

Hi-ways to Health-

CASSEROLES FOR COLD DAYS

Cold, snowy weather calls for hearty satisfying meals—tasty, fill-satisfy shary, cold-weather appetites.

When planning a cold weather meal, one of the most popular menu mainstays is a savory casserole dish. A tasty blend of meat, vegetable and sauce, topped with golden cheese and baked to a bubbling brown is a combination few can resist. Wise homemakers like to include casserole dishes in their menus for they can be prepared ahead of time with little fuss, then baked at the last minute.

There is no trick to creating your own casserole dish when you use a creamy nourishing white sauce base. Just add leftover vegetable and chopped meat, noodles or macaroni, seasoning to taste and topping with buttered crumbs and grated cheese. Whisk it into the oven for 30 minutes or so until heated through and serve with the assurance that your family will enjoy it!

Here is a delicious casserole dish, called by one, Tallereene, and, by another, Italian Delight. Regardless of the name you will find it delicious!

Talleren
(Serves 5)

2 Tbsp. butter
1 medium onion, chopped
2 cups uncooked noodles
1 cup water
1 can tomato soup
1 can whole kernel corn
1 small can mushrooms
2/3 cup grated cheese
Salt and Pepper
Brown onion in butter in large skillet. Add ground beef and brown. Add 2 cups noodles and water to beef mixture and cook until tender. Add soup, corn and mushrooms, stirring well. Sprinkle top with grated cheese and bake in a moderate oven, 325 to 350° F., until brown crust forms on top, about 45 minutes.

Macaroni and cheese is an old favorite. This dress-up version will please both your family and your pocketbook.

Dutchess Macaroni
(Serves 6)

1 cup macaroni, broken in pieces
1 1/2 cups milk, scalded
1 cup soft bread crumbs
2 Tbsp. melted butter
2 Tbsp. minced onion
1 Tbsp. minced parsley
1 Tbsp. minced green pepper
1 3/4 cups grated Cheddar cheese
3/4 tsp. salt
1/3 tsp. pepper
1/3 tsp. paprika
3 eggs slightly beaten
Cook macaroni until tender in boiling, salted water. Drain and rinse with boiling water. Combine milk, crumbs, butter, green pepper, parsley, onion, cheese and seasonings and blend well. Stir in macaroni and beaten eggs. Pour into shallow greased baking dish and bake in a 325° F. oven, for 35 minutes or until firm. Cut into squares and serve plain or with tomato or mushroom sauce.



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JOB'S DAUGHTERS—

The Central Point bethel of Job's Daughters will be guests of the Central Point Presbyterian church for the annual "going-to-church" Sunday of the order, February 5 at 7:30 p.m.

Following the service a fellowship hour will be held in the church parlors and refreshments will be served.

Locals

Mr. and Mrs. George Marine motored to Portland last Thursday to visit their daughter and family, Mr. and Mrs. Ted Lutz and two boys. They said they found the roads in very good condition considering the bad storms we have had recently. They returned Sunday evening.

Private Rodney D. Twedell, a former resident of Central Point has reported for duty to Lackland Air Force Base, San Antonio, Texas, for basic training. He is the son of Mr. and Mrs. Ross Twedell, now of Ashland.

Born to Mr. and Mrs. Rex M. Baker, Route 1 box 530, Central Point, Jan. 22nd, 1950, a girl weighing 5 1/2 pounds at Sacred Heart hospital.

The Navy has announced that Wallace D. Green, navy aviator from Central Point, now attached to navy patrol squadron 47, is in the western Pacific after flying San Diego.

Another former Central Point Phillip Goerish, Navy gunner's mate first class, is scheduled to return to this country on January 27th, after a four months cruise in Mediterranean waters.

Word has been received from Mrs. O. C. Purkeypile that her husband, who has been in a Medford hospital, is recovering nicely and anxious to get home. The Purkeypiles were former long-time residents of this city and have many friends here.

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SKATING PARTY SATURDAY—

Third, fourth, fifth and sixth grade children of the Presbyterian churches of Central Point, Medford and Jacksonville will enjoy a skating party at the Medford armory, Saturday, January 23 from the hours of 2 to 5 o'clock. A charge will be made for skating and parents are asked to take their children to and from the armory.

Mr. Larry South is driving a brand new Kaiser car these days.

Ten Years Ago

Mayor C. C. Furnas of Medford, was a pleasant caller at this office today. Charlie didn't say just what brought him to this neck of the woods, but he was awfully interested in county politics.

Mr. and Mrs. Roy Cox, and Marvin Bailey, of Klamath Falls, Bernard Gaisner and Jack Cox, of Sardine Creek, arrived Sunday, Jan. 21st for a surprise visit at the Jake Meyers home. They enjoyed a chicken dinner before returning to their homes.

Mrs. Berry, of the Oregon Trail cafe, states that she is very well pleased with her patronage since she opened the cafe.

Charlotte Richardson and Sonja Brown, of Medford spent the week end with Charlotte's Aunt, Mrs. Jimmie Valentine on Rogue River. Mrs. Valentine stopped for a brief visit with Mrs. Sanford Richardson last Sunday.

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fraternity at Eugene and went to Portland for initiation. Donald is a son of Mr. and Mrs. J. Sanford Richardson and graduated with honor from the University of Oregon a year ago this spring and, is taking advance work at the University.

Miss Ernestine Tracy was able to return home from the Community hospital Monday and is doing nicely. Her sister, Mrs. John Bohnert, is taking her to the doctor this afternoon.

Mr. and Mrs. Joe Woodcock, who recently returned from a trip to Chehalis and Portland, were accompanied home by little Miss Arlene Moore, of Chehalis, who is visiting at the Jim Cornutt home for an indefinite stay.

Mrs. Lettie Gregory was a guest of Mrs. Mary Catey last Thursday. Also calling at the Catey home last Saturday were Mrs. Luman, Mrs. Harold Catey, and Mrs. Higgins, all of Medford.

Mr. and Mrs. Roy Corum and son Gordon, of Eugene returned from Detroit recently where they purchased a new Dodge car. On their way home they stopped over a few days to visit his sisters, Mrs. Bursell and Mrs. Morse Haley.

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