

● Chicken Goes

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Ingredients, except orange slices and simmer gently for 2 to 3 minutes. Pour sauce over chicken in casserole. Cover and bake at 350 degrees for 50 to 60 minutes, or until chicken is tender. Just before serving, add oranges.

Chicken Vegetable Puff

1 9-inch unbaked pastry shell
3 tablespoons butter
3 tablespoons flour
1 cup milk
1 teaspoon salt
1/4 teaspoon paprika
Dash pepper
1 teaspoon lemon juice
1 cup diced cooked chicken

1/2 package frozen peas, or chopped broccoli or asparagus, cooked
4 egg yolks, beaten
4 egg whites, stiffly beaten
Melt butter and blend in flour. Gradually add milk, stirring constantly over low heat; cook until thick and smooth. Add seasonings, lemon juice, chicken and vegetable. Blend egg yolks into creamed mixture. Cool slightly, then fold in stiffly beaten egg whites. Pour into unbaked 9-inch pastry, then fold in stiffly beaten egg whites. Pour into unbaked 9-inch pastry shell; bake in preheated 325 degree oven 40 minutes. Serve immediately. 6 servings.

Chicken Broccoli Casserole

2 boned chicken breasts, halved
1 pound fresh broccoli or 1 package (10-oz.) frozen broccoli spears
1/4 cup (1/2 stick) butter
1/4 cup flour
1/2 teaspoon salt
2 cups milk
1 cup shredded Cheddar cheese
2 tablespoons grated Parmesan cheese
Cook chicken and broccoli; keep warm. Meanwhile, in saucepan melt butter; blend in flour and salt. Remove from heat and gradually add milk; return to heat and cook, stirring constantly, until mixture thickens and loses starchy taste. Remove from heat; add Cheddar cheese and stir until cheese melts. Place broccoli in 9-inch square baking dish; place chicken breasts on top; pour cheese sauce over all. Sprinkle with Parmesan cheese; and place under broiler until well browned. 4 servings.

Quick Chicken Sauce

1/2 cup chopped celery
1 tablespoon butter or margarine
1 can (10 1/2 ounces) condensed cream of celery soup
1/2 cup water
2 tablespoons chopped pimento
1 cup diced cooked chicken
Cook celery in butter or

CONTEMPORARY FURNITURE

Retired couples like contemporary furniture because of its easy maintenance and lack of space and storage problems, report Penn State extension home management specialists. The trend toward converting vacation houses into retirement homes also contributes to the contemporary spirit in decorating.

FOR WELL-BEING

Moderation and variety are two important words to remember in thinking about the relationship of diet and long-term well-being, believes Louise Hamilton, Penn State extension nutrition specialist.

CASUAL CLOTHING TREND

Emphasis on casual garments tends to decrease the money each person spends for clothing, point out Penn State extension clothing specialists. Separates add variety and permit less costly replacements. As part of this casual trend, women's suits and housedresses are declining in popularity, while emphasis is given skirts, blouses, sweaters, and slacks. For men, the trousers-and-sport coat combination continue to rate high, while suit sales decline. Two-thirds of all the shirts bought are sport shirts and short-sleeved dress shirts may be a current compromise.

EFFICIENT MARKETING

The efficient American marketing system moves and processes each year 135 million tons of foodstuffs worth more than \$60 billion, says Harold Neigh, Penn State extension consumer economics specialist. The mere marketing of food costs the consumer 66 cents of every dollar he spends for it.

margarine until tender, about 10 to 15 minutes. Stir in soup, water pimiento and diced chicken. Heat to boiling and serve over biscuits or popovers.



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