

Nutritious Lenten Recipes

Nutritionists at Dairy Council Inc., Southampton, Pa., offer four Lenten recipes that are unusual, tempting and healthful. And they're easy to prepare.

To get away from the ordinary, try these dishes.

Creole Bisque

2 tbs. butter
2 tbs. all-purpose flour
1½ tsp. seasoned salt
1 lb. can stewed tomatoes with onions and peppers
½ lb. sole or haddock fillets cut in 1-inch pieces
½ lb. zucchini, sliced ¼ inch thick
2 cups milk
In a heavy 2-qt. saucepan over low heat, melt butter,

stir in flour and salt until mixture is smooth. Stir in tomatoes; add fish and zucchini. Bring to boil; reduce heat, cover and simmer 5-10 minutes or until fish is opaque and zucchini is tender. Stir in milk. Heat to serving temperature.

Scalloped Scallops
¼ cup (½ stick) butter
½ cup all-purpose flour
1 tbs. garlic salad dressing mix
2 cups milk
2 4-oz. cans sliced mushrooms
2 pkgs. (12 oz. each) scallops thawed and well drained
1 tbs. grated lemon peel
1½ cups (6 oz.) shredded

Cheddar cheese

In skillet melt butter; stir in flour and dressing mix until thoroughly blended. Remove from heat; stir in milk to blend. Add mushrooms, scallops and lemon peel. Heat to simmer. Cook and stir until mixture is thick and scallops are opaque. Sprinkle on cheese; remove from heat and let stand until cheese is melted. To serve: Place a thick slice of tomato on two small toasted English muffin halves and top with about ¾ cup scallop mixture.

Blue Cheese And Tuna Casserole

¾ cup uncooked rice
2 tbs. butter
2 tbs. flour
2 cups milk
½ cup crumbled blue cheese
6 slices tomato
2 cans (7-oz. each) tuna, drained and flaked
Parsley

Cook rice according to package directions. In a 1½ quart saucepan, melt butter. Blend in flour. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir one minute. Add cheese and stir until melted. Place rice in buttered 1½ quart casserole. Pour over 1 cup sauce. Top with 6 slices tomato, then tuna. Pour remaining sauce over all. Bake 20 minutes in a 350 degree oven. Remove from oven, garnish with tomato slices and parsley.

Swiss-Baked Potatoes
3 large baking potatoes, peeled
½ stick butter, melted
salt
pepper
4 oz. shredded Swiss cheese
2 tbs. grated Parmesan cheese

Halve potatoes lengthwise, then slice crosswise into ½ inch slices. (Do not put potatoes in water after slicing.) Immediately line up in a buttered baking pan (13 x 9 x 2-inch) with slices overlapping, arranging in six serving portions. Pour butter over potatoes. Season with salt and pepper. Bake 20 minutes in a 500 degree oven.

Mens Category In Sewing Contest

A new category, men's clothing, has been added to the popular sewing contest of the Pennsylvania State Grange, J. Luther Snyder, state master, announced today.

The 1975 contest opened February 1, and the deadline for submitting entries is April 30, according to Mrs. Leroy Hoover, of Roaring Spring, state director of Women's Activities for the Grange.

The contest this year will be open to any Grange member, or Grange-sponsored participant ten years of age or older.

The new class introduced this year - for men's sport coat and pants or suit - will be open to contestants who are 13 years of age or older.

In addition, there will be two classes for women's garments. One will be for contestants 18 years old or older who make garments for the same age group. Another will be for contestants in the 10-17 age bracket making garments for the same age group.

Another class will be for 18-year-old and older contestants making garments

Storing Bacon

Extension Consumer specialists at The Pennsylvania State University recommend that you buy only enough bacon for one week. For peak aroma and flavor, use bacon within five to seven days of home storage. And store it in its original wrapper in the refrigerator. Bacon slices separate easily if you remove the package from the refrigerator about five to ten minutes before using. You can freeze bacon for short periods of time, but for best flavor, long storage in home freezers isn't recommended.

Remove from oven; sprinkle with Swiss cheese, then with Parmesan. Bake an additional 5-7 minutes or until cheese is melted and slightly browned.

for a girl under 18 years of age, or a boy under 13 years. Winning entries in the state competition will be

judged later in the National Grange contest. Top prize will be a one-week Caribbean cruise for two persons.



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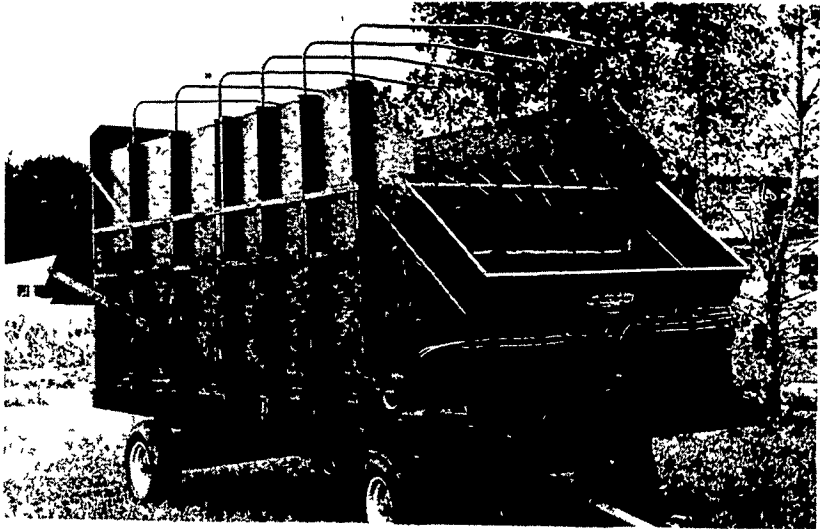
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