

**Backyard Bar-B-Q**  
(From page 10)

For the best spareribs ever try this sauce on them:

**WAGON BARBECUE SAUCE**  
1 can (10½ ounces) condensed cream of mushroom soup  
1 can (10¼ ounces) condensed onion soup  
½ cup ketchup  
¼ cup salad oil  
¼ cup vinegar  
2 large cloves garlic, minced  
2 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
¼ tea spoon Tabasco sauce

Combine above ingredients in saucepan. Cover. Cook over low heat about 15 minutes, stir now and then. Makes 3½ cups sauce.

**TO GRILL** cut 6 pounds spareribs into serving-size pieces. Simmer, covered, in boiling water for 1 hour. Drain ribs, place on grill about 6 inches above glowing coals. Brush with sauce. Cook about 30 minutes or un-

til done; baste with sauce and turn every 5 minutes. Makes 4 servings.

For Barbecued Chicken, prepare this:

**SWEET 'N SOUR SAUCE**  
1 can (10½ ounces) condensed beef broth  
1 tablespoon cornstarch  
¼ cup drained crushed pineapple  
¼ cup chopped onion  
¼ cup vinegar  
2 tablespoons sugar  
1 tablespoon soy sauce  
1 large clove garlic, minced  
½ teaspoon salt

Gradually stir condensed beef broth into cornstarch in saucepan. Cook until sauce thickens, stirring constantly. Add remaining ingredients and simmer for 10 minutes, stirring occasionally. Makes 2½ cups sauce.

Steaks and hamburgers love this sauce:

**BANG-UP BARBECUE**  
1 can (10½ ounces) condensed tomato soup  
¼ cup sweet pickle relish  
¼ cup chopped onion

1 tablespoon brown sugar  
1 tablespoon vinegar  
1 tablespoon Worcestershire sauce

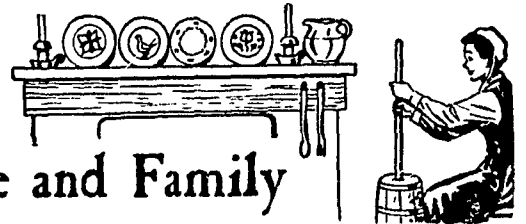
Combine above ingredients in saucepan. Cover and simmer until onion is tender and flavors are blended. Makes about 1½ cups sauce.

**VITAMIN C. FOODS**  
Some food rich in vitamin C is needed every day because the body is unable to store much of this essential nutrient.

A variety of fruits and vegetables that rate high in this vitamin are coming on summer markets. These include strawberries and cantaloupes. Good sources among vegetables are raw cabbage, green pepper, tomatoes and tomato juice, fresh or canned. New-season potatoes currently plentiful on markets also deserve attention for vitamin C value.

Most people, of course, know that all the familiar citrus fruits are bountiful sources of vitamin C. Half a glass of orange or grapefruit juice — fresh, frozen

**For the Farm Wife and Family**



or canned — goes far toward meeting the day's requirements for this vitamin. The same is true of a whole orange, half a grapefruit or the juice from a couple of lemons.

**MAIN DISH CASSEROLES**  
Main dish casseroles are popular with many homemakers. They are fine choices for serving on busy days or for company meals. Many of these may be prepared ahead of time and they need little watching while cooking.

A casserole makes a good main course and may be a citrus meal in itself. Usually a main dish casserole consists of one or more protein-rich foods, a starchy food, and

perhaps a vegetable. It should supply about one-fourth of the day's protein requirement. To meet this requirement, each serving needs to contain three ounces of lean meat, two ounces of Cheddar cheese, one-third cup of cottage cheese, or two-thirds cup of cooked dry beans or peas. Smaller amounts of two or more protein-rich foods may be substituted for one food.

Since many main dish casseroles are soft in texture, crisp foods go well with them. Tossed green salads, relishes, raw fruit, and crusty rolls give a pleasing contrast in texture. In general, good food choices to serve with main dish casseroles are ones that supplement them in nutrients, color, and flavor.

**PLAN FOR CANNING NOW BEFORE GARDEN RIPENS**

For a top quality canned product next winter, get your equipment ready now while your garden is still growing. Take stock of your jars and lids left over from last year and make a list of things you need to buy.

The size or type of container depends largely on your family's needs and preferences. Wide-mouthed jars are handy for packing whole fruits, large pieces of vegetables, even meat and poultry if you do much of this kind of canning. You can remove the pieces of food easier from the jar without breaking them.

Your jars must seal properly so run your finger around the rim. There can't be any nicks or cracks because even the smallest chip will cause the jar not to seal.

Make sure you have plenty of lids without any dents. If you use the zinc lids, be sure you have enough jar rubbers.

Wash the jars in hot, soapy water and heat before packing with hot or cold food. You don't have to boil the jars when you're going to put the jars in the pressure cooker because the high temperatures will kill the bacteria.

Your pressure canner can be used year after year if you take care of it. Your pressure gauge reading must be correct for adequate heat treatment, especially for the low-acid vegetables. If the gauge is off five pounds, or more, you should get a new one at any hardware store and have the clerk put in on for you. It may be well to clean the petcock on the top of the pressure gauge. That's the vent that releases the steam pressure gets too high. Follow the directions given by the manufacturer and you can do this quite safely.

Any large container can be used for water-bath canning. You need an inch to an inch and a half of water over the top of the jars. Maintain this level all the time you are using the canner. A rack on the bottom will keep the jars from touching the metal bottom. A lid on the container will reduce the amount of evaporation and keep the water level more even.

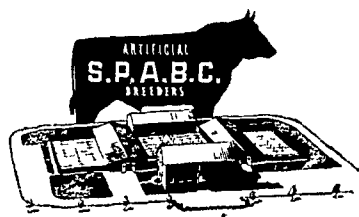
Follow the directions given by the manufacturer for the best results with a particular piece of canning equipment.

**PREVENT WILTING**

A wilt-proofing material sprayed on foliage and twigs of transplanted shrubs and trees will reduce the amount of transpiration by providing a plastic film. Reports Joseph Hayden, Penn State extension ornamental horticulturist.

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