

**SANDWICHES**

(continued from page 14)  
Cheddar cheese, then medium patty, slice of tomato and 1 stick melted butter (1/4 servings).

**BUTTER-BARBECUE BURGERS**

- 1 pound ground beef
- 1/2 cup instant nonfat dry milk
- 1/2 cup water
- 1/4 cup chopped onion
- 1/2 teaspoon salt
- 1 stick melted butter (1/2 pound)
- 2 tablespoons prepared mustard
- 2 teaspoons Worcestershire sauce

**Wiener rolls**  
Mix ground beef with instant nonfat dry milk, water, chopped onion and salt. Shape into 6-8 rolls; spear with skewers. Meanwhile make Butter-Barbecue Sauce. In large skillet blend together melted butter, mustard and Worcestershire sauce. Put burgers in skillet with Butter-Barbecue sauce; cook over hot coals, rotating burgers occa-

tionally, until of desired doneness. Serve on warm wiener buns. For variety: stick cubes of sharp Cheddar cheese into burgers. Shape into small meat balls and put 3 on a skewer alternating with cubes of fruit or vegetables.

Tossed salads are a favorite salad this time of year to accompany a sandwich because of the variety of vegetables available in home gardens and on the markets. There are just about as many dressings for tossed salads as there stars in the sky so there is no need to get in a rut with a tossed salad! Here are a few examples for you.

**SOUR CREAM DRESSING**

- 1-1/2 cups dairy sour cream
- 1 tablespoon chopped chives or minced onion
- 2 tablespoons vinegar (Tarragon is excellent)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon sugar

Fold chives, vinegar, salt, pepper and sugar into sour cream. Combine with shredded cabbage.

**TOMATO TANG DRESSING**

- 2 cups buttermilk
  - 1/4 cup (6-ounce can, tomato) pasta
  - 2 teaspoons lemon juice
  - 1/2 cup chopped green pepper
  - 2 teaspoons grated onion
  - Salt and pepper to taste
- Combine buttermilk and tomato paste, mix well. Stir in lemon juice, green pepper, onion, salt and pepper to taste. Pour over mixed greens and toss well.

**CREAMY LOW-CAL DRESSING**

- 2 cups cottage cheese
  - 1 cup buttermilk
  - 1 tablespoon red wine vinegar
  - 2 tablespoons chopped parsley
  - 3/4 teaspoon seasoned salt
- Sieve cottage cheese or mix in a blender until smooth and creamy. Stir in buttermilk, vinegar, parsley and seasoned salt. Pour over mixed greens and toss well.

NOTE: These buttermilk salad dressings, covered and (Continued on Page 17)

**For the Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By Jane Thurston

**Storing Fresh Vegetables**

Cabbage, cauliflower, and Brussels sprouts, store in the refrigerator in a crisper or in plastic bags. Carrots, beets, and radishes, remove root tips and tops and store covered in the refrigerator, use crisper or plastic bags. Green and wax beans, leave whole and store in refrigerator. Lettuce and other salad greens, clean, wash, and shake to remove as much water as possible, then store in crisper or plastic bags in refrigerator. Tomatoes, put ripe tomatoes uncovered in the refrigerator, keep unripe tomatoes at room temperature away from direct sun-

light until they ripen. Dry onions and potatoes don't require refrigeration.

Store dry onions at room temperature or slightly cooler. they sprout and decay at high temperature and in high humidity. Store potatoes in a dark, dry place with good ventilation and a temperature of 45 to 50 degrees



THURSTON

**When You Work With Tools**

Hang tools on a board with all blades turned in one direction. Don't use tools with defective handles that can break or fly off. Keep cutting tools sharp. dull ones tend to slip. Don't use your hands to brush away metal or wood chips or curls. tiny bits can get into the skin. Use a screwdriver that fits the screw so that it won't slip. Don't hammer at an angle, but hit the object squarely. Wear protective gloves when using a soldering iron, or (Continued on Page 16)

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