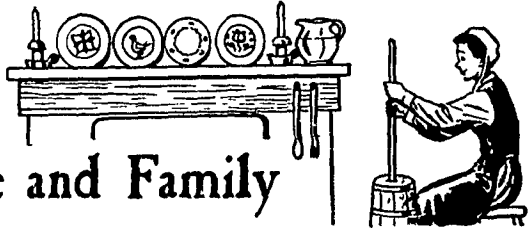


For the Farm Wife and Family



Cooked for Nutrition

Roots Spark Your Fall Meals

Crimson beets — orange carrots — turnips — rutabagas, white and yellow — cream-colored parsnips — red radishes — green spring onions, dry winter onions, brown, red, and silver-skinned — these vegetables from the earth bring vitamins, minerals, starches, and sugars to help supply the body's needs.

Carrots rate special mention for vitamin A value. Turnips, especially if eaten raw, help to fill the daily vitamin C quota. And onions are the world's most popular seasoning.

Draw on root vegetables and onions (which strictly speaking, are bulbs rather than roots) to add variety to your meals. Eating a variety of foods is good nutrition insurance — a way to get food values as yet undiscovered as well as those known.

TO GET THE GOOD FROM VEGETABLES — Eat some raw, some cooked. And prepare them in different ways. Cook quickly, use all the juices. Store properly to keep crisp and plump. Root vegetables like a cool, moist place best. One exception, winter onions, like it cool and dry.

COOKING ROOT VEGETABLES — Pare vegetables, or leave skins on small medium-sized ones if desired. If you pare, make the parings thin or scrape no more than skindeep. To keep whole beets from losing their bright red color during cooking, do not peel, and leave on an inch or two of stems and tap-

To give more "lift" now and then, drop in a little chopped onion, green onion tops, chives, green pepper, or parsley or other herbs.

A little vinegar or a squeeze or two of lemon juice adds a pleasantly tart note to seasoning for boiled carrots, beets, or turnips.

HARVARD BEETS

1 tablespoon cornstarch
2 to 4 tablespoons sugar
½ teaspoon salt
¼ cup vinegar
¼ cup water
2 tablespoons butter or margarine
2 cups cooked beets, sliced
Mix cornstarch, sugar, and salt. Add vinegar and water and boil gently until thick, stirring constantly. Add the butter or margarine and beets and reheat.

PUNGENT BEETS OR CARROTS

4 slices bacon
2 tablespoons vinegar or lemon juice
2 tablespoons water
2 cups chopped cooked beets or carrots, drained
Salt and pepper
Pinch of ginger, if desired
Fry bacon until lightly browned. Drain on absorbent paper. Combine vinegar or lemon juice and water. Add beets or carrots. Sprinkle with salt, pepper, and ginger.

Heat vegetable thoroughly, stirring frequently to blend flavors. Crumble bacon and sprinkle over the top of the hot vegetable.

BROWNE PARSNIPS

4 large parsnips
½ teaspoon salt
¼ cup flour
2 tablespoons butter, margarine, or drippings
Pare parsnips and slice length-



CYNTHIA LANDIS, Strasburg RD 1, is shown in her royal carriage shortly after being named Livestock Queen of the West Lampeter Community Fair last week. Queen Cynthia is attended, on the left, by Miss Veda Kay Sollenberger, Lampeter, and on the right, by Miss Joyce Mallott, 1215 Morningside Drive. The Royal Coach, with Queen Cynthia in full regalia led the Fair's Livestock Parade and presentation of awards. LF PHOTO

wise. Cook with salt in a small amount of water until parsnips are tender.

Strip out center core if woody. Dip the slices in flour, or mash the parsnips and make them into little cakes. Fry in the fat until golden brown.

SCALLOPED PARSNIPS OR CARROTS

2 cups sliced cooked parsnips
(Continued on page nine)

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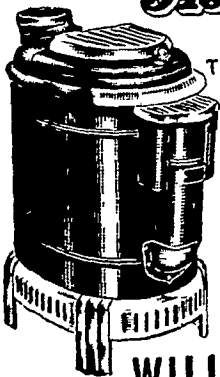
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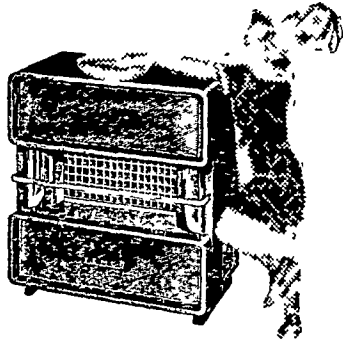
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