



**FOR THE
FARM
WIFE
AND
FAMILY**

**THE EVER POPULAR
ONE-DISH MEAL**

by Mrs. Richard C. Spence

Usually when you think of a one-dish meal, you have a casserole in mind. Well, it could be a pie!

This Vegetable Custard Pie has everything — color, appetite appeal, and interesting texture and variety. Cut it into generous wedges and serve with hot rolls and a crisp green salad for the main dish at any family meal.

There's plenty of good milk protein for your growing family in this delicious baked custard. A piquant blend of crisp vegetables and seasonings set off perfectly the good taste of the basic custard. Chopped onion and green pepper provide a dash of spice, and to offset their lively flavor, luscious mushrooms and finely shredded carrots are added. This pie is a natural for meatless family meals and for company at luncheon or Sunday night suppers, as well.

VEGETABLE CUSTARD PIE
1 unbaked pie shell, 8 inch
2 tablespoons butter

- 1/2 cup chopped onion
 - 2 tablespoons chopped green pepper
 - 2 eggs, slightly beaten
 - 1 cup milk
 - 3/4 teaspoon salt
 - 1/8 teaspoon pepper
 - 2 cans (4 ounces each) sliced mushrooms, drained
 - 1 cup finely shredded carrots
- In a small skillet melt butter, saute onion and green pepper until onion is transparent. Blend together eggs, milk, salt and pepper. Add mushrooms, carrots, onion and green pepper. Pour into pie shell; bake in a preheated 350 degree oven 45 to 50 minutes or until a knife inserted near center comes out clean. Allow to stand 5 minutes before serving. Makes 6 servings.

For a salad type one-dish meal you might try this Cheese-Tomato Tart, another type of pastry dish.

CHEESE-TOMATO TART PASTRY:
1 1/2 cups sifted regular all-purpose flour

- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 6 tablespoons (3/4 stick) butter
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 egg yolk
- 2 tablespoons water

SALAD FILLING:
1/2 cup dairy sour cream
2 tablespoons chopped green pepper
1 teaspoon minced onion
1/4 teaspoon salt
Dash of pepper
1/2 pound Swiss cheese, cut into 1/4-inch cubes
1/4 cup crumbled Blue Cheese
2 cups cubed fresh tomatoes, drained

Sift together flour, salt and mustard; cut in butter until mixture is size of small peas. Toss in Cheddar cheese. Combine egg yolk with water, with a fork, blend into flour mixture until moistened and can be formed into a ball. Roll pastry out on waxed paper and invert into 9-inch pie plate. Remove paper and press pastry into plate, flute edge, prick bottom and sides and chill. (Remaining pastry can be rolled out, cut into stripes and baked 10 minutes for cheese straws, if desired.) Bake pie shell in preheated 400 degree oven 20 minutes. Cool.

For Salad Filling blend together sour cream, green pepper, onion, salt and pepper. Stir in Swiss and Blue cheeses, chill. Just before serving, fold in tomatoes. Turn into pastry and garnish with additional sliced tomato, if desired. Makes 6 servings.

TUNA CASHEW CASSEROLE
2 tablespoons butter or margarine
2 tablespoons finely minced onion

- 2 tablespoons flour
- 2 cups milk
- 2 tablespoons soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon hot sauce
- 1 teaspoon freshly grated lemon peel
- 1 1/2 tablespoons freshly squeezed lemon juice
- 2 cans (7 ounces each) tuna, drained and flaked
- 3/4 cup salted cashews
- 1 cup finely chopped celery
- 1 can (5 1/2 ounces) chow-mein noodles

Melt butter in sauce, add onion, brown lightly. Add flour, stirring until smooth, gradually blend in milk. Bring to a boil, stirring constantly; boil 2 to 3 minutes. Add remaining ingredients, except chow-mein noodles. Pour into lightly buttered 2 quart casserole. Bake, uncovered, at 375 degrees for 20 to 25 minutes or until bubbly. Serve topped with crisp chow-mein noodles. Makes 6 servings.

EGG 'N CHEESE CASSEROLE
6-8 hard-cooked eggs, coarsely chopped
3/4 cup finely chopped celery
1/3 cup chopped pecans
2 tablespoons finely chopped parsley
1 teaspoon onion, minced
1/2 teaspoon salt

- 1/2 teaspoon pepper
 - 3/4 cup mayonnaise
 - 1 cup grated American cheese
 - 3/4 cup crushed potato chips
- Combine all ingredients except cheese and potato chips; toss lightly. Turn into 4 individual casseroles or a 1 1/2 quart baking dish, sprinkle with cheese and potato chips. Bake uncovered for 25 minutes in a 375 degree oven. Makes 4 servings.

SWISS HAM AND NOODLES
2 tablespoons butter
1/2 cup chopped onion
1/2 cup chopped green pepper
1 can (10 1/2 ounces) condensed cream of mushroom soup
1 cup dairy sour cream
1 package (8 ounces) medium noodles, cooked and drained
2 cups (8 ounces) shredded Swiss cheese
2 cups cubed cooked ham (about 3/4 pound)

In a 1-quart saucepan melt butter, saute onion and green pepper. Remove from heat; stir in mushroom soup and sour cream. In a buttered 2-quart casserole layer 1/3 of the noodles, 1/2 of the Swiss cheese, 1/3 of the ham and 1/2 the mushroom sauce. Repeat layers, ending with final 1/3 layer of noodles, cheese and ham. Bake in a preheated 350 degree oven 30-45 minutes or (Continued on Page 28)

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SEPT. 30 - OCT. 1, 2, 3

WEDNESDAY, SEPT. 30

"Spectacle of Bands" Parade — 7 P.M.

THURSDAY, OCTOBER 1

Fire Co. Tug-Of-War — 9 P.M.
Entertainment

FRIDAY, OCTOBER 2

Kids Day (Afternoon)
Pet Parade — 7:30 P.M.
Fire Co. Tug-Of-War — 9 P.M.
The Burkhardt Family

SATURDAY OCTOBER 3

Baby Parade — 4 P.M.
Farmers Fair German Band — 8 P.M.
Tug-Of-War Semi-Finals — 9 P.M.
Tug-Of-War Finals — 10 P.M.

RIDES — AMUSEMENTS — EXHIBITS

Art and Crafts Show — Main St. near Theatre
Flower Show — Boy Scout Home, S. Roberts Ave.
Baby Beef and Pig Show — Earl Saunders Parking Lot
Potatoes, Grain and Corn — A. B. C. Groff Bldg.
Tobacco and Hay Show — Earl Saunders Parking Lot
Vegetables, Food Exhibits and Fancy Work — School Auditorium