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Marts Filled With Spring Items; Interest Grows in Recipes

Spring Vegetables and Macaroni Products Are Combined in Good Result



Salad Delight—Spring is here, tra la, tra la! Delight the family with this Springlike green and gold Lenten season platter. Many seasonal good things in our columns today.

By ZOLA VINCENT
(Food Writer)

"Spring hangs her infant blossoms on the trees, Rock'd in the cradle of the western breeze," sang the poet Cowper. The western breeze also wafts gently over fields of golden carrots and the varying greens of burgeoning asparagus, beans, broccoli, cabbage, celery and "greens" galore as we greet the first day of Spring. In our picture we've combine the last of the winter season Brussels sprouts with young tender carrots of spring. There's the red of rhubarb and of tomatoes and the creamy white of cauliflower available, too.

Weeks ahead of most of the country, we revel in markets filled with color and prospective good eating. With the Lenten season still in mind, let's plan a few menus combining seasonal vegetables with plentiful, economical, nourishing macaroni products.

In both plain and fancy cooking, macaroni foods are easy on the budget. Choose any favored style of macaroni, spaghetti or egg noodles. They're practically interchangeable in almost any recipe.

Green and Gold Platter
4 ounces elbow macaroni
1 can condensed cream of mushroom soup
1/2 cup milk
1/2 teaspoon salt
1/2 teaspoon pepper

Cooked buttered Brussels sprouts
Cooked buttered whole carrots

Cook macaroni in boiling salted water according to directions on package. Drain and rinse. Stir mushroom soup in saucepan until smooth. Gradually add milk and stir until well blended. Add salt and pepper. Heat to boiling point and fold in macaroni. Arrange on hot platter with fresh vegetables. Four servings.

A tasty combination of the large shell shaped macaroni with cream cheese and sour cream.

Super Shells Creme
1 tablespoon salt
3 quarts boiling water
8 ounces super shells
2 tablespoons butter
1/2 cup thinly sliced green onions
1/2 cup chopped parsley
1 3-ounce package cream cheese
1/2 cup sour cream
1/2 cup milk
1 teaspoon salt
Freshly ground pepper

Add 1 tablespoon salt to rapidly boiling water. Gradually add shells so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. In a saucepan, melt butter over low heat. Add green onions and parsley; saute until onions are tender. In a large bowl,

Hot Potato Salad Is Always Good

The foods that appear on the table day after day are the ones that need a bit of special attention. Coffee always responds to the thoughtful touch, and even the lowly potato will rise to great heights when it's given some loving care.

Next time you serve grilled ham steak, lavish the time you save on hot potato salad. Did we say "lowly potato"? Nothing lowly about it now! Hot steak, savory hot potato salad, steaming coffee . . . mm . . . mm . . . that's kings fare.

Hot Potato Salad
6 medium potatoes
1/2 cup diced celery
1/2 cup minced onion
1/2 cup diced green pepper
1/2 cup vinegar
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dry mustard
2 hard-cooked eggs, chopped
1/2 cup hot bacon fat

soften cheese. Add sour cream, milk and seasonings; blend. Add onions, parsley and cooked shells; mix lightly but thoroughly. Pour into 1-quart casserole; cover. Bake in moderate oven (350 F.) 30 minutes. Stir once during baking period. Makes 4 to 6 servings.

Variety of flavors and textures keynotes this good vegetable-macaroni salad.

Calico Macaroni Salad

1 cup chopped carrots
1/2 cup chopped parsley
1 cup cooked, drained green peas
1 4-ounce can pimientos, drained and chopped
2 tablespoons grated onion
1/2 cup French dressing
1 tablespoon salt
3 quarts boiling water
8 ounces elbow macaroni
1/2 cup mayonnaise
Salt to taste

In a bowl, combine vegetables and French dressing; mix thoroughly. Place in refrigerator and let marinate 1 hour.

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander; drain again. Add cooked macaroni, mayonnaise and salt to marinated vegetables; mix lightly.

Vary Sauces To Go With Seafood

Butter is a plentiful dairy food and your culinary art will acquire a French accent when you use it as a base for piquant sauces. Butter sauces add distinction to every kind of fish dish and many of them require little more ability than creaming butter together with herbs and other subtle flavorings.

With a little practice you can master the art of some of the more famous sauces. Hollandaise Sauce holds butter, egg yolks, salt and lemon juice in a marvelous consistency, and

2 cups grated sharp cheddar cheese

Cook potatoes; peel and cube. Combine with celery, onion, green pepper, vinegar, seasonings and eggs. Toss gently to mix. Add bacon fat. Spoon into shallow baking dish. Top with cheese. Broil, with surface of food 3 inches below source of heat, until the cheese melts and browns. Makes 6 servings.

Poultry labeled "ready-to-cook" means that it is dressed poultry with the pin feathers, entrails and internal organs removed. It is ready to use as it comes from the market. One advantage of ready-to-cook poultry is that although it costs more than poultry that is just dressed, there is no waste to it.

Hollandaise Sauce

1/2 cup butter
2 egg yolks
1/4 teaspoon salt
Few grains cayenne
1 tablespoon lemon juice
Cream butter. Beat in egg yolks one at a time. Add lemon juice and seasonings. Cook gently over hot water, stirring until mixture thickens slightly. Set aside until ready to serve. Add boiling water a teaspoon at a time until of desired consistency. (Makes 1/2 cup.)

Drawn Butter Sauce

1 and 1/4 tablespoons flour
1/4 cup butter
1/2 teaspoon salt
1/2 teaspoon pepper
1 and 1/2 cups boiling water
2 tablespoons butter—additional

Savory Butter

1/2 cup butter
1 tablespoon minced celery leaves
1 tablespoon minced parsley
Dash garlic salt
1/2 teaspoon salt
1/2 teaspoon sage
1 tablespoon minced green onion tops

Mushroom Sherry Sauce

1/2 cup fresh mushrooms, chopped

Chili Sauce Butter

1/4 cup melted butter
1 tablespoon lemon juice
2 tablespoons chili sauce
Mix all ingredients together thoroughly and serve immediately. (Makes 1/2 cup.)

A Knife Rack Will Keep Your Knives Within Easy Reach in the Kitchen, and Protect Their Sharpened Edges. It's a Good Idea to Sharpen Knives Before You Put Them Away, if They Need Sharpening.



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GELATIN (per 1/2 cup)	65	14
FRUIT COCKTAIL	84*	38
CANNED CHERRIES	94*	53
JELLY (per 1/2 cup)	13	3
MAYONNAISE (per 1/2 cup)	80	16†

*with heavy syrup **One Calorie Dressing †Whipped Diet Dressing

now delicious. Look for Tasti-Diet in the special dietetic food department at your grocer's.

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