

# Casserole Busy Day Salvation

By Elly

Late sunsets and Little League Baseball keep the family scurrying here and there. Picking the perfect eating hour would take computer-type calculations. There is one salvation, however, the casserole. Stock your pantry shelf with convenience foods. Intelligent menu planning with convenience foods reaps exciting results that still save the budget and time. Assisted by canned macaroni and cheese, one can whip together a casserole in nothing flat, then store it in the refrigerator until the final count down. Instead of the usual salad, fix a relish tray of cold asparagus spears, cherry tomatoes and deviled eggs. Your family can pick and choose as they wish.

**SALMON AND MACARONI BAKE**  
2 cans (15 ounces each) macaroni and cheese  
1 can, 7- 3/4 ounces, salmon, drained and flaked  
1 T. chopped parsley  
2 t. lemon juice  
1 medium clove garlic, crushed  
6 thin cucumber slices  
paprika  
In a shallow baking dish, combine all ingredients except cucumber and paprika. Overlap cucumber slices down center of dish. Sprinkle with paprika. Bake at 400 degrees for 25 minutes. Serves four.

**SKILLET SURPRISE SAUERBRATEN**  
1 pound ground beef  
1 c. diagonally sliced celery  
1/4 c. water  
2 T. wine vinegar  
1 can (8 ounces) diced carrots, drained  
1/4 c. crumbled flange snaps  
Generous dash ground cloves  
Salt and pepper  
In skillet, brown meat, stirring to separate, and cook celery until almost tender. Pour off fat. Add remaining ingredients. Cover; cook over low heat 20 minutes. Stir now and then. Makes four servings.

IF SCHEDULES are such that the whole family can not arrange to eat together, these individual casseroles will ensure a hot meal for everyone.

**PIONEER CASSEROLES**  
2 pounds boneless beef for stew cut in 1-inch cubes  
3 T. lard or drippings  
1 t. salt  
1/4 t. pepper  
1/2 c. chopped onion  
2 t. Worcestershire sauce  
1 c. water  
1 can (10-1/2 ounces) condensed mushroom soup  
1 pkg. (10-1/2 ounces) frozen peas and carrots  
1-1/2 cups Homemade Biscuit Mix  
1 t. parsley flakes  
1/2 c. milk  
Brown meat in lard or drippings. Pour off drippings. Add salt, pepper, onion, Worcestershire sauce and water. Cover tightly and simmer two hours or until meat is tender. Add mushroom soup, peas and carrots. Cover tightly and cook slowly 10 minutes. Place hot mixture in six individual casserole dishes.  
Combine parsley flakes and biscuit mix. Add milk and mix until all dry ingredients are moistened. Drop 1/2 cup dough over each casserole. Bake in hot oven, 400 degrees, 20 to 25 minutes or until brown.

**HOMEMADE BISCUIT MIX**  
8 c. sifted flour  
4 t. salt  
1-1/4 c. lard  
Sift flour, salt and baking powder together; cut in lard until mixture has fine even crumb. Cover tightly and store in refrigerator until ready to use. This mixture will keep for at least a month, refrigerated. Yield: 10 cups biscuit mix.

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Tomatoes  
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LO-CAL CHEF STYLE OR 1000 ISLAND

Kraft Dressing..... 6-FL OZ BTL 19¢

AVONDALE BRAND

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FOR FRYING &amp; COOKING

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AJAX

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SPECIAL LABEL  
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Cinnamon Buns..... 10-OZ WT TUBE 15¢

SPECIAL LABEL

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SPECIAL LABEL

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