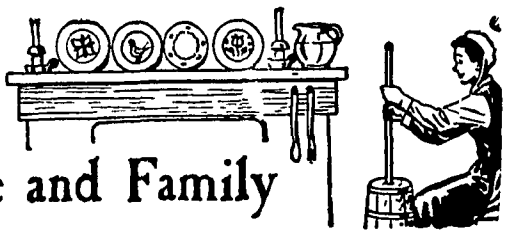


For the Farm Wife and Family



Vegetables Add Glamor To A Meal

By Mrs. Richard C. Spence



SPENCE

Good FARM WIFE

Vegetables can add much to a meal both in taste appeal and eye appeal. Nutritionists everywhere recommend a serving of green and yellow vegetables every other day for all family members. They provide us with needed amounts of vitamins A and C. Our best sources of vitamin A are the dark-green and deep-yellow vegetables such as broccoli, carrots, chard, collards, cress, kale, pumpkin, spinach, sweet-potatoes, winter squash, turnip greens and other dark-green leaves. Other foods rich in vitamin A are apricots, cantaloupe, mango, persimmon, egg yolk, butter and margarine and tops on the list is liver. It is not hard to see that any of the above mentioned foods would also add much

color to your meal.

To keep colors bright when cooking, cook green vegetables in as little salted water as you can. Cook them as quickly as possible, keeping the lid off for the first minutes to let mild acids escape with the steam. Too much heat and acids cause discoloration.

Cook yellow vegetables in salted water, using just enough to prevent scorching, about one-half inch of water in the bottom of the pan. Cook them with the lid on. Do not overcook them, for this causes colors to lose their bright appeal.

Frozen green vegetables can be oven baked for variety. Broccoli, spinach, peas, or asparagus should be allowed to thaw enough so that pieces can be separated and arranged in a casserole. Sprinkle with salt, cover and bake in a 350 degree oven until tender, approximate-

ly 45 minutes. Lemon butter or toasted sesame seeds can be used to add flavor.

Root vegetables — beets, carrots, turnips, rutabagas, mature onions, green onions, radishes, parsnips — are especially flavorful and nutritious. Eat some raw, some cooked. Leave the skins on, or pare only skin deep. Cook them only to the crisp-tender state. Use the cooking liquid in soups, gravies or vegetable cocktails.

A white sauce goes well with many of these root-vegetables, and you can pep up the sauce with left over bits of meat or fish, hard-cooked eggs, or grat-

ed cheese. Carrots and radishes make tasty sandwiches when shredded or sliced and mixed with nuts or raisins and salad dressing. Or combine several root vegetables in this delicious soup:

VEGETABLE SOUP

1 soup bone, simmered in water

To each 3 cups of this meat broth add:

- 1 small onion
- 2 small carrots
- 1 small turnip
- 1 small potato
- 1 small green pepper
- 1 stalk celery and leaves
- 1 cup tomato juice and pulp

Cut all the vegetables about the same size. Cook until tender in the salted meat broth. Season well and serve hot. This will make four servings, 1 cup each.

CREAMED CORN OR PEAS

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup milk
- 1 teaspoon grated lemon peel
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped chives or onion
- 1 teaspoon prepared mustard
- 1 tablespoon chopped parsley
- 1 12-ounce can whole kernel corn or 1 1-pound can peas

Melt butter over low heat; add flour, salt and pepper, stirring until well blended. Remove from heat. Gradually stir in milk and return to heat. Cook, stirring constantly until thickened, 5 to 6 minutes; add chives, mustard and parsley. Cook 1 minute longer; add lemon peel and lemon juice. Remove

from heat and stir through heated, drained corn or peas. Serve at once. Makes 4 servings.

CASSEROLE CARROTS

- 1 1/4 pounds fresh carrots
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon water
- 2 tablespoons butter

Peel carrots; slice diagonally and then cut in slices; place in casserole. Sprinkle top with salt and sugar; add water and dot with butter. Cover and bake 30-40 minutes in a 350-degree oven or until carrots are tender. 4-6 servings.

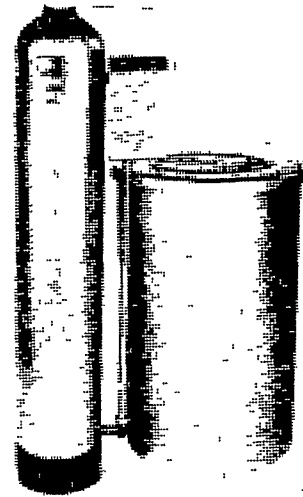
For a real down-South companion to roast ham or chicken — try glazed sweet potatoes with orange

SWEET POTATOES WITH ORANGE GLAZE

- 6 medium-sized sweet potatoes, cooked
- 2 oranges, peeled and sliced
- 3/4 cup orange juice
- 1 tablespoon grated orange rind
- 1/4 teaspoon salt
- 1/2 cup sugar
- 2 teaspoons cornstarch
- 2 tablespoons melted fat

(Continued on Page 9)

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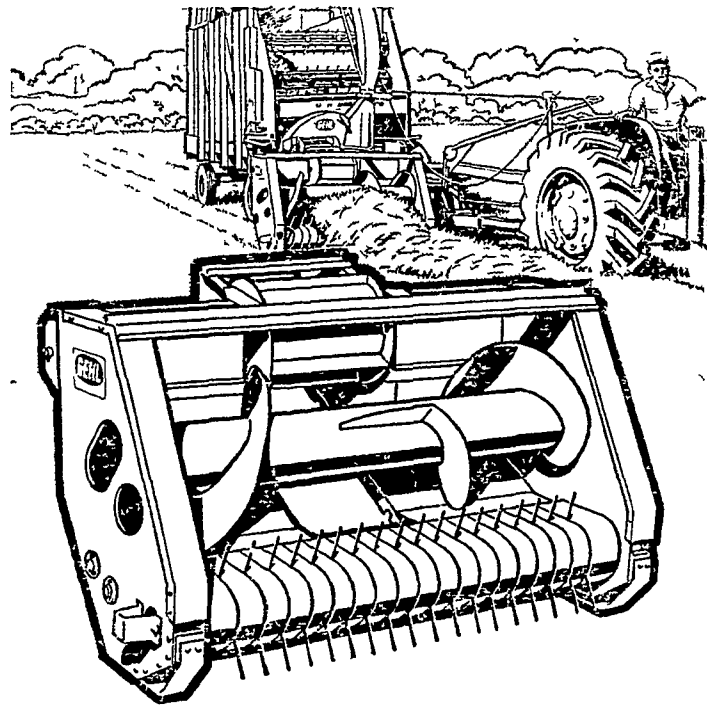
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