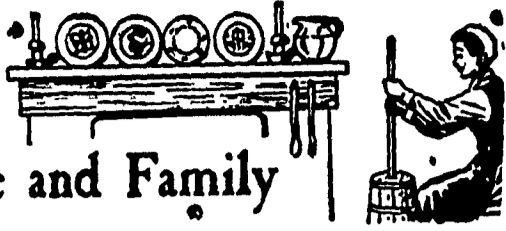


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

What's In A Vegetable



SPENCE

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Minerals, though needed in small amounts, are essential for strong bones and teeth and a healthy blood supply. Vegetables supply important amounts of calcium and iron needed by growing children as well as adults. Almost all vegetables contain some iron while beans and broccoli are particularly good sources of calcium.

Vegetables also supply carbohydrates in the form of sugar, starch and cellulose. Corn, carrots and potatoes are rich in carbohydrates

Vitamins come in tablets and capsules. But the most appetizing "packaging" for vitamins is vegetables. A kernel of corn, a string bean, a carrot nugget or a green pea are all "containers" of some of our most important vitamins.

A, B and C are the vitamins most abundant in vegetables. Vitamin A keeps eyes in good condition and helps give a healthy skin. The several vitamins within the B group help control our body-regulating processes. Vitamin C builds blood cells and generally helps keep our bodies healthy.

Green beans, broccoli and carrots are excellent sources of vitamin A. Good sources of vitamin C are broccoli, green peppers, and sweet red peppers. Most vegetables, but specifically peas and beans, contribute thiamine, one of the B vitamins, to our diets.

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And now for some ways to

serve some of these vegetables in an interesting way. A favorite fall item on the menu is the sweet potato.

- "JUST-RIGHT" ORANGE SWEET POTATOES
- 1 2-pound 8-ounce can sweet potatoes or yams (or cooked fresh sweet potatoes)
 - 2 teaspoons grated orange peel
 - 3 oranges, peeled, sliced into cartwheels
 - 1/2 cup orange juice
 - 1 7-ounce can jellied cranberry sauce (3/4 cup)
 - 1/4 cup honey
 - 2 tablespoons butter or margarine

Slice sweet potatoes lengthwise. In a 2-quart covered casserole, arrange half of the potatoes in an even layer. Sprinkle with 1 teaspoon grated orange peel. Top potatoes with half of the orange cartwheels. Repeat layers, using remaining sweet potatoes, grated peel and orange cartwheels. Combine orange juice, cranberry sauce and honey. Place in electric blender for 20 seconds or beat with rotary beater until smooth. Heat sauce to boiling point and simmer for 5 minutes, pour over casserole. Dot with butter and cover with lid. Bake in 400 degrees for 30 minutes. 8 servings.

- ITALIAN CHEESE EGGPLANT
- 2 cups shredded Provolone

- 1/2 cup grated Parmesan or Romano cheese
- 2 cups bread cubes
- 1/2 stick (1/4 cup) butter
- 1 medium onion, peeled and chopped
- 1 green pepper, chopped
- 1/2 ounce can mushroom stems and pieces, drained
- 1 medium eggplant, pared and cut into 1 inch cubes
- 1 pound can tomatoes
- 1 teaspoon salt
- 2 eggs, slightly beaten
- 1 teaspoon dried parsley

In a heavy skillet toast bread cubes in 2 tablespoons of butter. Remove cubes. Melt remaining butter in same skillet. Add onion, green pepper, and mushrooms and cook for 5 minutes. Add eggplant, tomatoes, and salt. Cover and cook for 10 minutes. Add eggs to Provolone cheese. In a 2 quart casserole, alternate eggplant mixture with Provolone and egg. Top with bread cubes, grated cheese, and parsley. Bake in a moderate oven (350 degrees) for 30 minutes. 8 servings.

- GOLDEN NUGGET BRUSSELS SPROUTS
- 2 10-ounce packages frozen Brussels sprouts
 - 3 tablespoons butter or margarine
 - 1 tablespoon flour
 - 1/4 teaspoon salt
 - 1/2 cup milk
 - 1 egg yolk

- 1 teaspoon grated orange peel
 - 1/4 cup orange juice
 - 2 tablespoons lemon juice
 - 2 oranges, peeled, cut into bite-size pieces, drained
- Cook Brussels sprouts, uncovered, in boiling salted water until just tender, but not soft. Drain; in a small saucepan, melt 1 tablespoon butter; stir in flour to form a smooth paste. Add salt. Gradually add milk, stirring constantly, until smooth. Continue stirring and allow mixture to gently boil one minute. Remove from heat and blend in egg yolk and remaining butter. Stir in grated orange peel and citrus juices. (Sauce may be kept warm over hot water.) To serve, combine cooked Brussels sprouts and drained orange pieces. Add hot sauce and toss lightly. 4 servings.

- PREM-LIMA BEAN BAKE
- 12 ounce can Prem packages (10 ounces each) frozen lima beans
 - 1/2 stick (1/4 cup) butter or margarine
 - 1/2 cup chopped onion
 - 1/4 cup cornstarch
 - 1 pound, 12 ounce can tomatoes
 - 1 1/2 cups crushed potato chips
- Cut Prem into thin strips. Cook lima beans according to package directions. Melt butter in skillet and saute onions in butter. Stir in corn-

(Continued on Page 11)

Expense Creeping Up?

It's a tremendous job for any woman to hold down on the cost of groceries and other necessities. What's the solution, then, to making both ends meet when everything costs so much.

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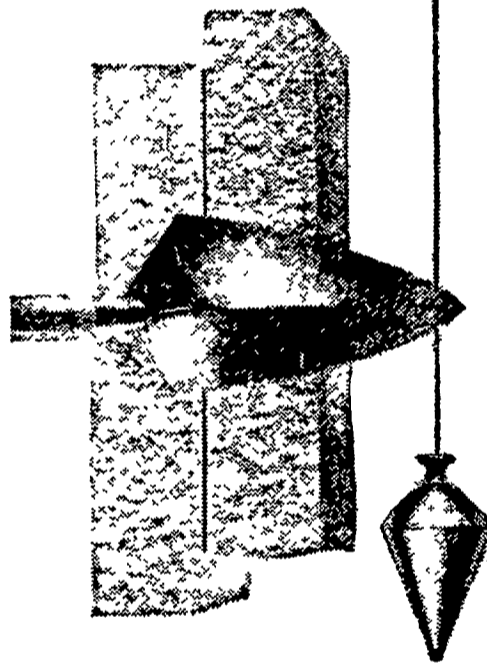
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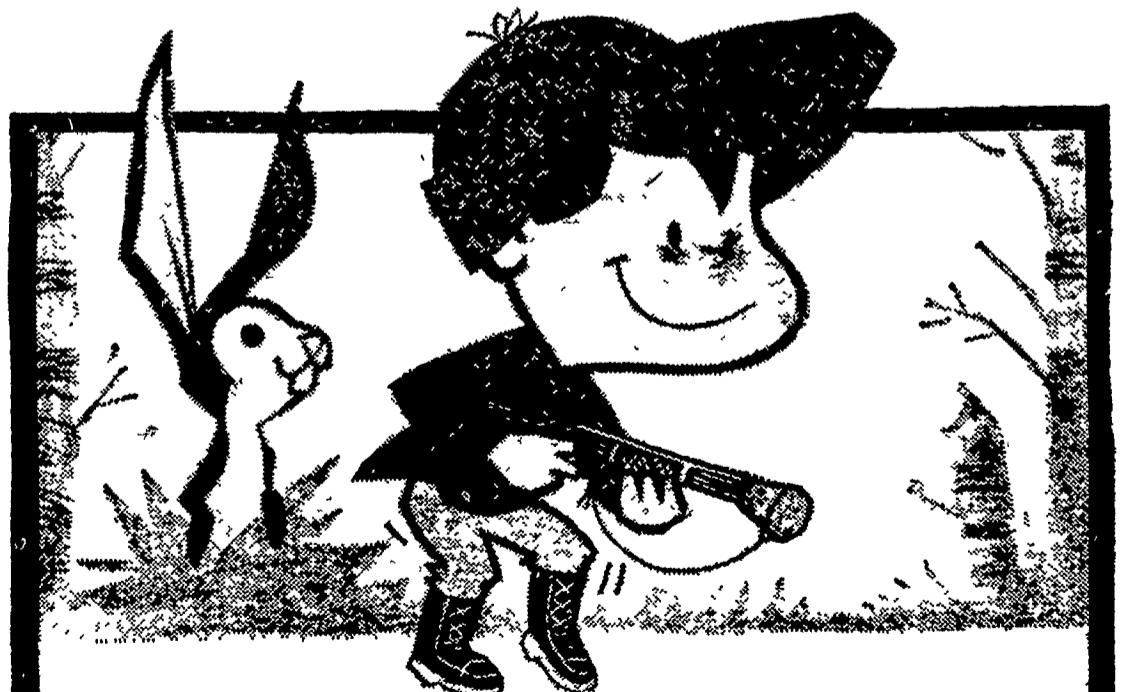


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