

FOR THE
FARM
WIFE
AND
FAMILY

Have A Fling With Vegetables

By Mrs. Richard C. Spruce
Lancaster Farming Food Editor

Give your special attention to vegetables! Why? Because they are packed with vitamin A and C and needed minerals. To give an extra special flavor to an otherwise blah vegetable add some herbs, spices, lemon or orange juices or a dash of their rinds. Take the combination of carrots and oranges for example. We like them as a salad so why wouldn't they be good cooked together and served as a hot vegetable?

CARROTS A LA ORANGE

- 8 to 10 carrots
 - 3 tablespoons butter or margarine
 - 1/4 cup brown sugar
 - 1/2 cup orange juice
 - 2 oranges, peeled, sliced into cartwheels
 - 1/2 teaspoon nutmeg or mace
- Wash carrots and scrub with stiff brush cut in half lengthwise. Cook in small amount of boiling salted water until tender but still crisp. Meanwhile melt butter in heavy skillet. Add sugar and orange juice let bubble 2 to 3 minutes. Add carrots turn frequently to glaze well, over medium heat. Top with orange slices and sprinkle on nutmeg. Turn occasionally until carrots and oranges are glazed.

thoroughly. Serve at once to 6 people.

**GOLDEN NUGGET
CREAMED ONIONS**

- 1 orange, peeled
 - 2 cans (16 ounce) small whole onions, undrained
 - 2 tablespoons flour
 - 2 tablespoons melted butter or margarine
 - 1 teaspoon salt
 - 1 1/4 cups milk
 - 2 teaspoons finely grated orange peel
 - 1 teaspoon Worcestershire sauce
 - 1/4 teaspoon dry mustard
- Paprika
Cut orange into bite-size pieces.

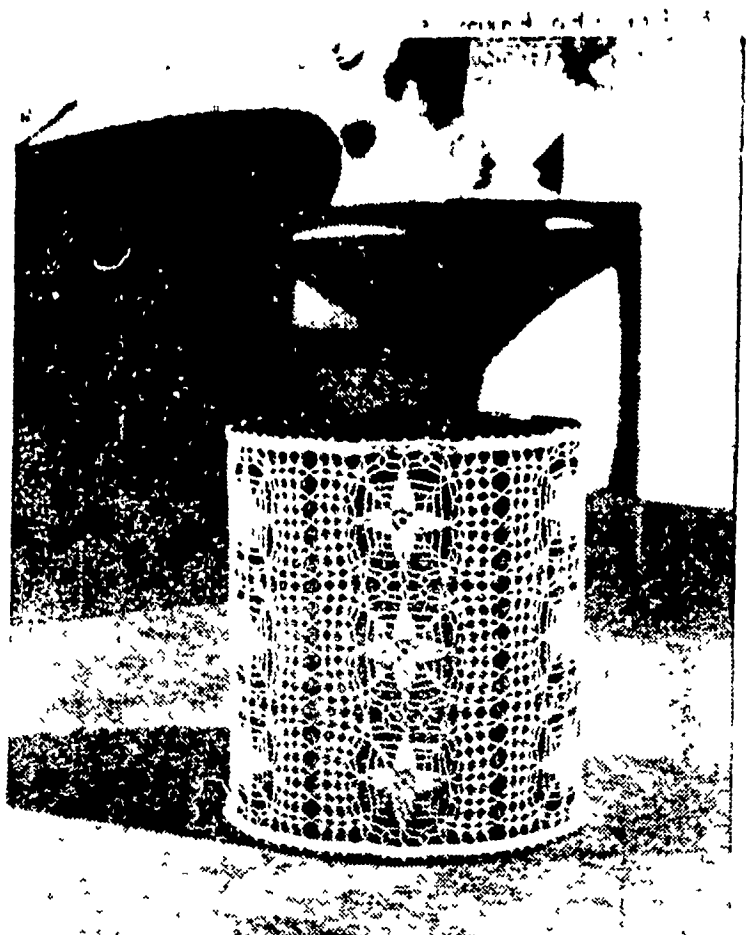
es. drain thoroughly. Summer onions until heated, drain in small sauce pan, stir flour into melted butter to form a smooth paste. Add salt. Gradually add milk stirring until mixture is smooth. Bring to a boil over medium heat, stir constantly and boil for 3 minutes. Stir in grated peel, Worcestershire sauce and mustard. Pour hot sauce over drained onions, gently stir in orange pieces. Sprinkle with paprika. Serve at once. 6 servings.

**CREAMED PEAS
AND MUSHROOMS**

- 2 packages (10 ounces each) frozen green peas
 - 1 can (10 1/2 ounces) condensed cream of mushroom soup
 - 1/4 cup milk
 - 1 jar (4 1/2 ounces) sliced mushrooms, drained
 - 1/4 teaspoon thyme
- Prepare frozen peas according to package directions. Drain. Add mushroom soup, milk, mushrooms and seasoning. Blend well. Cook over low heat 8 minutes. Serve in chafing dish. Makes 8 servings.

THREE-BEAN SALAD

- 1/2 green pepper
 - 2 cups cooked or canned green beans
 - 2 cups cooked or canned wax beans
 - 2 cups cooked or canned kidney beans
 - 3/4 cup sugar
 - 2/3 cup vinegar
- (Continued on Page 21)



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