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# Clam casserole fine-- if you can find clams

By ELLY

The recipe for clam and pasta casserole came from the National Marine Fisheries Service.

Clams are high in valuable protein, contain an abundance of calcium and iron, and have no fat. They combine readily with other foods in many main dishes as well as being excellent in chowders, soups, fritters, sauces, dips and salads.

According to the Fisheries Service the casserole is an old favorite dinner-in-a-dish that cuts down on preparation time.

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"It is equally delicious whether prepared with spaghetti, macaroni or noodles," the service said. "The clams make a savory sauce when blended with convenient mushroom soup, combined with pasta and topped with buttered crumbs."

It sounded good and we were going to kitchen test it last weekend. But we couldn't find any clams.

Approaching the canned tuna, crab, shrimp, oyster, (and usually clams) section of the supermarket, there was one of our favorite cooks, Mrs. Lawrence Becker, holding a can of salmon.

"What can you do with a \$1.89 can of salmon?" she asked.

"We discussed salmon loaves, salmon patties and salmon in muffin tins. Of course eggs, at 99 cents a dozen would have to be added. A cucumber sauce would dress it up but cucumbers are out of season and high in price.

At that point, another shopper picked up a can of salmon bearing another brand label.

She glanced at Mrs. Becker's can and asked, "How much is your can of salmon?"

"It's \$1.89," she said, putting it back on the shelf and going on her way.

"Hmmm," mused Dorothy Becker, "I wonder if this cheap salmon is any good."

And so it goes, with spiraling food prices and truckers' strikes.

Here is the clam 'n' pasta recipe. I hope you can find the clams.

## CLAM 'N' PASTA CASSEROLE.

2 cans (7 1/2 ounces each) minced or chopped clams  
2 T. melted margarine or cooking oil  
2 T. flour  
Dash of pepper  
1 can (10 1/2 ounces) condensed mushroom soup  
1/4 c. milk  
1 pkg. (8 ounces) spaghetti, macaroni or noodles  
2 T. butter or margarine, melted  
1/2 c. dry bread crumbs  
Blend flour and pepper with melted margarine or cooking oil. Add soup, milk and clams and cook until thick, stirring constantly. Cook pasta as directed on package; drain. Combine with clam sauce. Place in a well-greased 1 1/2 quart casserole. Combine melted butter or margarine with bread crumbs; sprinkle over casserole. Bake in hot oven, 400 degrees F., for 10 minutes or until brown. Makes six servings.



CLAM 'N' PASTA Casserole is a dinner-in-a-dish. A brief bake in the oven until the mixture is hot and bubbly and the flavors are blended and this entree is ready to enjoy.

radio and television, and the coffee pot. Drive efficiently to get the most mileage per gallon when it's too far to walk.

## Improve your health by saving fuel energy

The current energy shortage in the United States provides even the most recalcitrant dieters with a new rationale.

You and your whole family could be in better physical shape if you switched to arm and leg power for the 10-to-15 miles a week that one gallon of gasoline represents.

If each person saves one gallon-a-week accumulated savings would be more than five billion gallons of gasoline per year.

Accomplishing this savings does require a little planning, but to mention the salesmanship you will need to get your family's cooperation.

Bundle up the kids and let them walk to school; if it is not too far, and to after school scouts and dancing lessons. And did you ever measure the mileage to the neighborhood milk and bread store?

Your husband might walk to work if it's two miles or less. Calculate the distance he might exercise his legs going with the kids to the basketball game without the car. Three Sunday afternoon football games on television are no substitute, unless he's on the team.

You can save other fuels than gasoline, too, for a better physique. Stretch to do instead of using the electric vacuum brush. Wash the lunch dishes by hand and save the dishwasher for one big load at dinnertime.

Hang a load of delicate laundry on a line in the basement. You reach high for upper arm slimming, and save

the energy gobbling dryer for towels.

For decolorized winter meals, try cottage cheese and drained canned fruit or vegetables to save calories and dwindling power reserves. But leave peanut butter and jelly to the children. Still can't stay out of the kitchen? Teach your youngsters to cook, and do it by remote control as you run up and down steps doing the laundry.

Replace the midafternoon snack with a snowman building contest with the neighborhood kids. Saves wrecking the house and the need to vacuum it. And all that bending and stooping burns calories at a fabulous rate.

Or just take a long walk to see your neighborhood in its winter dress for a Currier and Ives fantasy after summer margalods have turned brown. But skip hot cocoa on your return for hot tea with lemon and zero calories.

For evening entertainment and weight control, take up knitting. Mittens and caps for outdoor play and to be sent from school marching will be welcomed by you and your healthy crew.

Try a fat needle for first-time sweater making, and knit socks for the warm slippers in a hurry. Knitting or crocheting to keep every one warm with the lower 68-degree furnace setting does you the favor of keeping your hands too busy to nibble potato chips and peanuts.

A few final non-dietary energy reductions include the oldest reminder: turn off what you aren't using - the lights, the car, the iron, the

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**New Voices**

Kristen Ann Brannan, second child of Mr. and Mrs. Richard M. Brannan of Garden City, was born Dec. 28 in Annapolis Hospital. She has a two-year-old brother, John.

The children's grandparents are Mr. and Mrs. Robert J. Smith of Westland and Mrs. Arlene Brannan, also of Westland. They also have four great-grandmothers, three great-grandfathers and one great-grandmother.

Mr. and Mrs. Richard P. Cousineau of Provincetown Lane, Plymouth, announce the birth of their first child, a son, Jon Austin, at 10:07 p.m. Jan. 1 in St. Mary Hospital, Livonia.

Mr. and Mrs. Allan Rogers of Parkside Avenue, Plymouth, announce the birth of a daughter, Mindy Leigh, on Dec. 11 in Annapolis Hospital. They also have a son, Todd.

Mr. and Mrs. Terry L. Hever of Parkwood Avenue, Inkster, announce the birth of their first child, a son, Terry Edward, on Dec. 2 in Annapolis Hospital.

Young Terry's grandparents are Mr. and Mrs. Carl E. Boje of Inkster, Mr. and Mrs. Robert G. Hever of Plymouth and Mr. and Mrs. Harold Egan of New York. He also has seven great-grandparents.

## Group discussions for mastectomy patients begin

Group discussions for women who have undergone mastectomy have been launched by the Michigan Cancer Foundation in its headquarters at 110 East Warren, Detroit.

The sessions are designed to help mastectomy patients deal with emotional and physical reactions to breast surgery.

Begun Jan. 21, they will continue on Mondays for 10 weeks from 10:30 a.m. to 12 noon. Women interested may call Mrs. Eugene Tokarz, a registered nurse heading the program, at the MCF headquarters.

Mrs. Tokarz said additional discussion series would be offered in the spring and throughout the year.

By talking with women who share the same experience, patients are better able to formulate constructive ideas and solutions to common concerns, Mrs. Tokarz added.

The MCF also coordinates a mastectomy visitors program in which volunteers who have undergone the surgery act as advisors to recent patients who are hospitalized or recently released.

## AARP offers tax assistance

The Livonia Chapter of the American Association of Retired Persons, in cooperation with the Redford Senior Citizens, is offering its "Tax-Aid" program as a public service to area retirees.

The program uses retired volunteers trained by the Internal Revenue Service to act as counselors to persons needing help with federal and state tax forms.

## JCC nursery is registering

The Jewish Community Center's Nursery School is now holding registration for its spring semester.

The new semester begins Jan. 28, and continues through June 14. Youngsters may enroll for half-day sessions meeting two, three, or five times weekly.

For further information, or a nursery school brochure, contact the Center, 18100 Meyers, Detroit.

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