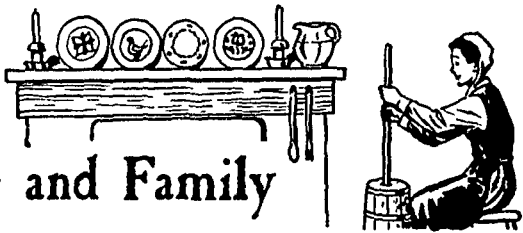


## For the Farm Wife and Family



### Fresh Green Vegetables Keep Color If Cooked in Small Amount of Water

#### BOILING FRESH GREEN VEGETABLES

Fresh green vegetables need not take on a washed-out look when cooked properly. If they are cooked until tender but still slightly crisp, and cooked under cover, they can look — and taste good enough to bring calls for second helpings.

Boiling is a very familiar and easy way to cook green vegetables but to keep fresh color and flavor, care needs to be taken not to overcook.

For boiling, use lightly salted water — half a teaspoon salt and a half to a cup of water, depending on cooking time. Bring the water to a boil before adding the vegetables. After adding the vegetable, cover the pan. When the water boils again, reduce heat. Some green vegetables, such as shredded cabbage or spinach leaves, may require as little as three minutes to cook tender. Green lima beans may take 20 to 30 minutes, snap beans 15 to 30 minutes.

When boiling leafy greens, such as spinach and beet greens, the water clinging to the leaves after washing them may be all the water needed in cooking. Put the greens into the pan, adding salt in layers throughout. Reduce heat after steam begins to escape and cook slowly to prevent stick-

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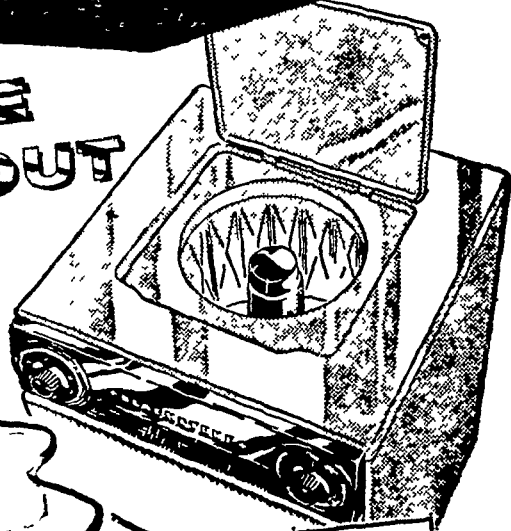
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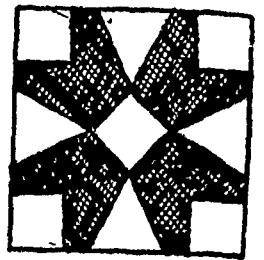
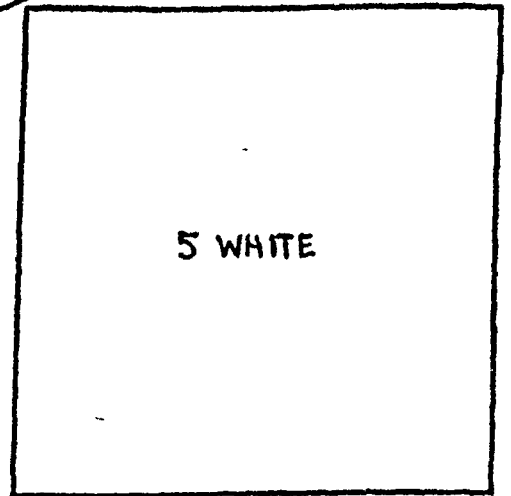
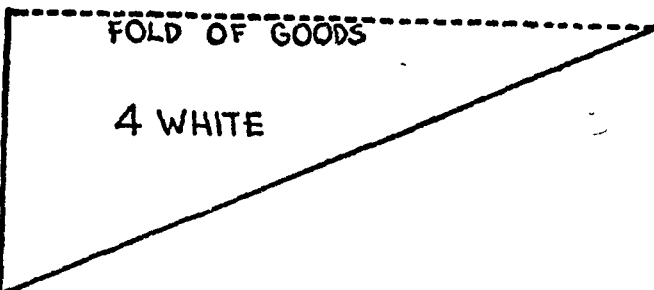
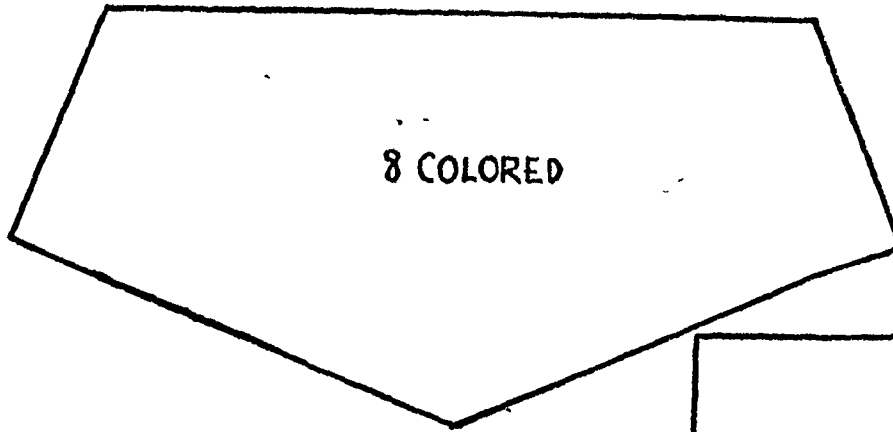
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## THE LITTLE BOY'S BREECHES



(Copyright Weekly Star Farmer)

THIS IS THE FIRST in a series of quilt patterns to be offered you in Lancaster Farming. To use the pattern, simply cut your cardboard patterns the same size as shown. Allow extra material for seams.

If you have any patterns you would like to have published, simply sketch them on a sheet of paper and send them in. They don't have to be fancy. Be sure to include any history that the pattern might have.

ing. Serve the vegetables promptly. Flavor will suffer when they are allowed to stand.

Speaking of vegetables, here is a recipe for beets with orange sauce for added flavor. Why not serve a vegetable plate menu as follows: Beets with orange sauce, corn pudding, summer squash, hardcooked eggs and sliced cucumber salad with mayonnaise dressing on lettuce, whole wheat muffins, butter and milk, for dessert, sliced fresh peaches and ice cream.

#### BEETS WITH ORANGE SAUCE

- 3 cups cooked beets
- 1/4 cup vinegar
- 1 cup orange juice
- 1 tablespoon cornstarch

1 tablespoon butter  
3/4 teaspoon salt  
Cook beets until tender, then slice, cut in small pieces, or serve whole if beets are small. To make the sauce, combine vinegar and cornstarch and add to it the hot orange juice. Cook sauce until thickened and glossy. Add butter, salt and cooked beets. Heat to blend flavors, and serve.

#### REQUEST

Mrs. Charles Graham, Mt. Joy, would like to have recipes for the following: Russian Dressing and French Pastry (pie crust). We hope you ladies will be able to help her out. Russian Dressing is a very timely request as we are in the midst of the salad season. So send us your favorite recipe for

the dressing; and some of you good cooks certainly make French Pastry

Mrs. Abram E. Landis, R2 Lititz has sent us some pickle recipes. She says in her letter

I always enjoy Lancaster Farming and always turn to the Women's Page first. As this is pickle canning season, will send a few recipes we all like.

#### SPICED FRUIT

Mrs. Abram E. Landis, R2 Lititz

- 1 quart vinegar diluted to taste
  - 1 drop oil of cinnamon
  - 1 cup sugar
  - 1 drop oil of cloves
- (Continued on page 7)

# SHOP! SAVE! IT'S SCHOOL TIME!

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