

For The Farm Wife
(Continued from Page 16)

rich sauces on vegetables. Lemon juice and vinegar will also add variety to vegetables in your meals.

Why not try adding oregano, pimiento or lemon juice to broccoli? Or give zip to green beans with mace, majoram, sage or dill seeds; for a new taste treat, cook diagonally-sliced celery with the beans.

A dash of nutmeg or cinnamon will compliment mashed sweet potatoes, and so will ground cardamom seed. They're flavorful without the calories of the usual sugar glaze or marshmallows.

Onions go well with caraway or thyme for seasoning. And use a bit of rosemary for boiled potatoes, turnips or cauliflower.

Marinate cold cooked vegetables used for relish trays or for salads in herbed or regular vinegar. Season hot spinach or cooked red cabbage with lemon juice or vinegar, too.

Don't overlook such things as water chestnuts for texture; a few, thinly sliced, add exotic dash to peas or green beans. Fresh or canned mushrooms also combine well with many other vegetables to add variety in texture and flavor. Both water chestnuts and mushrooms are relatively low in calories.

Also, rich desserts may be a tradition in your household, but

why not make this a year for change? You can cut calories and still come up with an appealing dessert. For instance, create a fresh fruit centerpiece that can be eaten at the close of the meal. Any number of colorful fruits are attractive and delicious.

Start with crispy red and yellow apples, oranges, tangerines or tangelos, bananas, pears and grapes. Even the more exotic pomegranate and persimmon are available in many stores. A wedge of cheese will bring out the fruit flavors and add a continental touch. Supply your family and guests with fruit knives and let them select the fruit they like. Everyone will leave the table with a comfortable, unstuffed feeling.

SAVORY GREEN BEANS

- 1 pound green beans
- 2 tablespoons margarine
- 1/2 cup finely chopped onion
- 1/4 cup chopped celery
- 1/4 cup chopped parsley
- 3/4 teaspoon salt
- 1/4 teaspoon combined rosemary basil and thyme

Cook beans, cut, until tender. Melt margarine in a saucepan. Add onion, celery; saute 5 minutes. Mix in parsley and seasonings. Simmer, covered, 10 minutes or until tender. Toss with beans. 64 calories per serving. Makes 6 servings.

Correspondence

Courses



**NATURE ON A SPREE
YELLOW APPLES ON
RED-FRUITED TREES**

Yellow skinned apples are sometimes produced on limbs of trees that otherwise bear red fruits. Does Nature go on a spree when that happens?

Not necessarily. Limbs bearing the off colored fruits were probably transferred from their parent plants as dormant buds.

Bud grafting isn't difficult. Home gardeners easily learn the trick. Little cutting is done. If the buds don't "take," the stock can be rebudded the same season.

According to a Pennsylvania State University correspondence course on plant propagation, budding is done when bark peels readily from wood: in summer, from mid-June to mid-August. Roses and pears are budded in early July. Late July is best for apples. Cherries bud well in mid-August.

Fully formed buds, ready for winter dormancy, on vigorous shoots of current season's wood, make the best budding material.

Study the Penn State course to learn more about budding and other methods of plant propagation. Send your name and address with \$4.25 to Plant Propagation, Box 5000, University Park, Pennsylvania 16802. A complete copy of the course comes to you by mail and there are no other charges.

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

By Doris Thomas, Extension Home Economist



Checklist For Smart Shoppers

Keep track of regular food prices so you'll recognize special sales.

Check ads and stock up on favorite foods when lower-priced or in season.

Learn quality guidelines — buy top grade if eye-appeal is important, lower grade when it isn't.

Try lesser-known brands to find acceptable quality at lower cost.

Realize that some convenience foods cost less, others cost more than foods you prepare from scratch.

Understand family food needs and the difference between needs and wants.

Deduct nonfood items from your total supermarket bill to get your actual food costs.

How To Soft Cook Eggs

Use enough water to cover the egg and use the same amount of water each time.

Make sure the water is at the same rate of boil and temperature each time.

Keep eggs in the same refrigerator at constant temperatures.

The size of the egg should be the same — or the larger the egg the longer the time in the water.

The answer to soft cooking eggs the same time after time lies in being observant of these factors and varying the time 15 to 30 seconds to make eggs come out the way you want them.

Raschel Knits Back In Fashion
Raschel knits, popular at the



THOMAS

turn of the century and during the end of the Twenties, are returning.

These knits are varied — bubbly, bulky, chevron design that looks hand knit, and bond-

(Continued on Page 21)

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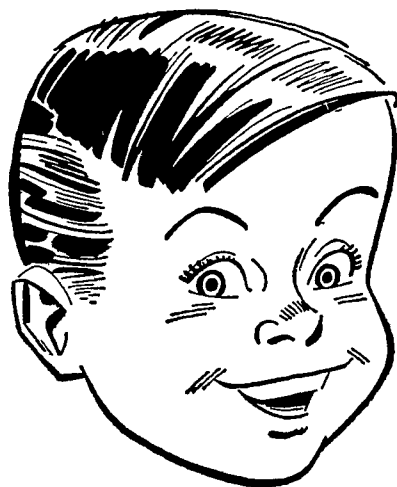
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COLLEGE SOMEDAY?

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DECISION NO. 2. Decide on the amount. Make it a goal that is not impossible for you to reach.

DECISION NO. 3. Choose a safe place to save where your money will earn good dividends. These are funds with which you can't afford to take a chance. Many people use our help!

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