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ASSIST IN PROGRAM
RICKREALL, April 4.—The members of the grade school orchestra and their director, Mrs. Pence, went to Greenwood Tuesday night, where they played two selections for the Farmers Union program.



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Meatless Menus in Great Demand During Lent; Many Old Favorites are Listed

Now that the Lenten season is here, the question of preparing meatless menus is taxing many a housewife's recipe list. But whether or not you observe Lent, this is the time to dress up your old standbys—fish, cheese, eggs and vegetables—in spring costumes.

It's really not as difficult as it sounds. If your dishes need new frills, so to speak, borrow a few of the suggestions listed here.

Take fish, for example. Whether it be canned, or fresh from the ocean or lake, this protein-supplying food offers unlimited possibilities for savory fare. Here is a new recipe—and it's easy to make:

Salmon in Casserole
 2 cups canned salmon, flaked
 1 cup mayonnaise cream sauce*
 Dash of cayenne
 2 cups mashed potatoes
 Fold salmon into mayonnaise cream sauce, to which cayenne has been added. Place in buttered casserole. Spread mashed potatoes on top and dot with butter. Bake in moderate oven about 12 minutes, or until brown. Serves 6.
 Small baking powder biscuits may be split and substituted for mashed potatoes on top.

*Mayonnaise Cream Sauce
 2 tablespoons butter or vegetable margarine
 2 tablespoons flour
 1 cup milk
 1/2 teaspoon salt
 Dash of white pepper
 1/2 cup mayonnaise
 Melt shortening in double boiler and blend in the flour. Then add milk gradually, stirring constantly. Cook until mixture is fairly smooth. Add salt and pepper. Remove from fire and slowly add double-whipped mayonnaise. Continue stirring. Makes 1 cup sauce. Serve in place of Cream Sauce.

Cheese lends itself to a variety of Lenten dishes because it adds zest to every course from soup to dessert. Here is a recipe in which cheese is used in an interesting way:

Macaroni-Asparagus
 1 cup macaroni, broken in inch pieces.
 4 tablespoons butter or vegetable margarine
 3 tablespoons flour
 2 1/2 cups milk
 1 teaspoon salt
 1/4 teaspoon white pepper
 3/4 cup American cheese, grated
 3 teaspoons Worcestershire sauce
 1/2 cup mayonnaise
 2 cups asparagus cut in 1/4-inch pieces
 1/2 cup buttered breadcrumbs
 Cook macaroni in boiling, salted water until tender. Drain and rinse with cold water. Make a white sauce in double boiler with the butter or margarine, flour, milk, salt, and pepper. Add cheese and stir until melted. Remove from fire and slowly add Worcestershire sauce and mayonnaise, stirring constantly. Arrange alternate layers of macaroni and as-

paragus in buttered casserole. Cover with sauce and buttered breadcrumbs on top. Bake in slow oven until brown. Serves 8.

When it comes to "glorifying" eggs and vegetables—those old reliables—it really is no trick at all. A little of this and a pinch of that—praise—they occupy the Lenten spotlight. There's nothing monotonous about these recipes. What's more—the dishes are as good as they sound:

Deviled Eggs in Tomato Aspic
 3 hard-cooked eggs
 2 tablespoons mayonnaise
 1/2 teaspoon salt
 1/2 teaspoon pepper
 Dash of paprika
 1/2 cup cold water
 1 1/2 cups cooked or canned tomatoes
 1/2 teaspoon salt
 1 1/2 teaspoons sugar
 Dash of Worcestershire sauce
 1 teaspoon scraped onion
 Cut hard-cooked eggs in half lengthwise and remove yolks. Blend yolks with mayonnaise, salt, pepper and paprika. Refill whites. Soak gelatin in cold water.

Cucumbers in Molded Cheese Ring
 1 cucumber
 1 tablespoon gelatin
 2 tablespoons cold water
 1 package (3 ounces) cream cheese
 2 cups cottage cheese
 2 tablespoons green pepper, finely chopped
 1/2 teaspoon salt
 1/2 teaspoon onion juice
 1/2 teaspoon Worcestershire sauce
 Dash of cayenne
 1/2 cup mayonnaise
 Peel cucumber and cut in very thin slices. Crisp in ice water on refrigerator. Just before serving, marinate in oil and vinegar. Soak gelatin in cold water and dissolve over hot water. Cool. Blend the cheeses and green pepper with seasonings and fold into dissolved gelatin. Pour into ring mold. Chill until firm. Unmold on crisp lettuce. Fill mold with cucumber slices. Garnish with radish roses. Serve with mayonnaise, thinned with a little vinegar. Serves 6 to 8.

PUPILS TO ENTER MUSICAL FESTIVAL

ROBERTS, April 4.—The two 4-H cooking clubs were visited recently by Miss Helen Cowgill, of the state club offices. Miss Cowgill talked to the boys and girls about economy in cooking and gave some practical suggestions on recipes.

The pupils of Roberts school are planning to participate in the county musical festival May 2. They have entered for chorus work and will play in the harmonica band, some of them will also take part in the track events.

The 4-H boys gave a demonstration of camp cooking at the home of their leader, Mrs. John Orsborn. The boys invited their teachers, Mrs. Elsie Carpenter and Miss Julia Query, as their guests.

BERRAN CLASS MEETS SILVERTON, April 4.—Easter decorations were carried out at the meeting of the Loyal Berran class of the Christian church at its meeting in the social rooms of the church Tuesday afternoon. Mrs. I. L. Stewary is class president and Mrs. John Hoblitt is the teacher.

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