

Mrs. Nelson's Four-Bean Salad

rising, Mrs. Nelson was asked for a menu which would be attractive, tasty, and economical. Based on her long experience as a wife, mother, and homemaker, who has always been aware of the importance of a well-balanced diet, she suggested a menu of hamburger casserole, buttered carrots, four bean salad, corn relish, hot rolls with strawberry jam, oatmeal cake, sliced peaches, and coffee, tea, or milk.

If you prepare the hamburger casserole, however, it will be even more tasty if you use home made noodles which are available from many of the churches and clubs in Logan-sport. "It just doesn't taste right with store bought noodles," said Mrs. Nelson.

A recipe for fresh banana fruit salad with walnut dressing also has been included at a time when the fruits are plentiful and fairly economical. If you're on a diet, skip the dressing.

+++

Oatmeal Cake

Pour $1\frac{1}{2}$ c. boiling water over 1 c. oats. Let stand for 20 min. Cream $\frac{1}{4}$ c. butter, 1 c. white sugar, and 1 c. brown sugar. Add this mixture to oats. Add 2 eggs, 1 tsp. vanilla, 1 one-third c. flour, 1 tsp. soda, $\frac{1}{2}$ tsp. cinnamon. Bake in loaf pan at 320 degrees for 25-30 min. No icing needed.

+++

Hamburger Casserole

8 oz. dry noodles
1 lb. hamburger

4 large stalks celery, thinly sliced

1 pt. tomato juice
Cook noodles until tender. Drain. Brown hamburger and drain off fat. Alternate layers of noodles, hamburger, and celery. Season to taste. Over this pour tomato juice. Put in buttered 8x12 baking dish and bake at 350 degrees for 30 min. or until juice has bubbled up over entire dish. Tuna fish can be used instead of hamburger and macaroni can be substituted for noodles. Mushrooms can be added if desired.

+++

Coconut Carrot Salad

3-4 med. carrots, shredded
1 c. coconut
1 c. raisins
1 No. 2 can crushed pineapple, drained
 $\frac{1}{4}$ c. mayonnaise
whipped cream
sugar, if desired
Mix ingredients and let set a couple hours before serving.

+++

Four Bean Salad

1 can lima beans, drained
1 can green beans, drained
1 can yellow wax beans, drained
1 can red kidney beans, drained and washed
1 red and green pepper, cut into strips
1 onion, sliced and separated into rings
1 c. sliced celery
Dressing:
one-third c. salad oil
 $\frac{3}{4}$ c. vinegar

1 c. sugar

1 tsp. salt

$\frac{1}{2}$ tsp. pepper

Mix dressing and pour over beans and vegetables. Let stand 24 hours. Salad will keep in refrigerator several days.

+++

Hot Pepper Meat Relish

Grind:

12 red peppers

12 green peppers

4 stalks of celery

1 small onion

Mix together. Add $\frac{1}{2}$ tsp. salt or more. Let set for 2 hours. Drain well and add 1 c. sugar and vinegar. Heat to boil, let simmer for approx. 1 hour. Can and seal.

+++

FRESH BANANA

FRUIT SALAD

WITH WALNUT DRESSING

3 bananas

2 cups fresh orange sections

2 apples, cored and cut into cubes

Salad greens

Peel bananas, cut into diagonal slices and mix with orange sections and cubed apples. Turn into bowl lined with salad greens and serve with Walnut dressing.

Makes: 4 to 6 servings.

Walnut Dressing

1 cup heavy cream

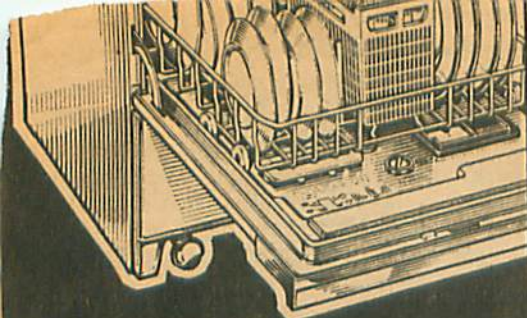
$\frac{3}{4}$ cup ground walnuts

2 tablespoons sugar

1 teaspoon grated fresh orange rind

Whip cream until stiff. Fold in walnuts, sugar and grated rind.

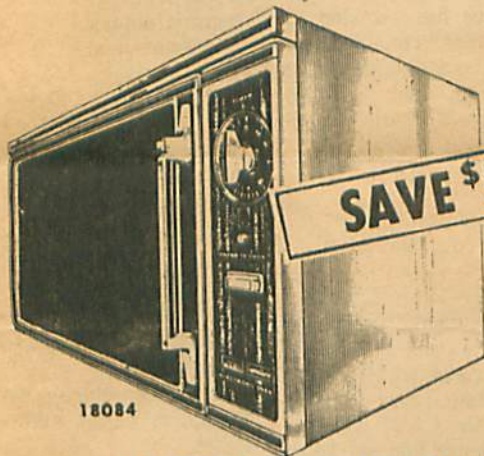
Makes: 2 cups dressing.



CYCLE MAKES DISHES S...

6-level wash action assures "squeaky" clean dishes. Rinse dispenser. Forced air drying! Attractive walnut top.

20
THIS



18084

SAVE \$55

**OUR LARGEST ELECTRONIC OVEN
INCLUDES BROWNING GRILLE**

Meals in minutes with "extra-size" oven—large enough to cook a 30-pound turkey! 110V.

349⁸⁸ **

REG. 404.90

THIS WEEK ONLY



555

SAVE \$9-\$10

806

**NEAT FLOOR CARE
CANISTER AND UPRIGHT**

Canister has vibra-beating power. Upright cleans pile height; incl. 2 dust l...

*Plus transportation

Phone 753-4955

STOP IN, SEE IT, BUY IT NOW —

SERVICE NATIONWIDE
Prompt service and factory parts

— USE WARDS

Mrs. Nelson's Four-Bean Salad

1 can lima beans, drained 1 can green beans, drained
1 can yellow wax beans, drained 1 c sliced celery
1 can red kidney beans, drained and washed
1 red and green pepper, cut into strips
1 onion, sliced and separated into rings

Dressing: 1/3 c salad oil 3/4 c vinegar
 1 c sugar 1 tsp salt
 1/2 tsp pepper

Mix dressing and pour over beans and vegetables. Let stand 24 hrs. Salad will keep in refrigerator several days.

Source: Logansport newspaper