuna
- 1 pkg. (10-oz.) frozen chopped spinach
- 1 can (10 1/2-oz.) condensed cream of mushroom soup
- 1/2 teaspoon grated lemon peel
- 2 tablespoons lemon juice

- 1 tablespoon melted butter or margarine
- 1 tablespoon instant minced onions, or fresh
- 1 tablespoon water
- 1 cup packaged croutons
- Paprika

Drain and flake tuna; cook spinach and drain very well. Combine undiluted soup with lemon peel, 1 tablespoon lemon juice, melted butter, onions and water. Toss remaining lemon juice with spinach to season well. Place half of tuna in well-buttered 1 1/2 quart casserole; cover with 1/2 cup soup mixture, then layer of remaining tuna. Add layer of spinach and sprinkle with croutons. Pour over remaining soup mixture; dust lightly with paprika. Bake at 350 degrees for 30 minutes. 4 servings.

TANGY TUNA FILLING

- 1 can (6 1/2 or 7-oz.) tuna
- 1/2 pint small curd cottage cheese
- 2 hard-cooked eggs, chopped
- 1/2 cup finely chopped celery
- 1/4 cup mayonnaise
- 1 teaspoon grated lemon peel
- 1 to 2 tablespoons lemon juice
- 1/4 teaspoon dry mustard
- 1/4 teaspoon celery seed
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Drain tuna; flake with a fork. Thoroughly combine with remaining ingredients. Use as a filling for tomatoes and avocados, or serve on a bed of

crisp salad greens. Delicious used as a sandwich filling. Makes about 2 1/2 cups filling.

TUNA-NOODLE FLORENTINE

- 8 oz. noodles
- 2 cups cooked, chopped spinach, drained
- 1 can (7 oz.) tuna, drained and flaked
- 1/2 cup milk
- 1 can (10 1/2 oz.) condensed cheese soup
- 1 teaspoon salt
- Dash pepper
- 1 cup enriched bread crumbs
- 1/2 cup grated Parmesan cheese

Cook noodles in boiling, salted water, until tender, yet firm, 5 to 7 minutes. Drain. Combine with spinach, tuna, milk, soup, salt and pepper. Pour into shallow 2-quart baking dish. Sprinkle with bread crumbs and cheese. Bake in preheated 350 degree oven, 20-25 minutes. 6-8 servings.

SEAFOOD MINGLE

- 1/2 (8-oz.) box spinach egg noodles
- 1/4 cup butter or margarine
- 2 (2-oz.) pkgs. white sauce mix
- 3 cups milk
- 3/4 cup thinly sliced celery
- 2 oz. Bleu cheese, crumbled
- 1/2 cup mayonnaise
- 1 1/4 cups Ritz cracker crumbs, finely rolled
- 1 (1-lb.) pkg. frozen haddock fillets, cut in bite-size pieces, thawed, drained

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FARM WOMEN NEWS

SOCIETY 6

Society of Farm Women 6 met on Saturday in the social room of The United Brethren Church, Milton Grove, with Mrs. Martha Eshelman, president, presiding. Devotions were led by Mrs. Sarah Holsberg.

The Society voted to give \$100 to the Mental Health Association.

Refreshments will be given to the patients at the Lancaster County Home in April by the Society, along with Society 7.

It was announced that the Spring rally will be held May 16 at the Collegeville Inn.

Mrs. Dean Steinhart presented a program of illustrated poetry.

The next meeting will be held May 11 in St. Paul's United Brethren Church, Elizabethtown at which time Society 8 will be entertained.

Hostesses for the last meeting were Mrs. Bernard Thome and Mrs. Joseph Greiner.

SOCIETY 19

Society of Farm Women 19 met recently at the home of Mrs. Lester Groff, Manheim R1, with Mrs. J. Vernon Newcomer as co-hostess.

Mrs. Daniel Rohrer, president, announced the date of the Spring Rally for the Farm Women of Pennsylvania, May 16 at Collegeville.

Mrs. Henry Martin, chairman

of the Ways & Means Committee, is taking reservations for a bus trip to Smithville Inn on May 4.

The next meeting will be held in the East Petersburg Church of the Brethren, May 11, when the daughters will be entertained.

SOCIETY 25

Society of Farm Women 25 met Saturday at the home of Mrs. Vera Nauman, Lancaster R6.

Mrs. Dorothy Elmer was in charge of devotions.

Plans were made to entertain Society 26 on May 11. A county board report was given by Mrs. Nauman, president.

Two Society members will serve at the Heart Haven Bazaar, April 30.

A trip to Embreeville State Hospital on May 31.

Plans were also made to see the film, Dr. Doolittle, in Philadelphia. Anyone interested call Mrs. Dorothy Groff, Lancaster R6.

A food sale was held at the meeting.

SOCIETY 22

Society of Farm Women 22 met at the home of Mrs. Kenneth Funk, Lancaster R6, Tuesday. Mrs. Mervin McMichael was co-hostess.

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