

CASSEROLES ARE TIMESAVERS

On brisk March days the warmth of the oven feels good as the pot slowly simmers inside. The kitchen door is purposely left open so the enticing aromas sneak through the house, where talk in the living room is of warmer days to come and possible vacation plans.

A casserole means that the cook is with her family or guests right up until the minute dinner is served. Her chores are done and she, too, can enjoy this period of congeniality.

The experienced casserole cook knows that when tomato flavors are required, her best bet is the convenience of canned tomato sauce. Each cup of tomato sauce is the equivalent of a full pound of tomatoes—simmered, sieved, and seasoned—ready to be blended with other ingredients.

This recipe for Olive Crunch Casserole meets all the requirements. Try it and see. Then use the time you have saved to bake a Pumpkin Mallow Pie (a perfect accompaniment) and spend that important time before dinner where the fun is going on.

OLIVE CRUNCH CASSEROLE

(Makes 8 to 10 servings)

- 2 tablespoons poly-unsaturated oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 pound lean ground beef
- 1 pound lean ground pork
- 2 cans (8-ounce) tomato sauce
- 2 cans water
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 package (8-ounce) noodles
- 1 can (7-ounce) pitted ripe olives, drained and sliced
- 12 ounces Monterey Jack or other mild cheese, cubed
- 1 package (6-ounce) corn chips

In hot oil, cook onion and garlic until tender. Add ground meat and cook while stirring constantly until crumbly. Pour on sauce and water, sprinkle on salt and pepper. Mix well; cover and simmer for 30 minutes. Cook noodles according to package directions. In a 3-quart oblong baking dish, layer noodles, olive rings, meat sauce and half of cheese cubes; then repeat noodles, olives, meat sauce. Top with corn chips and sprinkle on remaining cheese. Bake at 350 degrees F (moderate) for 30 minutes.

PUMPKIN MALLOW PIE

(6-8 servings)

- 1 Stir-N-Roll, unbaked 9-inch pie shell (recipe below)
- 1-3 cup brown sugar, firmly packed
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/2 teaspoon allspice
- 1 1/2 cups canned pumpkin
- 2 eggs, slightly beaten
- 1 1/2 cups milk
- 1 tablespoon poly-unsaturated oil

Heat oven to 375 degrees (moderate). Mix sugar and seasonings together; add pumpkin. Combine eggs, milk, and oil; stir into lined pie pan. Bake about 45 to 50 minutes or until a 1-inch circle in center of pie is still soft. (Shake pie gently to observe extent of soft liquid center.) Top baked pie with marshmallows and chopped nuts; set in 500 degrees oven until browned.

STIR-N-ROLL PASTRY

(9-inch single crust)

Mix one and one-third cups sifted all-purpose flour with one teaspoon salt. Pour one-third cup poly-unsaturated oil and three tablespoons cold milk into one measuring cup (but don't stir); add all at once to flour. Stir until mixed. Press into small ball, flatten slightly in roll between two sheets of waxed paper. (Dampen table top to prevent slipping.) Peel off top paper; ease and fit pastry into pan. Flute edge. Fill and bake as above.

Corn Meal Pancakes

- 1 cup flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup corn meal
- 1 egg
- 1 1/4 cups milk
- 1/4 cup melted butter

Sift flour, measure and resift with baking powder and salt. Add corn meal and mix thoroughly. Add egg, milk and melted butter and beat until smooth. Cook on hot griddle until golden brown and bubbles form on top, turn and cook until golden brown. Serve piping hot with melted butter and sirup. Makes 16 pancakes.

DATE PASTEL SALAD

Silver fresh California dates and combine with shredded cabbage, mandarin oranges and pineapple chunks for a refreshing and colorful salad. Chili and toss lightly with French dressing, mayonnaise or sour cream.

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Miss Lou Cove, Pieces
4 8-oz. Tins

TOMATO SAUCE 1⁰⁰
ARGO
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Corned Beef Hash 1⁰⁰
DERBY
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CORN, Payette Valley PEAS, Cottage GREEN BEANS, Cottage BEETS, Vernal Diced SPINACH, Blue Sky 303 TINS, MIX OR MATCH 8 F 1⁰⁰

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