SANDWICHES

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

ervings. BUTTER-BARBECUE

BURGERS

- 1 pound ground beef 1/2 eup instant nonfat dry
- milk
- 1/2 cup water
- 14 cup chopped anian
- 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

coals, rotating burgers occas-

FARMERS AND ASSOCIATED

ness. Serve on warm wieper For variety: stick huns. cubes of sharp Cheddar cheese Shape into into burgers. small meat balls and put 3 on skewer alternating with

cubes of fruit or vegetables. Tossed salads are a favor-

ne salad this time of year to tomato paste, mix well. Stir in accompany a sandwich because lemon juice, green pepper, of the variety of vegetables evailable in home gardens and on the markets. There are greens and toss well. just about as many dressings for tossed salads as there CREAMY LOW-CAL stars in the sky so there is DRESSING no need to get in a rut with a tossed salad! Here are a few examples for you.

SOUR OREAM DRESSING

- 1-1/2 cups dairy sour cream 1 tablespoon chopped chives or minced onion
- ragon is excellent-
- 1/4 teaspoon salt
- 1/2 teaspoon pepper. 1/4 teaspoon sugar

Fold chives, vinegar, salt, Burgers in skillet with Butter- pepper and sugar into sour Barbecue sauce; cook over hot cream. Combine with shredded cabbage.

ionally, until of desired done- TOMATO TANG DRESSING

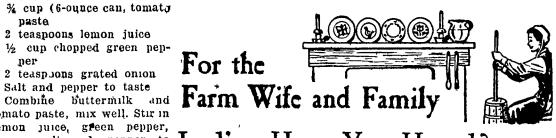
- 2 cups huttermilk 34 cup (6-ounce can, tomato paste
- 2 teaspoons lemon juice 1/2 cup chopped green pep-
- per 2 teasphons grated onion

Salt and pepper to taste onion, salt and pepper to taste. Pour over mixed

- 2 cups cottage cheese
- 1 cup buttermilk
- 1 tablespoon red wine vinegar
- 2 tablespoons chopped parsley

34 teaspoon seasoned salt Sieve cottage cheese or mix 2 tablespoons vinegar (Tar- in a blender until smooth and creamy. Stir in buttermilk, vinegar, parsley and seasoned salt. Pour over mixed greens and toss well.

> salad dressings, covered and (Continued on Page 17)



Lancaster Farming, Saturday, August 18, 1962-15

Ladies, Have You Heard?...

By Jane Thurston

Storing Fresh Vegetables Cabbage, cauliflower, and Brussels, sprouts, store in the refrigerator in

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-

Ph. SO 8-3931

NOTE: These buttermilk light until they ripen. Dry onions and potatoes

don't require refrigeration.



THURSTON

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

* 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 bleak or fiv oft.

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 his 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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14th ANNUAL REUNION Rough & Tumble Engineers Historical Association AUGUST 16, 17, 18, 1962 Kinzers, Pennsylvania 10 Miles E. of Lancaster — 13 Miles W. of Coatesville See the Ancient Steam Rigs in Action		P
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Ride The 1890 Scale FREE ADMISSION TO		
Send In Your \$2 Dues Right Away Mail To:— ROUGH & TUMBLE ENGINEERS HISTORICAL ASSOCIATION Kinzers, Ponusylvania GENERAL ADMISSION — \$1 `Free Parking		KAUF BIRD-IN-H Midway be