



LENTEN CASSEROLES — Here are three Lenten season casseroles planned with plentiful dairy foods to provide necessary high quality protein, minerals and vitamins. Eggs and fish are also high in protein and combine ideally with milk, cheese and cottage cheese.

Feeding the Family

By ZOLA VINCENT
Food Editor

Lenten Season Throws Spotlight on Dishes

The origin of the Lenten fast days goes back almost to the Apostolic days. The details of the obligation, however, varied during the various tides of history. Saint Irenaeus, writing to Pope Saint Victor at the end of the Second Century said "Some think they ought to fast one day, others for two days and others even for several, while others reckon forty hours, both by day and night to be their fast".

By the middle of the Fourth Century, however, the fast of forty days had become general, though not everybody fasted the same way. Some people abstained from meat, others from all things that come from the flesh, like eggs, milk and cheese. These dairy products, like eggs, have long since been accepted as Lenten fare by those who strictly observe the canon law of the Roman Catholic Church.

Whether or not your family observes Lent by foregoing meat on fast days, they will enjoy these meatless main dishes that feature fish, macaroni and eggs in combination with plentiful dairy products.

Seafood Casserole

Rich and Wonderful
If you're looking for a deluxe seafood casserole for a very special occasion, you will know the minute you read these ingredients that you've found it. We like this so much that we had it picture taken for you. Six servings.

- 1/4 cup butter
- 1/4 cup flour
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 2 cups milk
- 1 cup diced cooked celery
- 1 cup cooked or canned shrimp
- 1 cup cooked or canned crabmeat
- 1 cup cooked or canned lobster
- 2 tablespoons diced pimiento
- 1 tablespoon chopped parsley

Seasoned buttered crumbs*
Melt butter in saucepan over low heat; blend in flour, salt and dry mustard. Add milk, stirring constantly. Cook until sauce is smooth and thickened. Add celery, shrimp, crabmeat, lobster, pimiento and parsley. Mix and pour into buttered casserole or individual baking dishes. Top with seasoned buttered crumbs which make an important contribution to the dish. Bake in moderate oven, 375 degrees, 20 to 25 minutes.

***Seasoned Crumbs:** Sauté one-fourth cup chopped onion in one-fourth cup butter; stir in one-half teaspoon Worcestershire sauce and one teaspoon poultry seasoning. Add 1 1/2 cups soft bread crumbs and toss lightly with fork to mix in seasoning.

Cheese Pie Has Creole Sauce

Here we bake a cheese pie using American-made Swiss cheese; pass a Creole sauce that is distinguished both for flavor and texture. Six servings.

Cheese Pie. Line a nine-inch pie pan with pastry using half your usual pie crust mix; flute edge. Beat three eggs slightly; add one-half teaspoon salt, one-eighth teaspoon paprika, one teaspoon Worcestershire sauce and blend. Stir in two cups scalded milk, gradually, and 1 1/2 cups shredded Swiss cheese. Pour into pie shell. Bake in hot oven, 450 degrees, for 10 minutes; then lower to 350 degrees and bake 30 minutes longer or until "set."

Creole Sauce. Cook one-half cup diced onion and one-half cup diced green pepper in three tablespoons butter until tender; add one teaspoon salt and two tablespoons flour slowly, stirring constantly. Add 1 1/2 cups cooked or canned tomatoes; stir and cook until sauce is smooth and thickened. Add small can of sliced mushrooms and one-fourth cup sliced stuffed olives cook three minutes

longer. Pass in sauceboat for individual serving on cheese pie wedges.

Casserole Eggs Are Cheese Sauced

These deviled eggs are sauced with cheese for fine flavor, good nutrition; are surrounded by border of mashed potatoes as pictured. For six servings, hard-cook and shell eight eggs; cut in half lengthwise. Remove yolks and mash until smooth; combine with one tablespoon soft butter, one-fourth teaspoon salt, dash of pepper, one teaspoon prepared mustard and one tablespoon real mayonnaise. Refill halved egg whites with deviled mixture. Level off filling, put together in pairs reserving a few halves for garnish. Arrange in buttered casserole; pour cheese sauce* over them. Surround, if you like, by border of mashed potatoes, lightly browned under broiler about four inches from source of heat.

***Cheese Sauce.** Melt three tablespoons butter over low heat; add two tablespoons minced onion and simmer until tender; add three tablespoons flour, one-half teaspoon salt, one-eighth teaspoon pepper and blend well. Add two cups milk, stirring constantly, and cook until sauce is smooth and thickened. Gradually stir in 1 1/4 cups shredded American cheese until cheese is melted.

Hot Peach Cobbler. This special hot peach cobbler can be made even more so by topping with cream, whipped cream or dairy sour cream at moment of serving. The use of a packaged biscuit mix makes this a snap to prepare because everyone has canned peaches on the pantry shelf ready and waiting for desserts like this.

Arrange drained fruit from a large can peach halves or slices in a shallow baking dish or individual baking dishes. Combine one cup peach syrup and two tablespoons brown sugar and heat

to boiling. Dissolve four teaspoons cornstarch in three tablespoons orange juice and add to syrup; cook until thick. Pour over peaches.

Drop rich biscuit dough, using one-half recipe, by tablespoons over peaches. Bake in hot oven, 450 degrees, for 25 minutes. Serve warm with cream as suggested above.

Egg Noodles Get Special Treatment

The macaroni family is a large one noted for being nutritious, delicious, versatile and economical. Macaroni, spaghetti and egg noodles come in myriad shapes and forms adding texture interest. They are menu mainstays in ways beyond numbering. Here is our newest way with popular egg noodles for eight servings which is about right for four or five hungry persons.

- 1 pound fine egg noodles
- 1/2 tablespoons butter
- 1/4 cup chopped onions
- 1 large can (1 2/3 cups) undiluted evaporated milk
- 1/2 teaspoon salt
- 1 teaspoon dry mustard
- 1 tablespoon steak sauce
- 2 cups grated process-type American cheese (8 ounces)
- 3 eggs, slightly beaten
- 1/4 cup chopped green pepper
- 1/4 cup chopped pimientos

Cook egg noodles according to package directions which probably will say two tablespoons salt to four-six quarts boiling water for 16 ounces (one pound) egg noodles. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally until tender but not overdone. Drain in colander. Do not rinse. Rinse is for macaroni salad makers.

Meanwhile melt butter; add onions and cook three minutes. Add evaporated milk, one-half teaspoon salt, mustard and steak sauce. Simmer over low heat to just below boiling (about two minutes). Add cheese using any favored grated process-type cheese which comes ready grated. Stir all over low heat until cheese melts which will take a minute or so.

Combine eggs, green pepper and pimientos. Add noodles and cheese sauce; mix well. Turn into greased 2 1/2 quart casserole. Bake in moderate, 350 degree oven, 30 minutes or until thoroughly heated.

Life Term Meted Crawfordsville Man

Eugene — (UPI) — Robert Evans, 45, Crawfordsville, Wednesday was sentenced on a second degree murder charge in connection with the slaying Dec. 26 of Everett Fletcher at Junction City.

Evans also was sentenced to 10 years on a charge of assault with a dangerous weapon in connection with the wounding of Mrs. Verna Mae Mulligan, Junction City. Killed in the same shooting was Woodrow Whetstone, police chief of Junction City.

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A DOG UNDERNEATH — Pamela Deitch, Smithtown, L.I., N.Y., only eight months old, may not realize it, but underneath that mound of hair is a real live dog. The camouflaged pooch is an Old English Sheepdog named "Prince Charming," one of the competitors at the Westminster Kennel Club dog show in New York. (UPI Telephoto)

Oregon Supreme Court Renders Several Verdicts

Salem — (UPI) — The Oregon Supreme Court Wednesday handed down these decisions:

Female Shareholders Have \$12,760 Plan

New York — (UPI) — The typical woman shareholder who owns shares by herself has a financial plan worth approximately \$12,760, according to the National Association of Investment Companies (NAIC).

Of this amount 19.9 per cent is in savings accounts and U. S. savings bonds, while 53.6 per cent is invested in corporate stocks held directly and 26.5 per cent is invested in mutual funds, the NAIC said.

HELPING HIMSELF

Regensburg, Germany — (UPI) — A 21-year-old office worker was sentenced to nine months' jail for stealing statuary and candlesticks from 12 churches. He said he wanted to finance vacation trips, lessons for acting and the purchase of expensive books and records.

Alfred T. Britton, appellant vs. Lincoln Jackson and H. S. Huson; appeal from Washington county; opinion by Chief Justice William McAllister; Judge Glen Hieber affirmed; car collision case, verdict for the defendant affirmed.

Harold C. Mehlig of Mehlig Electric Co., appellant vs. Ralph Farrier; appeal from Washington county; opinion by Justice George Rossman; Judge Glen Hieber affirmed; suit to foreclose labor lien, defendant affirmed.

Judge Reversed
A. S. Moyer and Anita F. Moyer, appellants vs. Ivan C. Ramseyer, Margaret Ramseyer, Donald W. Ramseyer and Lois Ramseyer; appeal from Lincoln county; opinion by Justice Alfred T. Goodwin; Judge Richard Anderson reversed; action for breach of contract involving lands and water front rights, counter-suit, decree for the defendants reversed.

Oregon Highway Commission, appellant vs. William C. Ralston and Celia S. Ralston; appeal from Multnomah county; opinion per curiam; Judge Frank Lonergan reversed; judgment in a condemnation action awarding the Ralstons \$2,450 included attorney fees reversed, case remanded.

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