

### Homemakers Hard Put Variety Lenten Meals

Each year the Lenten season sends homemakers scurrying to find interesting main dishes to serve their families. Old favorites are revived and new recipes tried. Many tasty main dishes find their way to the table that are overlooked during the rest of the year. Many make such a hit that they win a place on the list of often-served family favorites.

Many tasty Lenten dishes are made with dairy products. Milk, cheese, and cottage cheese are all complete protein foods which can be featured in a variety of flavorful, satisfying main dishes. More milk can be included in the family diet by using it as the basis for cream soups, featuring vegetables or fish, creamed dishes, casseroles, milk puddings and custards. Cheese adds its tangy flavor to cream sauces in many main dishes, hearty sandwiches, souilles, fondues, casseroles and omelets. Cottage cheese combines perfectly with vegetable or fruit salad plates, casserole dishes, desserts and luncheon specialties. Keep plenty of dairy foods in your refrigerator during the Lenten season, and you will find that you can feed your family both economically and well.

Because fish and seafood also play an important part in the diet at this time, today's recipes illustrate two every tasty combinations of fish or seafood and dairy products that will be valuable additions to any Lenten menu.

**TUNA BAKE**  
2 Tbsp. butter  
3 Tbsp. flour  
1 cup milk  
1/2 tsp. salt  
Dash of pepper  
2 well-beaten egg yolks  
1/2 cup grated Cheddar cheese  
2 6 1/2 oz. cans tuna, flaked  
2 stiff-beaten egg whites  
1/2 tsp. paprika

**DOWN-FILLOW WHISK**  
Down-filled pillows should receive whitewash brushing. The suction of a vacuum cleaner tends to pull the down through covering.

**RUG SHAMPOO IN CAN**  
An instant foam lather to shampoo rugs and upholstery is packaged in an aerosol-type can. A press of the finger tip to the nozzle and a puff of lather is dispensed. When shampooing rugs, clean a small area at a time, overlapping each cleaned portion.

**SELF-POLISHING WAX**  
Floors covered with asphalt, rubber tile and cork should be finished with self-polishing wax, which has a water rather than a solvent base. (Solvent has a deteriorating effect on these floor coverings.) Self-polishing wax enjoys popular use on linoleum because of its easy application and removal when soiled.

Melt butter; add flour and blend, gradually add milk; cook over low heat until smooth and thick, stirring constantly. Add seasonings. Add small amount of hot sauce to egg yolks, and stir into remaining sauce. Stir in cheese and tuna. Fold in egg whites. Bake in greased 1 1/2 quart casserole in moderate oven 325 F., 1 hour.

**Salmon Pie Supreme** (Serves 6)  
3 Tbsp. butter  
1/4 cup diced onions  
1/4 cup flour  
1/2 tsp. salt  
1/4 tsp. pepper  
1 Tbsp. Worcestershire sauce  
2 cups milk  
2 cups cooked celery, diced  
1 small can mushrooms  
1 1/2 cups flaked boned salmon  
2 Tbsp. minced parsley

Melt butter, add onions and cook over low heat until tender. Add flour, seasonings and Worcestershire sauce; blend. Gradually stir in milk and cook until thick and smooth, stirring constantly. Add celery, mushrooms, salmon and parsley, stirring to blend. Turn into a 1 1/2 quart buttered casserole; top with cheese biscuits and bake in a hot oven, 450 F., for 15 minutes.

**Cheese Biscuits:** Combine 1 cup grated Cheddar cheese and 2 cups prepared biscuit mix. Add milk and stir to make a soft dough. Turn out onto lightly floured board. Knead 30 seconds. Roll or pat to 1/2 to 3/4 inch thickness. Cut with a floured biscuit cutter and place on top of salmon pie.

### Hells Canyon Fight Grows

BOISE (AP) — The Idaho-Oregon Hells Canyon Association Wednesday criticized the formation of a water rights protection committee by the Idaho State Reclamation Association.

The association announced appointment of the committee to fight "federal encroachment" on water rights.

A statement issued by George H. R. Taylor, secretary of the canyon association, said the action "brings into focus the fact that the organization is more concerned over the interests of private power companies than in the irrigation rights of farmers."

Taylor said the latest reports of the Oregon and Washington Public Utilities Commission showed that Idaho Power Company and Washington Water Power Company each contributed \$450 to the reclamation association.

He noted that the association did not protest when Idaho Power Company filed a water right on 16,000 cubic second feet of Snake River water, which will be binding against future upstream use of water for irrigation forevermore.

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Here's Mission's Own Recipe for **SAUTEED SHRIMP WITH EGG NOODLES**

8-oz. Mission Egg Noodles  
2 6-oz. cans shrimp (or 2 cups freshly cooked)  
2 tablespoons butter  
1 cup bread crumbs (browned in butter)

Cook the Mission Noodles in rapidly boiling, salted water until tender. Drain. Sauté shrimp in butter until lightly browned. In a separate bowl toss the cooked egg noodles and crumbs together. Put on hot platter and arrange the sautéed shrimp on top. Garnish with sliced lemon. Recipe serves 6.

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