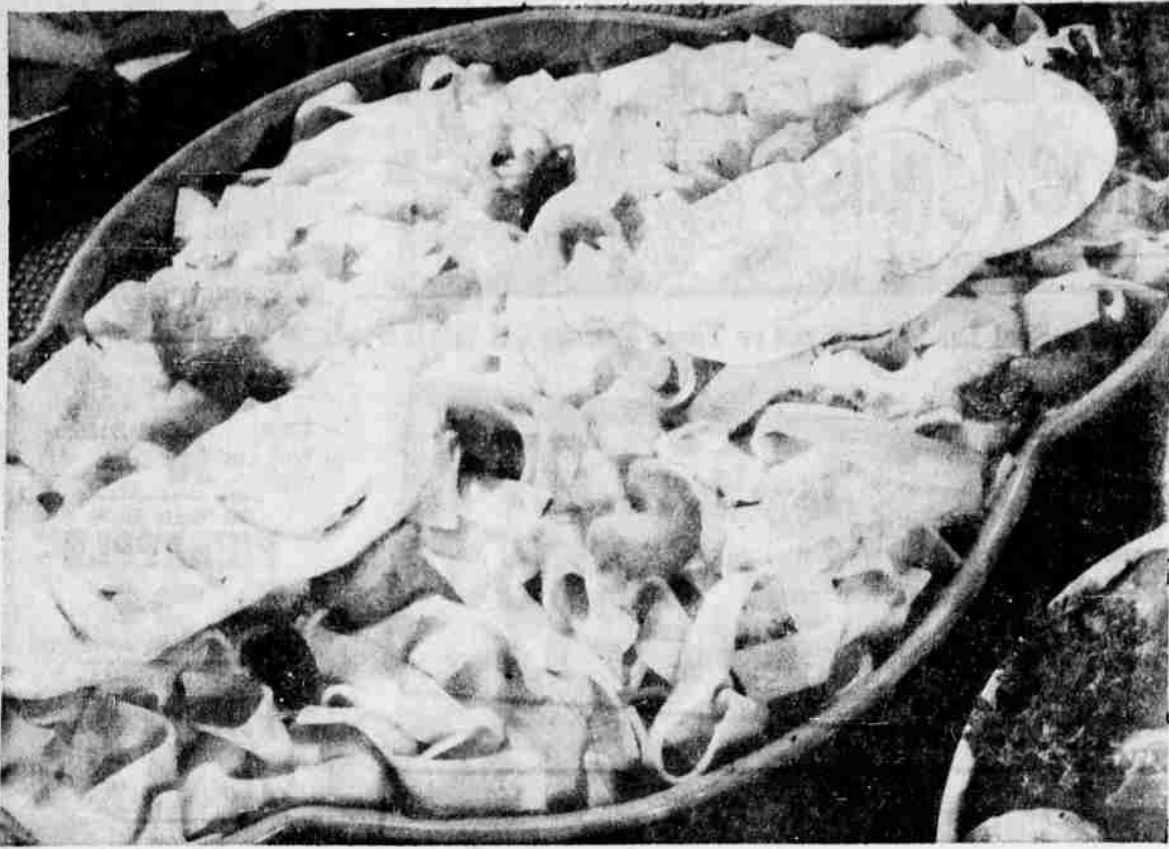


It's Called 'Sunbonnet Casserole'



This quick-cooking main dish provides pleasant, colorful centerpiece as well as being a flavorful meatless winner.

The homemaker is looking for recipes that will not only keep the food budget down, but also feed the family well, nutrition-wise. Animal protein is offered in the hard-cooked eggs and is

augmented by the plant protein of the noodles. And there's food energy enough to last the hungriest man of the house.

This dish is quickly prepared too. While the noodles are cooking, hard-cooked eggs, green pepper, onion and pimiento are mixed with a can of cream of celery soup. Fold the noodles into the celery soup mixture and sprinkle with buttered bread crumbs. After about 20 minutes of baking time, the bubbling casserole is ready for hungry diners.

Sunbonnet Casserole
 4 ounces medium noodles
 1 1/2 cups condensed cream of celery soup (10 1/2-ounce can)
 1/2 cup milk
 4 hard-cooked eggs, diced
 1/4 cup chopped green pepper
 2 tablespoons chopped onion
 1 tablespoon chopped pimiento
 1/4 cup buttered bread crumbs
 Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, combine cream of celery soup and milk and mix well. Add eggs, green pepper, onion and pimiento. Fold in noodles. Pour into greased 1-quart casserole or 4 individual casseroles. Sprinkle with bread crumbs. Bake in moderate oven (350 degrees F.) until lightly browned (about 20 minutes). Makes 4 servings.

Hot Salmon Mousse Good

For something different and mighty good try this hot salmon mousse from Dione Lucas' recipes:

Hot Salmon Mousse
 Mousse—
 2 lbs. raw salmon
 3 egg whites
 2 cups light cream
 Salt and pepper
 4 tomatoes
 8 mushrooms
 1 cucumber
 1/4 cup melted butter
 1 T. chopped parsley
 Oil
 1/2 onion cut in thin slices
 Garlic
 Hollandaise Sauce—
 2 egg yolks
 2 T. tarragon vinegar
 1 T. cream
 Salt
 Cayenne pepper
 8 T. fat
 Skin and bone salmon, put through meat grinder. Mix in egg whites with a wire whisk, then slowly beat in the cream. Season with salt and pepper. Fill into a ring mold well-greased with vegetable shortening. Put mold into shallow pan with an inch of hot water in the bottom, cover mold with greased waxed paper and bake 45 minutes in a moderate oven, 350F until set. Set aside for 5 minutes before unrolling on serving platter.
 Skin tomatoes, quarter and sautee in butter. Cut off top of cucumber and skin with potato peeler. Cut in 1/4-inch thick slices. Cut slices in half and remove pips. Blanch by bringing to a boil, drain and season with salt and pepper. Mix cucumbers and tomatoes in the center of the mold and sprinkle with parsley. Garnish around the edge with mushrooms. Spoon Hollandaise sauce over the fish.
 Sauce: Put egg yolks into small bowl. Add vinegar, a little salt, cayenne pepper, beat with a wire whisk. Beat in cream. Place bowl in a shallow pan or skillet with slowly boiling water in the bottom; beat mixture until it thickens. Then beat in butter, bit by bit.

Walnuts Handy
 Crunchy walnuts in the shell are packaged in one-pound cellophane wraps. The shelled walnuts are packed in 4 and Bounce tins. Keep a supply of both kinds on hand to give quick glamor treatments to your salads and baked goodies.

When the first part of your menu has been somewhat filling top it off with a light refreshing dessert. Serve scoops of lime sherbet topped with chocolate sauce and sprinkled with pieces of broken walnuts.

Boost for Soup
 Next time you're making potato or corn chowder make it extra nourishing and filling by adding some ripe olives. Use whole or pitted ripe olives and cut them into good-sized wedges. Add them to the hot chowder about 5 minutes before serving.

Ways With Limas
 Economical dry limas, nutritious rich with B vitamins, calcium and iron come to the rescue of overworked food budgets. They taste delicious with only a bit of salt, pepper and butter added for seasoning, and lend themselves perfectly to the more highly flavored seasonings as tomatoes, curry or barbecue sauce.

Winter Dessert
 Hot peach desserts are popular in winter. Place 4 canned peach halves in a shallow baking dish. Fill their cups with a mixture of 1/4 cup each flour and brown sugar, 2 tablespoons butter and 1/4 teaspoon cinnamon. Bake in a moderate oven about 20 minutes. Serve with cream.

Nectar Drink
 Apricot whole fruit nectar whipped together with cracked ice in your electric blender becomes velvety smooth and elegant; delicious. A couple of cracked ice cubes for each cup of nectar just about does it. Perfect for breakfast.
 A quart of sea water may contain as many as 100,000 microscopic organisms called plankton on which fish feed.

Tuna Ideal In Salad Offerings

Tuna is an ideal canned fish for salads, and there are two varieties:

Salad Bowl
 (Makes 4 servings)
 1 7-ounce can tuna, drained
 1/2 cup chopped celery
 1/2 cup diced cucumber
 4 radishes, sliced
 1 teaspoon capers
 1 tablespoon lemon juice
 Salt and pepper to taste
 1/4 cup mayonnaise
 Dash paprika
 Lettuce
 Break tuna into large chunks with fork. In a bowl, combine tuna, celery, cucumber, radishes, capers and lemon juice. Add salt and pepper to taste. Add mayonnaise and toss well. Sprinkle with paprika. Serve in crisp lettuce cups.

Swedish Fish Salad
 (Makes 4-6 servings)
 2 7-ounce cans tuna, drained
 1/2 pound shrimp, cooked, cleaned and chopped
 2 teaspoons grated onion
 1/2 cup chopped celery
 2 hard-cooked eggs
 1/2 cup mayonnaise
 2 tablespoons milk
 2 tablespoons lemon juice
 Paprika
 Break tuna into large pieces with fork. In a bowl, combine tuna, chopped shrimp, onion, celery and whites of eggs, which have been chopped; toss lightly but thoroughly. Chill.

Sieve or finely chop egg yolks. In a small bowl, combine mayonnaise, milk, lemon juice and sieved egg yolks; mix thoroughly. Pour dressing onto chilled salad and toss well; sprinkle with paprika. Serve on crisp salad greens.

About 98 per cent of the glacial ice of the world is in the Arctic, Antarctic and Greenland.

Deviled Flank Steak Tasty Dish

If you're not familiar with flank steak cookery, you're missing a fine, flavorful, economical cut of bountiful beef. Have meat man score a flank steak. Then you cut it into four pieces for four servings.

Deviled Flank
 1 flank steak
 2 tablespoons flour
 1 1/2 teaspoons salt
 1/4 teaspoon pepper

1 1/2 teaspoons dry mustard
 1 1/2 teaspoons Worcestershire
 Combine flour, salt, pepper and dry mustard; pound into steaks using meat pounder or edge of heavy saucer. Brown on all sides in a little hot fat. Mix Worcestershire with 1/2 cup water; add to meat. Cover and cook over low heat until tender, about 2 hours, adding more water as needed. Family will ask for it again soon.

Quick Prune Whip

Baked prune whip is an easy dessert to put together. Combine 1 cup chopped cooked prunes with 3 tablespoons confectioners' sugar, dash salt and 1 teaspoon lemon juice. Fold in 3 stiffly beaten egg whites. Turn into buttered 1-quart casserole. Set in pan of water and bake in moderate oven about 30 minutes.

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