



A FRIDAY MENU during National Macaroni Week, which is slated for October 21 to 30, might include broiled fish fillets, pictured above, with lemon noodles, hot biscuits and vegetables. Picture and recipe from the test kitchen of Durum Wheat Products Division, Wheat Flour Institute.

National Macaroni Week

For the dish pictured above, the following ingredients are required:

- 2 large or 4 small salmon steaks
- 2 tablespoons melted butter or margarine
- 6 ounces broad noodles
- 3 tablespoons butter or margarine
- 2 tablespoons enriched flour
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 cup water
- 1-3 cup lemon juice

Arrange salmon steaks on greased baking pan. Brush steaks with 2 tablespoons melted butter or margarine. Broil about 3 inches from heat until fish is easily flaked and moist (5 to 10 minutes on each side). While salmon steaks are broiling, cook noodles in boiling salted water until tender (about 8 to 10 minutes). Drain and rinse. While noodles are cooking, melt 2 tablespoons butter or margarine in sauce pan. Stir in flour, sugar and salt. Add water and lemon juice and cook until thickened, stirring constantly. Fold in noodles and arrange in warm individual casseroles. Place salmon steaks on top of noodles. Serve with lemon slices. Makes four servings.

DOWN EAST MACARONI

- 4 ounces elbow macaroni
- 1 cup cubed table-ready meat
- 2 tablespoons chopped onion
- 1 tablespoon fat or drippings
- 2 tablespoons enriched flour
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- Dash of pepper
- 1 1/2 cups cooked tomatoes
- 2 tablespoons molasses
- 1 cup shredded American cheese

Cook macaroni in boiling salted water until tender (8 to 10 minutes). Drain and rinse. While macaroni is cooking, brown meat and onion lightly in fat or drippings. Stir in flour, salt, mustard and pepper. Add tomatoes and molasses and cook, stirring constantly until thickened. Stir in cheese and macaroni. Pour into greased 1 1/2 quart casserole. Bake in moderate

oven (350 degrees) about 25 minutes. Makes four servings.

CHILI MAC

- 1/2 pound ground beef
- 1/2 green pepper, chopped
- 1/2 small onion, chopped
- 2 tablespoons fat or drippings
- 1 cup cooked kidney beans
- 1 1/2 cup cooked tomatoes
- 1/2 teaspoon salt
- Dash pepper
- 1 teaspoon chili powder
- 1 tablespoon sugar
- 2 tablespoons vinegar
- 1/2 cup water
- 4 ounces elbow macaroni

Brown beef, green pepper and onion in fat or drippings in heavy skillet. Add tomatoes and kidney beans. Corbine salt, pepper, chili powder, sugar, vinegar and water and stir into meat mixture. Cover and simmer gently 20 minutes. Add macaroni and mix well. Cover and simmer 20 minutes longer. Serve hot. Makes four servings.

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- Pot Roasts USDA Grade "Good" 45c lb.
- Short Ribs USDA Grade "Good" 25c lb.
- Spare Ribs Fresh 55c lb.
- Baby Beef Liver 35c lb.
- Fresh Oysters pt 65c
- PICNICS Smoked 45c lb.
- HAMS Popular Brands 59c lb.

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- Ajax Cleanser 2 cans 25c
- Ivory Soap Large bars 2 for 25c
- Lux Liquid Soap Large size - equals giant size soap 75c

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- US No 1 Klamath Gem Potatoes 25-lb. bag 89c
- Yams Try Them Candied! lb. 10c
- Apples Red Romes-fine for Pies or Sauce lb 10c
- Onions Yellow Danvers 3-lb. bag 29c
- Cranberries 1 lb. Cello Bag 29c

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