

The Frontier Woman —

Mother's Day Shouldn't Be Designated Only by Calendar, Atkinson Woman Says

By BLANCHE SPANN PEASE

Hi there, neighbors! The clever cook who operates under a somewhat tight food budget has learned what cooperative helpers are the durum wheat trio of foods, spaghetti and macaroni. During the Lenten season these foods climbed to the top of her list of dependables. There are several reasons for this. One of the most important is that thrifty wheat foods are such easy ones to combine with others. As the

macaroni foods are used to form the base for main dishes they add their own excellent protein, yet let the cheese, seafoods or vegetables do the real flavoring job.

A favorite is popular macaroni and cheese. There are many, many other delicious combinations, which will become favorites after their first appearances. For variety you may like to try some of the different shapes of macaroni, spaghetti and noodles.

Another reason macaroni dishes receive such high honors during Lent as well as other times is that it is so easy to choose accompaniments that go well with them. Green vegetables such as broccoli, asparagus, peas and beans, served hot with butter are wonderful

with a soudee casserole, a spaghetti and seafood loaf or a big macaroni salad. Other favored accompaniments are crisp green salads and crunchy hard rolls.

Spaghetti salmon loaf is a colorful, delicious main dish which features a thick layer of salmon and green peas between layers of spaghetti. It is baked in a loaf pan and looks ever so inviting turned out on a hot chop plate and garnished with strips of pimiento or sprigs of parsley.

SPAGHETTI SALMON LOAF

Six ounces long spaghetti, 3 tablespoons butter or margarine, 3 tablespoons enriched flour, ¼ teaspoon salt, dash pepper, 1½ cups milk, 1 egg, beaten, 1 cup flaked salmon (1 8-ounce can), 1½ cups cooked peas.

Cook spaghetti in boiling salted water until tender (about 12 minutes). Drain and rinse. While spaghetti is cooking, melt butter or margarine in top of double boiler. Add flour, salt and pepper. Mix well. Gradually add milk, stirring constantly, and cook until thickened. Add egg while stirring constantly. Cook 2 to 3 minutes more. Mix ½ cup of the sauce with the salmon and peas. Mix remaining sauce with the spaghetti. Put ½ the spaghetti mixture in a greased loaf pan 8½ by 4½ inches. Arrange salmon over this. Top with remaining spaghetti mixture. Bake in moderate oven (350 degrees F.) about 1 hour. Makes 1 loaf, about 6 servings.

Devised eggs with their sunny yolks bid a mighty gay welcome to Easter via a big casserole of scalloped noodles. The noodles are first cooked then folded into a tangy mustard sauce and arranged in a casserole. The deviled eggs are pressed gently into the top and the whole is sprinkled with cheese before baking.

SCALLOPED NOODLES WITH DEVILED EGGS

Four ounces broad noodles, 2 tablespoons butter or margarine, 2 tablespoons enriched flour, ½ teaspoon salt, ¼ teaspoon pepper, ½ teaspoon dry mustard, 2 cups milk, ¼ cup

grated American cheese, 4 deviled eggs.

Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, melt butter or margarine in top of double boiler. Add flour, Stir until smooth. Gradually add salt, pepper, and dry mustard, add milk, stirring until thickened. Arrange noodles in greased 1½ - quart casserole. Pour cream sauce over noodles. Arrange deviled eggs on noodle mixture, pressing eggs gently into noodles. Sprinkle with grated cheese. Bake in moderate oven (350 degrees F.) about 25 minutes. Makes 4 servings.

—tfw—

Subscription Winners—

Today we have an excellent letter from an Atkinson woman who signs herself "Dads and Moms, Too." And one of our most faithful contributors, Mrs. Charley Ross, of Redbird, also wins a 3-months' subscription to The Frontier.

Dear Frontier Woman:

Winter is slowly drawing to a close. Next will be the hustle and bustle of spring and summer. Stopping to think, we should ask: What have we done to better ourselves or others?

We were too busy all summer to spend an evening in our neighbor's home just being homey and friendly. How many times have we done it this winter? It isn't too late yet. Do up the dishes early or leave 'em in the sink, and drive over to the neighbors. No fuss or fixing, just be your friendly self. It's catching—friendliness, I mean.

Oh yes, tomorrow is Mother's day. (I hear arguments.) Alright, give me one good reason why it can't be? Ever try to make a list of all the things your mother has done for you? Can you repay her in one day? So tomorrow I'm taking the kids, with a cake and roast for Sunday dinner, driving up to Mom's and I'll wash and iron the curtains. I'll scrub and wax the floors and I'll wash and fix her hair.

I'll go home that eve, oh a wee bit tired, but feeling, oh

SANDHILL SAL

A smile can REA your whole personality. So far ours is Rural Electric Ain't Got.

Nothing is quite so embarrassing as watching somebody else do just what you just said couldn't be done. Mary had a little pup, it grew by leap and bound; now everywhere that Mary goes, folks say, Boy lamp that hound.

So good inside when I think how pleased she looked as she kissed the kiddies goodbye.

Speaking of kiddies, how many times a day do you shout "Don't!" at them when you could just as easily spend 2 minutes instead and find out why they want to do it or that they'd do it anyway? Just because Grandma always set the chairs just so, is it a crime for a youngster to line them up and crawl under them? Maybe they are a big suspension bridge, or maybe the child is crawling through the biggest hole in the world. Their minds and imaginations are miles ahead of us, so let's think twice before we shout that ugly "Don't." Take time out to be one of them, to love them, to stay young. Show them that Dad and Mom can play, too. There will be plenty of dust, and dirty dishes long after those same kids are "DADS AND MOMS, TOO!"

—tfw—

Mrs. Ross's Letter—

Dear Blanche: While I wait for the 10 o'clock news tonight, I'll scratch a few lines to our page. As I really do enjoy all the letters, too. Glad to see a Lynch friend has won a 3-months' subscription, and must try her doughnut recipe, as it does sound so good!

Yet, Sandhill Sal says, the best way of reducing is to turn the head from left to right and I'm sure she is right. I'll hand out a little tip on working the hens into laying more eggs. Yes, I can just hear the farmer's wife say: "Now why do that as they are hardly worth hauling off now?" Well, here it is anyway:

As most everyone knows, an egg is over 80 percent water, yet I put a teaspoon of salt in about 1½ gallons of milk and give that to my three dozen hens in the morning, and it makes them drink that in a hurry and want more.

So I add another teaspoon of salt to a pail of water and give that to them, they like it and reach for more. Be sure and keep oyster shell before them, too.

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I forgot that a short while ago, so I wondered why the drop in production so quickly and soon found it was my own mistake. I have been canning squash for summer use as my good daughter and family raised an extra supply. Results, I got some good eating, too. I cook it as I would for the table, only I don't put anything in it, but 1 teaspoon salt to each quart of squash, then put it in the water bath, if I use quart jars, as my pressure cooker holds only pints. So I boil the quarts in the water bath for 1½ hours. I use seal tight lids as they are sealed before being put onto cook. But I usually try them again to make sure they are tight. Next summer the squash will taste grand. Must tell you of a funny incident of several years ago when girls wouldn't think of being seen in overalls by the public. My 2 daughters were playing some sort of dress rehearsal and were dressed in their brother's overalls. I heard them coming downstairs and as one of them got to the bottom I knocked on the kitchen door, and then opened it and said, "Why, hello, come on in." And I don't believe anyone ever traveled any faster than those girls did, right back upstairs to where they came from, and got out of the overalls and came back downstairs with the look on each face of "Who in the world came?" Of course, I had a laugh and so did they, to think they were so badly fooled. Now they can wear their overalls and not get so surprised. If I should be lucky this time, just add it to my husband's subscription as the paper comes in his name. Best of luck to all, MRS. CHARLEY ROSS, Redbird Frontier for Printing!

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