

# Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



**Pot Luck Tuna**  
Amid the whirl of Christmas baking, holiday shopping, wrapping gifts and addressing cards plus the thousand and one things that go into getting ready for the most joyous season of the year, there's hardly time for the daily necessities like preparing dinner. Why not try a casserole? You can toss this one together while you're still grabbing a half an hour to finish some holiday preparations, or just

getting off your feet before dinner.

This is Pot Luck Tuna that you can make from ingredients on the pantry shelf and refrigerator. Melt three tablespoons of butter in a two-quart saucepan; saute in it one-fourth cup chopped celery and two tablespoons of chopped onion until tender. Stir in three tablespoons all-purpose flour, one-half teaspoon salt and one-fourth teaspoon pepper. Remove from heat; gradually stir in

one and one-half cups of milk. Cook over medium heat until mixture thickens, then cook an additional two minutes. Add one and one-half cups, that's six ounces of shredded Cheddar cheese; one can, that's seven ounces of tuna, drained and broken into pieces; one package, that's a ten ounce size, of frozen peas and carrots, cooked and drained. Pour the whole mixture into a one and one-half quart casserole. Top with one package of refrigerated biscuits. That comes in an eight ounce size. This will bake in twenty to twenty-five minutes in a preheated 350 degree oven. If you've refrigerated it, add fifteen minutes to the baking time.

If you and the family like

this, then try it again substituting sliced frankfurters and French-style green beans for tuna, peas and carrots. Another time, try shrimp, mushrooms and peas; leftover cubed ham and green lima beans for still another time.

Desserts are quick and easy if you serve cheese and fruit. What about a creamy Muenster with pears and-or grapes? Have you tried nutlike Swiss with pineapple chunks or tangerine wedges? They're delightful flavor mates, guaranteed to keep you in the holiday mood!

### How To Store Ice Cream

How ice cream is handled at the store and how you store it at home determines its body texture. If ice cream or other frozen dairy desserts develop an icy texture, don't blame the manufacturer. Most of these defects are caused by improper handling.

When you buy frozen dairy desserts at the store, make sure they are frozen hard. Hard frozen products indicate they have been stored at temperatures of 0 degrees F or below as required. If the products are soft or spongy, the temperature in the

frozen food case is above 0 degrees F.

Buy frozen foods last — just before going to the checkout counter, if possible. Have frozen foods packed together in one bag or use insulated bags. Go directly home and place the frozen foods in your home freezer immediately.

When you serve ice cream, don't leave it out to soften. Instead, use a scoop you've heated in hot water. Return the ice cream container to the freezer immediately after dishing out servings.

Manufacturers of frozen dairy desserts keep the products at minus 20 degrees to minus 40 degrees F. This prevents the ice crystal formation. At these temperatures, ice cream will have good quality, flavor and texture for more than a year. If you plan to keep frozen dairy desserts at home for more than two weeks, set your freezer colder than 0 degrees F.

## Canneries studied

WASHINGTON — Use of decentralized plants for initial processing of tomatoes can cut costs and improve waste disposal, according to a U.S. Department of Agriculture report.

A plant location model developed by the Department's Economic Research Service (ERS) was used to test the economic feasibility of satellite processing plants. Fresh tomatoes are inspected, sorted, washed, and made into juice for shipment to the central cannery for final formulation of products such as juice and catsup. One satellite plant, for example, 200 miles from the central plant, could save \$209,000 per year under California conditions, ERS claims.

Reductions in miles hauled and in product deterioration were two factors producing the savings, according to ERS. Initial processing closer to the fields also allows solid and liquid waste disposal in harvested fields or sanitary landfills.

Costs for establishing a 50-ton-per-hour satellite plant were estimated to be approximately \$1.2 million, using 1974 prices. The investment recovery period is about 5½ years if the satellite replaces existing central plant capacity, ERS notes.

Single copies of "Decentralized Tomato Processing: Plant Design, Costs, and Economic Feasibility," (AER-313), are available free from ERS Publication Services, Room 0054-S, U.S. Department of Agriculture, Washington, D.C. 20250. Please include your zip code. Or phone (202) 447-7255.

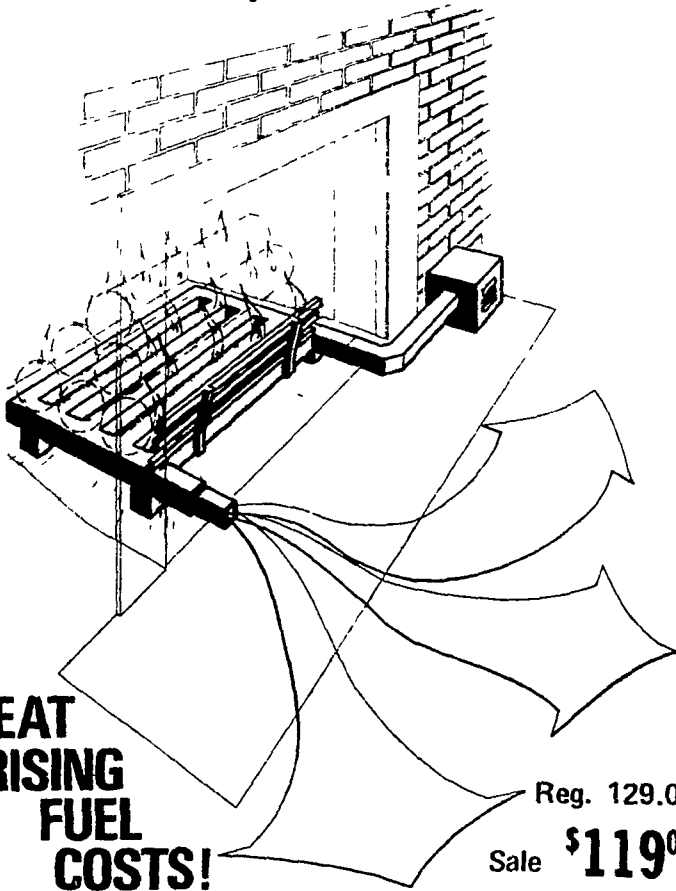
## Farm writer retires

Mrs. Charles McSparran, whose feature stories have appeared on the Homestead Notes pages, has retired from the Lancaster Farming staff after eight years of writing. During that time, Mrs. McSparran featured a number of farm women and families in the southeastern portion of Pa.

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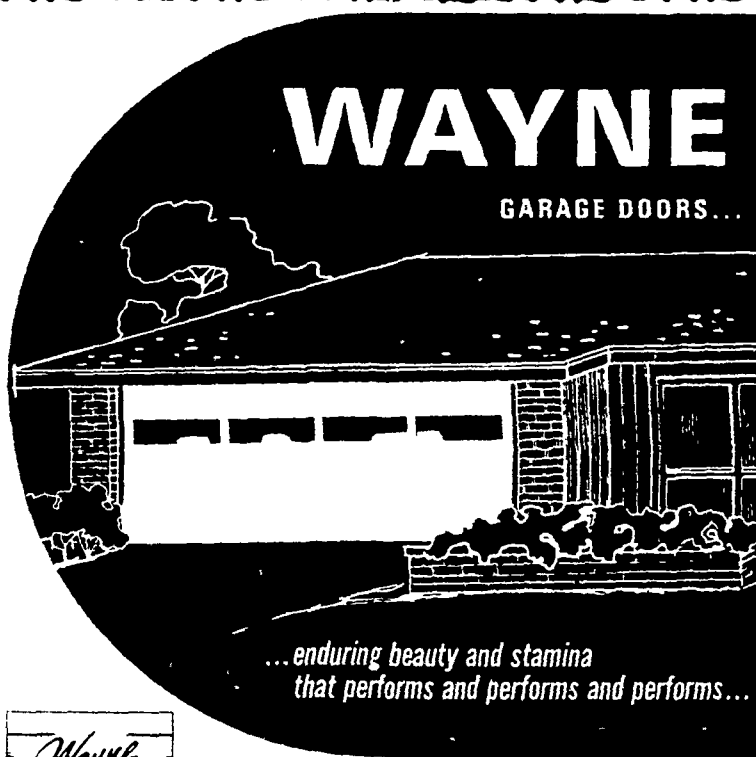
### HOW IT WORKS

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### SPECIFICATIONS AND FEATURES

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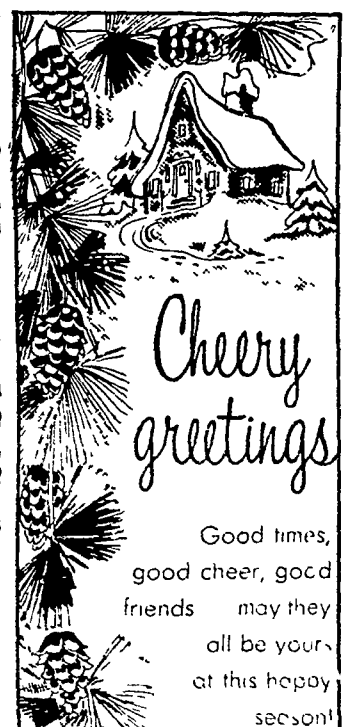
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Know Where the Activities Will Be? Read the Farm Women Calendar.



Cherry greetings

Good times, good cheer, good friends may they all be yours at this happy season!

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