



**CHEDDAR AND PARMESAN** cheese make Tuna Neapolitan an Italian-American casserole high in protein and low in cost. Serve it to your family in celebration of June-Is-Dairy-Month. To complete the meal, add freshly tossed green salad, hard-crusted buttered garlic bread and milk.

## Frozen Salad Comes to Party Bedecked

This frozen vegetable salad with its built-in dressing will enhance your reputation as a talented hostess.

It is ideal for busy summer days for it can be prepared the day before the party. Plan it to serve 10 to 12.

### FROZEN VEGETABLE SALAD

- 2 tablespoons sugar
- 2 envelopes unflavored gelatine
- 1½ teaspoons dry mustard
- 1½ teaspoons salt
- 1 10-ounce can condensed tomato soup
- 1 cup milk
- 1 cup mayonnaise
- 2 tablespoons prepared horseradish
- 2 cups chopped cucumber
- ½ cup chopped green pepper
- 1 cup chopped celery
- ¼ cup chopped parsley
- 1 tablespoon chopped onion
- 1 cup heavy cream, whipped
- Salad greens

Mix sugar, gelatine, mustard and salt. Combine tomato soup and milk; heat. Add gelatine mixture; cook over low heat, stirring constantly, until gelatine dissolves.

Cool; fold in mayonnaise, horseradish, vegetables and whipped cream. Pour into 2 refrigerator trays and freeze firm. Cut into wedge-shaped pieces and serve on crisp salad greens.



**THIS FROZEN VEGETABLE** Salad is planned for party pleasure. The recipe makes ten to twelve servings, can be made in advance, ready to be prettied up with crisp greens and choice garnishes at the time of serving.

## TWO WORLDS

# Old Joins New in Dish to Honor Dairy Month

Foods from Italy inspire this Tuna Neapolitan, a casserole dish that combines the best of the old world and the new.

Flat noodles, Parmesan cheese, tomatoes, red onions, pimiento and a rich, spicy sauce all reflect the Italian influence. Green beans, tuna, Cheddar cheese and mushrooms lend the American touch.

Cheese, a favorite dairy food, plays an important role in this long month of June-Is-Dairy-Month celebration. Parmesan meets Cheddar and they add a zest to the basic sauce for this casserole made with evaporated milk, another dairy celebrant.

Cheddar cheese which is a favorite of Americans, takes its name from Cheddar, England, where it originated. Parmesan cheese, a native of Parma, Italy, is the hardest of all cheeses and is almost always grated or shredded.

Besides being good, these two cheeses add nutrition by supplying protein, calcium, vitamin A and riboflavin—all at an economical price.

### TUNA NEAPOLITAN

- 1 (4-oz.) can sliced mushrooms
- ½ cup chopped onions
- ¼ cup butter
- 2 tbs. flour
- ¼ tsp. each salt and pepper
- ¼ tsp. each garlic salt and dry mustard
- ¼ tsp. chili powder
- 1½ cup evaporated milk
- 2 cups shredded Cheddar cheese
- 2 tbs. chopped pimiento
- 8 oz. pkg. broad egg noodles, cooked
- ½ cup tomatoes
- ½ cup grated Parmesan cheese
- 1 pkg. frozen French-style green beans, cooked
- 2 (7-oz.) cans tuna, drained and flaked
- Liquor from drained mushrooms

Drain mushrooms and set aside liquor. In saucepan saute mushrooms and onion in butter. Blend in flour and seasonings. Slowly add evaporated milk, stirring until sauce is smooth and thickened.

Add liquor from mushrooms, Cheddar cheese and pimiento. Stir until cheese melts and sauce is well blended. Mix together noodles, tomatoes and Parmesan cheese. Place three-fourths noodle mixture in bottom of 3-quart casserole.

Layer green beans over noodles. Place flaked tuna over green beans and pour cheese sauce over all.

Decorate top of casserole with remaining noodle mixture. Heat for 20 to 30 minutes in 350 degree oven.

## Fruit of Hen Is 'Plenteous Nourishing'

With eggs a plentiful item, budget-minded homemakers will find ways to use them for every meal. Their value as nutritious food is known by all who have the responsibility of feeding their families.

Try this recipe for bread pudding as suggested by the Egg Council of California.

### BREAD-PUDDING

- ½ cup raisins
- ½ cup white raisins
- ½ cup currants
- 8 rusks
- 4 egg yolks
- ½ cup dark brown sugar
- 1 pint milk, scalded
- 4 egg whites, beaten
- 2 tbs. butter

Soak raisins and currants in boiling water to plump. Place rusks, egg yolks and sugar in large mixing bowl. Pour in scalded milk and let it soak into rusks.

Work with fork until rusks form smooth paste. Drain raisins and currants and fold in egg whites, together with rusk paste.

Rub melon-shaped pudding mold heavily with butter. Transfer mixture to mold to ½-inch of top. Cover.

Place in pan with hot water up to 1-inch rim of mold and steam for 2 hours. Invert on platter. Serves 6.

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## Perhaps it's the Water!

If your children refuse to drink nonfat dry milk, they may have a legitimate complaint; the type of water used to reconstitute it can change the taste.

Even though your water supply is approved for drinking, it may contain minerals. This may not alter the flavor right away but it may after the milk has been refrigerated a few days.

The Texas Agricultural Experiment Station has studies to show how water caused off-flavors in reconstituted dry milk. The flavors developed in from 3 to 6 days; a medicinal taste in one and "vegetation" flavor in another. Both results came from the taste of the water.

**The Best Thing To Do**

So if your children find the water you use makes the reconstituted milk taste rancid or musty, heat the water before mixing it with the milk powder.

Or, the reconstituted milk can be heated (pasteurized). Either way, the milk will taste much better and keep longer than it would otherwise.

Don't reconstitute more milk than you can use in 3 or 4 days but make it up several hours before serving and refrigerate it until serving time.

**Cost and Content**

The budget-wise shopper knows that nonfat dry milk is economical. It costs about half as much per quart as ordinary milk.

Packaged in air-tight containers, flavor and instant-mixing qualities are preserved. Nonfat milk contains about half the calories of whole milk because the fat has been removed.

However, it contains the B-vitamins, proteins, calcium and phosphorus of whole milk. When you put the water back into it, you have a highly nourishing food for drinking and cooking.



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### Buttermilk Blend

Try a blending of chilled buttermilk with grape, pineapple, or tomato juice for a thirst-quenching, revitalizing summer drink. The tang will really tempt you. Or - add a dash of seasoned salt or just salt and pepper to buttermilk.

### Souffle Amadine

Spark up a cheese souffle next time the ladies come to luncheon. Fold ½ cup toasted slivered almonds into the souffle mixture at the same time you fold in beaten egg whites. Sprinkle each serving with either slivered or sliced almonds.

### Oldest Food

Milk is one of mankind's oldest known foods, with records showing that cows were milked as long ago as 9000 B. C. The word "milk" is derived from the Sanskrit "irjati" which described the action of milking.

### Brighten Cream Soups

During the summer months, more and more homemakers are serving nutritious canned and homemade cream soups chilled. But, be they served hot or cold, spooners and sippers will react in the affirmative to the addition of a smidgeon of ginger or curry.

### Avocado Meat Spread

As a delectable "sauce-spread" for burgers or meat loaf, mash a California avocado with a fork and blend in a dash Tabasco, prepared horseradish and lemon juice. Spread on meat just before serving.



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