



A FAMILY FAVORITE. Lenten meal begins with adding chunk tuna to a seasoned sauce. Don't mix... just stir and heat.

Rice And Tuna Combine For Beginner's Lenten Meal

There's no reason to get in a "stew" if you find at the last minute friends or in-laws are dropping by for a meal—even with matters complicated by today of all days being a "meatless" one. They'll never guess that you're a beginner if you serve this menu. With the use of the seafood favorite, tuna, and easily cooked converted rice, this appealing meal will be a delight to prepare and serve.

Creamed Tuna on Fluffy Rice
Herbed French-Style Green Beans
Garden Salad
Hot Rolls
Butter

Coffee
Fruited Sherbet
The shopping will be problemless, too. Of course, you have on hand the necessary staples—milk, flour, butter or margarine, coffee, salad dressing. Just pick up the following, should they not already be stashed away in the refrigerator or pantry.

Sufficient for six:

- 3 1/2 c. chunk-style tuna
- 1 carton converted rice
- 3 No. 2 cans French-style green beans
- 1 or 2 packages, pre-baked rolls
- Vegetables for salad, such as lettuce, endive, tomatoes, radishes, celery.
- 1 pint lemon or lime sherbet
- 1 No. 2 can sliced cling peaches, orange sections, or other fruit

Your preparation time will be unbelievably short and easy—and each dish will be finished right on time if you use the following suggestions. Read them all. Fix the sequence firmly in your mind—then begin with step 1.

1. Plan to prepare your coffee by your favorite method, working

into the schedule according to the time necessary for your maker.

2. Put 2-1/2 cups water to boil in covered saucepan (for rice).

3. Set oven to temperature needed for rolls.

4. Wash and set to drain the greens and other ingredients for salad.

5. Place fruit for dessert in sherbets and store in refrigerator. (When ready to serve, spoon sherbet over fruit and top with coconut or cherries.)

6. Stir 1 teaspoon salt and 1 cup converted rice (no need to wash, use right from package) into boiling water. Cover, turn heat to low—at the end of approximately 25 minutes the rice will be fluffy and tender.

7. Open green beans and drain the liquid into saucepan. Add a teaspoon butter or so of butter or margarine and let simmer until only a small amount of liquid remains. Then, add a dash of salt and a bit of your favorite herb (such as marjoram, savory, or basil) and the beans. Cover and hold until almost ready to serve—then heat.

8. Prepare creamed tuna as follows:

Melt 4 tablespoons (1/2 cup) butter or margarine in top of double boiler over hot water (or use a small heavy skillet, or saucepan over low heat). Add 4 tablespoons flour and stir with a wooden spoon, preferably, until blended. Slowly add, while stirring, 2 cups milk. Cook until smooth, stirring constantly to avoid lumps.

Season to taste with salt, pepper, paprika and perhaps a small spoon of Worcestershire sauce. Add tuna—do not mix, just stir lightly—and heat thoroughly.

When ready to serve, place rice on platter and nestle tuna in the center. Sprinkle grated cheese over the top, or add a bit of paprika for color. Sprigs of parsley or pimento strips, or olives, will also lend the necessary touch of brightness.

9. Place rolls in oven and toast salad.

10. Solicit a helper for the table-setting and proceed to "dish up" your meal.

Last—and most important—relax and enjoy your guests, as well as your meal!

Should your guests include staunch cheese-lovers, try your hand at another version of the "tuna and sauce"—this one is a quick and easy rabbit.

Simply cut 1/2 pound processed American cheese into chunks and place in top of a double-boiler with 1-3 cup evaporated milk or light cream. Keep water hot, but do not boil. Stir until melted and blended—then add a pinch of marjoram or thyme, if you like, and 1 or 2 cans chunk-style tuna (depending upon the number of persons to be served and the "cheesiness" you desire). Heat and serve over the hot rice.

For a "meal in one" platter, arrange buttered peas, green beans, or other vegetables around the rice ring—or, under the tuna, with a bright edge showing for garnish. Add a tossed salad, beverage, toast or rolls, and a prepared dessert.

SLICK TRICK

A new wrinkle in breadboxes is a loaf-sized one in clear plastic—claimed to keep bread fresh for nine days. It makes a pretty addition to the kitchen—easy to keep sparkling by simply sponging inside and out with warm soapuds, polishing with a dry cloth.

For GOODNESS SAKE

PURE JAMS AND JELLIES

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Pattern ready to fill orders immediately. For special handling of order via first class mail include

SEND 25 cents for the Two-Color "FAWN" Designs (Pattern No. 373) transferring, laundering instructions. Your name, address, pattern number to Carol Curtis, Herald and News, Box 229, Madison Square Station, New York, 10, N.Y.

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No embroidery whatsoever is needed for these lovely young fawn designs! Just iron off the transfers in their exquisitely shaded turquoise and soft brown colors—the designs will be permanently affixed to your material. Handsome, modern-looking place mats and matching napkins can be achieved by means of these designs; dress frock pockets, sportswear are also enlivened by their use. There are ten 3 1/2 inch deer in a variety of designs in the pattern. You'll like them!

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POUR OVER A BED of fluffy, flavorful, converted rice and you're ready to serve the family an economical meal that you'll repeat often.

Pineapple Sponge Cake

Here's a dessert you'll be delighted with—rich with crushed pineapple and whipped cream.

PINEAPPLE GLAZED SPONGE CAKE

(Serves 8)

Two eggs, 1 cup sugar, 1 cup cake flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 1 tablespoon butter or margarine, 1/2 cup hot milk, 1 can (No. 1 flat) crushed pineapple, 1/4 cup sugar.

Beat eggs until thick and lemon-colored. Gradually add sugar. Beat 2 1/2 minutes if using an electric mixer or 5 minutes with spoon.

Sift flour, measure and sift again with salt and baking powder. Fold into egg and sugar mixture all at once. Melt butter or margarine in hot milk and add all at once. Fold in dry ingredients and milk quickly and pour immediately into a waxed-paper-lined, 8-inch square baking pan.

Bake in a moderate oven (375 degrees F.) for 30 minutes. Just before cake is to come from oven combine crushed pineapple with 1/2 cup of sugar and bring to boil. Remove cake from pan and place on serving plate.

With the point of a sharp knife mark the cake into 1-inch squares, cutting through the cake only about 1/2 inch. Spoon hot pineapple mixture over hot cake and allow to cool. Cut into squares to serve and serve plain or with whipped cream.

Note—One layer of a white-cake-mix cake may be used in place of the hot pineapple sponge cake.

FRUIT-VEGETABLE BUYING TIPS

In selecting fresh fruits and vegetables, these practical hints from marketing specialists of the United States Department of Agriculture will get best results for you:

1. Don't handle fruits and vegetables unnecessarily. Rough handling causes spoilage and loss. If handling is necessary, do it so carefully that you avoid damaging the specimen.

2. Remember that the largest isn't always the best. Consider the size in relation to your needs.

3. Don't buy just because the price is low. Observe quality and condition carefully. At times of abundant supply, you may be able to find low-priced items of such quality that they constitute a bargain.

4. Study the markets. Ask background for your shopping, seek information on market prices and available supplies in newspapers, broadcasts and telecasts.

NEW DEAL

Rice won't stick to the bottom of the pan if boiled in an aluminum strainer. One new gadget comes equipped with a hinged strainer or fluffer that slips into the sauce pan. The rice will look better—and dishwashing will be easier afterwards.

Husband hard to please?

QUICK!

Chef Boy-Ar-Dee Spanish Sauce



Delicious! Contains tomatoes, onions, green peppers, mushrooms, spices.

for those
WET DAYS
AHEAD...



New
FRIGIDAIRE
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DRYER

Now Available for Immediate Delivery!

The acceptance has been so great on this new model dryer that this is the first time we can make immediate delivery.



Buy a new Filtr-matic for only \$259.75

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PTA NOTES

TULALAKE

Members of the Tulalake Elementary PTA were entertained by Mrs. Margaret McLain's third grade last Friday, Jan. 19, at their regularly scheduled meeting.

The program consisted of a song, "Come Let's Play We're Indians" under the direction of Mrs. Mary Hill. "The Indian Square Dance" and "Lobby Loo," which were acted out with the entire class singing. A family guidance film was shown by Mrs. Burris Short and Mrs. Margaret McLain. The film was "The First Five Years of Life," the study of the preschool child. It was made at Yale Clinic of Child Development by Dr. Arnold Gesell who is in charge of the Research Program on Child Development.

Mrs. E. J. Cough, vice president, conducted a short business meeting. Mrs. Ed Osborne reported

that the State PTA project is now under way. The material has arrived and is being made into the curtains.

Mrs. Barton Hoyte urged all mothers to start planning for the annual Fashion Show to be given at the April 17 meeting.

Refreshments were served by the second grade mothers.

Feb. 29 will be the next scheduled meeting with a special program honoring Founder's Day.

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