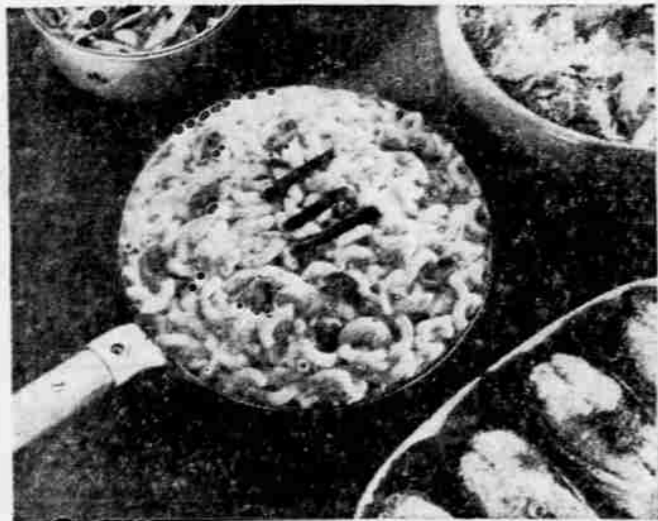


# Feeding the Family

By **SOLA VINCENT**  
Food Editor



**LENTEN DISH**—Creamy Macaroni Medley is an ideal Lenten dish. Here on top of the range, it combines macaroni with Swiss cheese and mushrooms. More about macaroni products and their versatile uses for Lenten meal planning are included in today's food columns.

### Lenten Meal Planning Made Easy With Macaroni

Whether you observe Lent in the strictest meal-making sense or not, you'll find many good recipes and suggestions for using versatile macaroni products in our columns today.

The macaroni family, which includes spaghetti, noodles and macaroni in many shapes and sizes, combine ideally with all Lenten season high protein foods. In fact, over 150 shapes and sizes of macaroni products are manufactured in the United States, and they're all genuine bargains in good eating.

### How to Cook Macaroni

The most important thing about cooking macaroni is not to overcook. If you do, it will become too soft and shapeless.

To cook eight ounces of macaroni, add one tablespoon salt to three quarts rapidly boiling water. Gradually add macaroni product slowly enough that the water continues to boil. Cook uncovered, stirring occasionally to prevent sticking, until macaroni is tender. The tenderness you desire will depend on your own taste. Some people like it quite tender, while others prefer it fairly firm. Cooking time varies from five to 20 minutes. When tender, drain in colander. It is to be served hot, dot it with butter or margarine. If it is to be used cold for salads, cool it by rinsing with cold water.

Leftover macaroni products or those cooked intentionally beforehand may be kept for future use in a covered dish in the refrigerator, then "freshened" when ready to use by rinsing with hot or cold water.

### Amount to Cook

Macaroni and spaghetti approximately double in volume when cooked. Egg noodles do not increase in volume. So use accordingly.

### Ways to Use Macaroni

Macaroni products combine well with many foods... one might even say, "with anything from soup to nuts." They are good extenders because they absorb and spread out other flavors.

### In Soups

Almost any soup takes on new interest with the addition of egg noodles in fine strips or in fancy shapes such as alphabets, stars, or seeds. Consomme, vegetable soup, and bouillon are just a few that are improved by this addition. For heavier, one-dish meal soups, such as minestrone, elbow type macaroni is frequently used.

### In Salads

We've never heard of a spaghetti salad, but we find macaroni salads high on the list of favorites... particularly for picnic-carrying. Macaroni combines tastefully with all the good things that go into potato salads... chopped eggs, diced celery, chopped onion, chopped green or black olives, nuts, pimiento, chopped pickles or pickle relish and, of course, lots of good mayonnaise, sour cream or other choice of salad dressing. Meat, fish, chicken and turkey-macaroni salads are equally good.

These are almost too numer-

able to even talk about, but we're going to anyhow. All of the macaroni products may be used for baked casseroles or top-of-the-range dishes in combination with eggs, fish, fowl, vegetables, meat or cheese. They enable left-overs to be brought to the table a second time with an entirely new look. Especially speedy entrees may be made by cooking a quick sauce separately, adding your left overs, and pouring it over a platter of one of the macaroni products. Plain or well-seasoned white sauce, cheese sauce and tomato sauce lend themselves well to this procedure.

### Instead of Potatoes

Dress macaroni products up with butter and one or more of these additions: poppy seeds, sesame seeds, tomato sauce, chopped nuts browned in butter, celery seed, finely minced parsley and/or green onions. Consider egg noodles with poppy seeds as an accompaniment for veal chops; spaghetti with tomato sauce for pork chops; macaroni with butter and finely minced parsley with fish. A generous sprinkling of paprika is heartily recommended for all of these.

Many pudding and custard recipes, particularly those of Hungarian origin, call for egg noodles. You'll find one of these elsewhere in our columns today.

### Creamy Macaroni Medley

A new version of an old favorite... macaroni and cheese. 'Tis done so easily on-top-of-the stove with Swiss cheese and mushrooms as the new ingredients. A tablespoon or two of California sherry will give it an excitingly different flavor, but that is entirely optional.

- 1 quart milk
- 1 medium-size onion, thinly sliced
- 1 teaspoon salt
- 1 4-ounce can sliced mushrooms
- 2 cups elbow macaroni (8 ounces)
- 2 cups grated processed Swiss cheese (about 1/2 pound).
- 1 to 2 tablespoons California sherry (optional)
- 1/2 teaspoon paprika

Combine milk, onion, salt and undrained mushrooms; heat to boiling point. Add macaroni and cook over low heat, stirring occasionally, 35 minutes, or until macaroni is tender. Do not boil. Just let it simmer gently. Add cheese and cook, stirring constantly, until cheese is melted. Stir in sherry, if desired. Sprinkle with paprika and serve... or pour into a greased casserole, top with a bit of extra cheese, and re-heat in the oven for later service. Makes six to eight servings.

### Date-Nut Egg-Noodle Pudding

- "Delicious!" will be your reaction when you take your first bite of this unusual egg-noodle pudding.
- 1 6-ounce package fine or wide egg noodles
- 1/4 cup butter
- 1 cup sugar
- 2 eggs
- 1/2 teaspoon salt
- Grated rind and juice of 1/2 lemon
- 1/2 cup chopped walnuts
- 1/2 cup chopped dates

1 tablespoon flour  
3 apples, thinly sliced  
Cook egg noodles as directed, drain and cut or chop slightly. Cream butter, add sugar gradually and mix until well blended. Add well beaten eggs, salt, lemon juice and rind; beat thoroughly. Mix walnuts and dates with flour then add to lemon mixture along with sliced apples. Fold in egg noodles, turn mixture into greased baking dish and set in pan of hot water. Bake in moderate oven, 350 degrees, about 50 minutes. Serve with lemon sauce or whipped cream.

### Fish Fillets Baked With Herbed Bread Crumbs

There are "no bones to pick" about it, fish fillets are among the most popular types of ready-

to-cook fish. We spiced these up with an oregano and marjoram dressing for your taste-pleasure. Recipe makes six servings.

- 1 1/2 pounds fish fillets
- Salt
- 6 1/4-inch slices butter
- 3 cups soft bread crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon whole oregano leaves, crumbled
- 1/4 teaspoon marjoram leaves, crumbled
- 1/3 cup butter or margarine, melted

Cut fish into six serving-size pieces; place in a greased nine-inch baking pan and sprinkle with salt. Place a slice of butter or margarine on each piece. Combine remaining ingredients and cover each piece of fish with 1/2 cup of the mixture.

Bake in moderate oven, 375 degrees, 25 to 30 minutes or until crumbs are brown and fish flakes easily.

This delightful old-time recipe will make a hearty breakfast feast or may be served as a luncheon or supper main-dish. Some cooks will like to add bits of pimiento for extra color and flavor. Makes four servings.

- 1 cup cold diced cooked potatoes
- 4 tablespoons minced onion
- 1/4 cup butter (1 1/2 cube)
- 5 eggs, well beaten
- 1/2 cup light cream
- 1/2 to 1 teaspoon salt
- Pepper
- 2 tablespoons chopped parsley

Fry potatoes and onion in butter until brown. Combine eggs, cream, salt, pepper and parsley. Pour over potatoes. Cook over

## Santa Claus Asks Injury Compensation

Newark, N. J. —(U.P.)— Santa Claus—or at least one of his helpers—came to town to ask for monetary compensation for an injury suffered during the Christmas holidays.

Mrs. Geraldine De Cline, 32, of Freehold, asked the remuneration in the New Jersey compensation court for an injury suffered while working attired in a Santa costume in a retail store in Freehold last Dec. 4.

Mrs. De Cline said she suffered chest injuries when she picked up a six-year-old to hear what the child wanted for Christmas and has not been able to work since. She sought temporary and permanent disability and payments of medical and hospital bills.

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**CHEAP BOAT**  
Eagle Butte, S. D. —(U.P.)— Chris Hanson built a boat out of a junk yard. His 14-foot boat was made from the doors of 35 junked automobiles. The doors were braze-welded together. The total cash cost of the boat was \$35.



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GROUND SPRING "CHOICE" LAMB **29<sup>c</sup>** lb.

FRESH **SMELT**  
2 lbs. **39<sup>c</sup>**

FRESH **WHOLE CRABS**  
29<sup>c</sup> lb.

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89<sup>c</sup> lb.

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NO CEREAL

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65<sup>c</sup> lb.

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79<sup>c</sup> lb.

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