



MRS. AMERICA? MAYBE! — Virginia McGaughey, a busy homemaker and mother of three, two daughters and a son, plans meals carefully to give the maximum of nutrition on a food budget. She does all the food shopping for her family of five, watches sales to save and knows the value of cheaper cuts of meat, tastefully prepared. She likes to cook. A recipe submitted to judges of the Mrs. America Contest in New York is published this week. Mrs. McGaughey is one of three Oregon finalists screened from 20 women who entered.

Chicken Casserole

Mrs. Earl E. (Virginia) McGaughey, candidate from Oregon for Mrs. America, shared this recipe with readers this week. It is one she submitted to the judges who will name the new Mrs. America in April.

Mrs. McGaughey said it is generous enough in proportions to be used for a family reunion, a church supper or other large group.

Cook one large or two smaller chickens, to make the equal of five pounds. When well done, bone. Use plenty of water while cooking to make ample broth.

DRESSING

12 cups of bread, broken fine
2½ cups of chicken broth,
more moisture if desired.
Corn bread can be used if liked.
3 tsp. salt

2 tsp. rubbed sage
½ tsp. pepper
Mix well

SAUCE

Use 1½ cups of fat skimmed from broth. If not enough, fill up cup with margarine.
1½ cups all-purpose flour
3 tsp. salt
½ tsp. pepper

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Specialties in Gourmet

By RUTH KING

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FILBERT-TUNA CASSEROLE

Filbert-Tuna Dish For Lent

The most dazzling menus are often created from the simplest touches combined with a little originality. Oregon filberts are one of the interesting touches that lift a recipe into the realm of "dazzling and different." These dainty round nuts are a delightful touch of crispness and flavor in any dish from salad to dessert. Filbert Tuna Casserole features filberts in a delicious casserole to highlight Lenten menus as well as other season's menus.

Oregon filberts are the interestingly different nut that adds so much delightful flavor and texture to cookies, candies, breads, meats and desserts from simple to elegant. Oregon is the largest producer of filberts, for it is here that the gentle climate comes with perfect soil conditions to produce lovely filbert trees and their delicious fruit.

Bring out the flavor of Oregon filberts by toasting them for 20 minutes in a 275 degree oven, then rubbing them while still warm between rough terry towels or your hands to remove the thin skin. This dry blanching produces

a rich toasted nut that complements any flavor combination. The filberts combine deliciously with versatile tuna in Filbert Tuna Casserole with an easy-to-do sauce of condensed cream of mushroom soup. Wide buttered noodles complete this tasty Lenten dish. Once you prepare this convenient, flavorful dish, you will add it to your repertoire for every season.

FILBERT TUNA CASSEROLE

½ cup filberts
1 can (6½ ounces) tuna
1 can condensed cream of mushroom soup

1 can (3 oz.) mushrooms
½ cup sour cream
1 tablespoon parsley flakes
Toast filberts in a 275-degree oven for 20 minutes. Rub while still warm with a rough terry towel or between your hands to remove the thin skin. Slice thin. Combine tuna, undiluted soup and mushrooms with liquid in skillet or saucepan. Bring to a simmer and heat gently 5 minutes. Remove from heat, stir in sour cream and parsley flakes. Arrange over hot noodles and sprinkle with filberts. Makes 4 servings.



TROPICAL TREAT—It soon will be pie cherry time. Tart red cherries are a welcome addition to spring menus. Until cherry picking time substitute canned cherries for this delicious dessert.

Hawaiian Miss Takes Honors

An attractive Hawaiian high school senior, Myrna Yee, from the Island of Oahu, Hawaii, walked off with top honors in the 1963 National Tart Red Cherry Recipe Contest announced in the Pump Room of the Ambassador East Hotel in Chicago.

Miss Yee won out over thousands of contestants entered from high schools coast-to-coast. Her entry, "Tropical Cherry Pie," combined the tart-flavor of America's traditional pie fruit with the exotic flavor of flaked

cocunut from her island home in America's newest state.

Miss Yee, representing the contest's Western division, will use her top-prize of \$1,500 scholarship to pursue a college career in the field of home economics.

The other three regional finalists representing Central, Eastern, and Southern states received \$500 scholarships each. They were Judy Baer of Durant, Iowa, (Cherry Button cookies); Janice Blethan, Rockland, Me., (Glazed Cherry Bread); and Ella

Charlene Holmes, Des Arc, Ark., (Cherry Topped Custard).

The National Red Cherry Institute, sponsors of the event, also awarded four second prizes—\$300 scholarships and four regional third prizes—\$200 scholarships. In addition, there were 40 regional runner-up prizes—Sunbeam Mix-masters, and 100 regional runner-up prizes—25 record albums for the next 25 best recipes in each region.

(Continued on 6-B)



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Spring Meal Lamb-Peaches

May-in-March feelings, whatever the weather outside, are easy enough to produce at mealtime. Plan a lighthearted, pretty menu and serve it on a spring-like table.

Broiled lamb chops accompanied by Currant Meringue Peaches ought to accomplish the trick for you. Your meal is on the table in a jiffy, too.

For the meat, you could choose either rib, loin or shoulder chops. The shoulder chops are usually the most economical, states meat expert Reba Staggs.

The filled peach halves can either bake in the oven or broil until golden brown. Serve them hot on the platter with the lamb.

BROILED LAMB CHOPS—

Currant Meringue Peaches

6 to 8 rib, loin or shoulder lamb chops, cut 1 to 2 inches thick
Salt
Pepper

Currant-Meringue Peaches
Set regulator for broiling. Place chops on broiler rack. Insert boiler pan and rack so the top of 1-inch chops is 2 to 3 inches from the heat and 2-inch chops is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. Serve with Currant-Meringue Peaches. 6 to 8 servings.

Currant-Meringue Peaches

2 egg whites
½ cup currant jelly
1 can (1 pound 13 ounces) cling peach halves, drained
Beat egg whites until stiff. Beat currant jelly into egg whites until thoroughly blended. Place peach halves cut side up in a shallow baking pan. Top peaches with generous spoonfuls of currant-meringue. Bake in a moderate oven (350 degrees) 10 to 12 minutes or broil until meringue becomes lightly browned. Yield: 6 to 8 large peach halves.

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