

# Home on the range

(Continued from Page C6)

## COTTAGE-TUNA PATTIES

**Patties:**  
 2 c. cottage cheese, drained and sieved  
 1 can tuna, drained  
 2 eggs, slightly beaten  
 1 c. fine dry bread crumbs  
 1/3 c. minced green onion  
 2 T. chopped parsley  
 1 t. salt  
 1 egg, slightly beaten  
 1 T. water  
**butter**  
**Spanish Sauce:**  
 2 T. butter  
 1/4 c. chopped green pepper  
 1 jar sliced mushrooms, drained  
 2 t. flour  
 1 can tomato sauce

For patties, combine cottage cheese, tuna, 2 eggs, 2/3 cup bread crumbs, onion, parsley and salt. Shape into 12 patties. Mix 1 egg with water. Dip patties in egg mixture then in 1/3 c. bread crumbs; allow to stand on waxed paper 15 minutes. Sauté patties in butter on preheated griddle until golden brown on both sides. Serve with sauce.

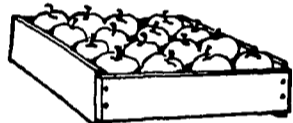
For sauce, melt butter in saucepan; sauté green pepper until tender; add mushrooms. Blend in flour. Remove from heat; stir in tomato sauce. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes.

## SALMON CHEDDAR QUICHE

1 c. all-purpose flour  
 1/4 t. salt  
 3 T. butter  
 3 T. lard  
 3 to 4 T. milk  
**Filling:**  
 1 can salmon, drained, boned and flaked (16 oz.)  
 1 c. shredded Cheddar cheese  
 1/4 c. chopped green pepper  
 1/4 c. sliced green onion  
 1 T. flour  
 1/2 t. salt  
 1/8 t. pepper  
 1 1/2 c. milk  
 3 eggs, beaten

For crust, combine flour and salt. Cut in butter and lard until mixture resembles coarse crumbs. Sprinkle with milk, one tablespoon at a time, mixing until flour is moistened. Shape dough into a ball. Roll out on lightly floured surface to form a 13-inch diameter circle. Line a 9-inch pie plate with pastry; turn under edge and flute, forming a high rim. Preheat oven to 350 degrees. For filling, combine salmon, cheese, green pepper, onion, flour, salt and pepper; toss lightly to combine. Place cheese mixture in bottom of pastry shell. Combine milk and eggs; pour over cheese mixture. Bake 45 to 50 minutes, or until a knife inserted near center comes out clean. Let stand 10 minutes before serving.

## APPLES



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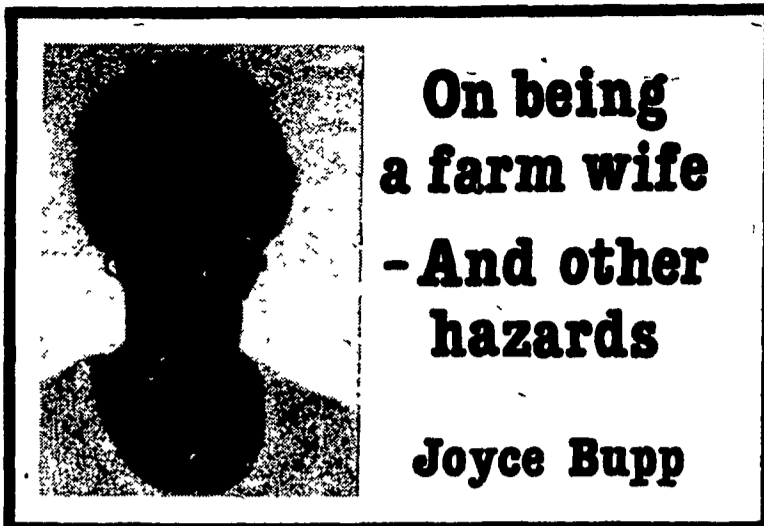
Speaker for the evening was Phyllis Minerva from the Mental Health Center at the York Hospital. She is a specialist in therapy and community services.

The next meeting will be held on June 10 at 7 p.m. at the Starview United Church of Christ. Special guests will be Society 32.

## FISH BAKE CARIBE

1 pound fresh or frozen perch fillets  
 1/4 c. butter  
 1/2 c. chopped onion  
 1/4 c. chopped green pepper  
 1 can tomato sauce  
 1 jar sliced mushrooms, drained  
 1 t. sugar  
 1/2 t. salt  
 1/8 t. pepper  
 1 lemon, thinly sliced

Thaw fish, if necessary; drain excess moisture on paper toweling. Preheat oven to 350 degrees. Meanwhile, melt butter in a medium-sized saucepan. Sauté onion and green pepper until tender, about 3 minutes. Stir in tomato sauce, mushrooms, sugar, salt and pepper. Place fish fillets in bottom of a buttered 9-inch square baking dish. Pour sauce over fish. Top with lemon slices. Bake 20 to 25 minutes or until fish flakes easily with fork.



## On being a farm wife - And other hazards

Joyce Bupp

Despite what temperatures the thermometer registers this weekend, or that the calendar doesn't make it official until June 21, Memorial Day opens the door on summer.

And that means "Goodbye shoes!"

Going barefooted is a rite of passage into the summer vacation season.

I can still remember the absolute ecstasy of hastening off the school bus on those last warm days of the tired school term and yanking my feet out of a pair of unbearable shoes.

(And I can also remember just as well the later horror of the last day of vacation and facing up to having to wear those tight, hot shoes for a whole day again.)

Just for a few brief minutes, (a few days ago), I relived that sensation of footed freedom after a long nine months of so of layers of footwear. The lawn had just been mowed and felt cool and soft as I removed the offending, constricting sneakers.

Going barefooted is a sensual experience, the coolness of the grass a balm for the sole. And, who can forget the warmth of loose earth in the garden, sifting between the toes, while the sunlight shunes gently on winter-white arms?

Going shoeless becomes a way of life here, most of June through August, at least when we're not in the milking barn or unloading rough, scratching bales of hay.

Eventually, feet becomes

toughened enough to not even heed the gravel traps that await just beyond the porch perimeter, or the burning heat of the barn's apron of blacktop. Sometimes we even feed the calves shoeless, although ever on the alert for evidence that the chickens or ducks have trespassed in the nursery in search of fallen bits of grain.

Surrounded by the balmy May afternoon, I pondered these thoughts while the pores of my toes breathed freely once again after their winter imprisonment.

A sudden, unexpected, soft tickling at my toes jolted me right out of my daydreaming.

It was Scooter, the pet bottle-lamb. She silently had sneaked up behind me while I kneeled to pull weeds and began nuzzling at my bare toes.

The rite of bare feet came close to becoming the bite of bare feet.

And Scooter went into temporary quarantine, to recover from her sudden attack of foot-in-mouth.



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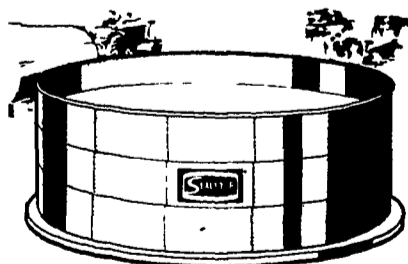
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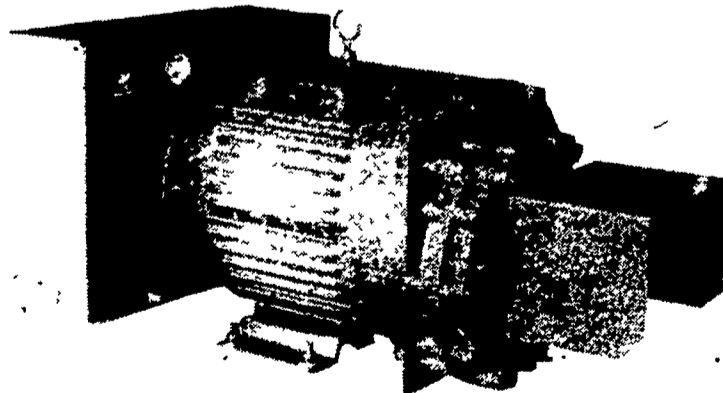
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