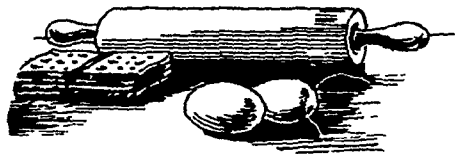
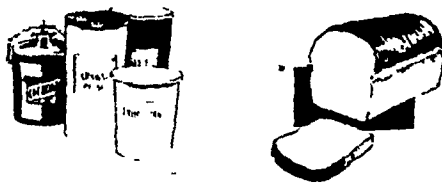


# Home on



# The Range



Vegetables can be a dieter's delight. High in vitamins, low in calories, and for the most part high in roughage, this quarter of the basic four food group can be the key to a satisfying, healthful diet.

This week we are featuring low calorie vegetables which we hope the whole family as well as the dieter will enjoy. And, with Summer right around the corner, new methods of making garden fresh vegetables will come in handy.

### DIET VEGETABLE SOUP

1 medium head cabbage shredded  
1 quart string beans  
1 green pepper, chopped  
3 stalks celery, diced  
3 carrots, diced  
1 onion, chopped  
1 quart tomato juice  
½ cup mushrooms (optional)  
8 beef bouillon cubes  
Place all ingredients into large soup kettle. Add tomato juice and cover vegetables with water. Simmer till vegetables are tender. Freeze in meal size containers.

Mrs. Raymond Wenger  
Lititz, Pa.

xxx

### SCALLOPED CORN AND TOMATOES

2 cups canned (whole-kernel style) or fresh-cut cooked corn  
1 cup canned or fresh tomatoes  
½ cup grated cheese (sharp)  
Combine corn, tomatoes, and cheese in a greased casserole dish. Bake in medium oven (375 degrees F.) for 10 minutes, until cheese melts. Serves six.

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### WHIPPED POTATOES AND SQUASH

2 medium-sized potatoes  
2 small Summer squash (about ½ pound)  
Scrub potatoes and cook with skins in boiling, salted water to cover. Scrub squash, quarter, cut crosswise into thin slices. After potatoes have cooked 15 minutes, place squash in separate saucepan, add 1½

cups boiling water. Add one teaspoon salt, cover tightly and cook until tender, about 15 minutes. When potatoes have cooked until they are easily pierced with a fork (about 25 minutes) drain and peel. Shake in pan over low heat to dry. Force potatoes through mill or ricer. Force squash and cooking water through food mill. Add mashed squash and seeds remaining in mill to pureed vegetables. Add salt and pepper to taste, mix well. Serve at once. Serves four.

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### VEGETABLE GOULASH

2 medium-sized onions sliced  
1 small Summer squash, sliced  
3 tomatoes, peeled and sliced  
½ teaspoon pepper  
2 tablespoons salad oil  
1 green pepper, sliced  
1 cup yellow corn  
1½ teaspoons salt

Heat oil in large skillet. Add onions, green pepper, squash and corn cut from cob and saute over medium heat about five minutes, until onions are light brown. Add tomatoes and seasonings and cook until tomatoes are soft, about five minutes longer. Serves four.

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### BROILED TOMATOES

6 tomatoes  
2 tablespoons onion juice  
¼ cup grated sharp cheese  
2 tablespoons butter (optional)  
3 tablespoons minced parsley  
Salt and pepper to taste  
Peel and cut tomatoes into ¼ inch slices. Place in greased broiler pan. Season and sprinkle with onion juice and sharp grated cheese. Broil three inches from heat, about three minutes. Sprinkle with parsley and serve. Makes six servings.

Above four recipes by  
Mrs. James Coombs  
Gardners, Pa.

### EASY POTATOES AU GRATIN

3 medium potatoes, peeled, cooked, and sliced

½ cup coarsely chopped celery  
1 can (10-¾ ounces) condensed cheddar cheese soup  
1 tablespoon prepared mustard

Combine potatoes and celery in a nine-inch square pan. Blend cheese soup and mustard; pour over potatoes and celery. Bake at 375 degrees F. for 30 minutes. Makes four servings or about 80 calories each.

Mrs. Carl S. Bacon  
Felton, Pa.

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### TURNIP SALAD

2 cups turnips (chopped)  
1 onion (minced)  
¼ pound dried beef (slice thin)

Add salt and pepper, sugar, and vinegar to taste.

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### WESTERN SALAD BOWL

½ medium size head lettuce (shredded) about 4 cups

1 small red apple, halved, cored and sliced thin  
½ small Bermuda onion, peeled and sliced thin  
½ cup thinly sliced celery  
½ cup low calorie dressing  
Combine lettuce, apple, onion and celery in a large salad bowl. Drizzle dressing over top, toss lightly to mix.

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### PANNED CABBAGE

1 tablespoon butter  
1 teaspoon beef extract or one bouillon cube  
½ teaspoon salt  
3 cups shredded cabbage  
Melt butter, beef extract, or bouillon cube in skillet. Add ½ teaspoon salt and cabbage. Cover. Cook for 10 minutes until tender. Makes four servings.

Above three recipes by:  
Mrs. Charles Biehl  
Mertztown, Pa.

xxx

### DIET MAYONNAISE

1 hard boiled egg sliced

## Wisconsin to host AAW convention

GREEN BAY, Wis. - The Wisconsin Women for Agriculture will host the second annual National American Agri-Women's convention and exhibits on November 9-11 with committee meetings on November 7 and 8 at the Port Plaza Inn in Green Bay, Wis. All farm and ranch women and others interested in agriculture are invited. Those attending do not have to be members of AAW to attend, and spouses are welcome.

The convention theme centers around "Growing together to handle situations faced in agriculture", and will be a full three days of speakers and commodity sessions.

American Agri-Women is

8 ounces cottage cheese  
½ teaspoon prepared mustard  
½ teaspoon onion salt  
½ teaspoon celery salt  
2 tablespoons lemon juice  
6 packages artificial sweetener  
½ teaspoon paprika  
1 tablespoon skim milk

Put all ingredients in blender and blend until smooth. Keep in covered container in refrigerator. Makes one cup mayonnaise.

Harriet Greenawalt  
Lancaster, Pa.

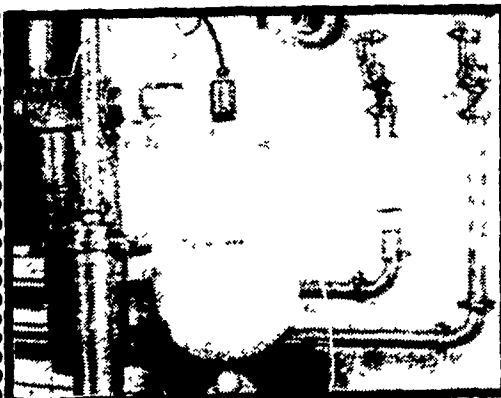
a coalition of farm and ranch women's organizations and individuals who have united together to communicate with one another and with other consumers to promote agriculture for the benefit of the American people and the world. Membership is open to any farm or ranch women or women interested in agriculture. AAW serves as a communication link-up so that organizations and individuals can work together on national issues of mutual concern. Membership includes 17 state groups, one regional group, that National Grange, and individuals from 32 states.

Advance registration fees for the national convention are \$35 with a September 15 deadline and \$45 after September 15. Registration fees will be refunded fully if an individual is unable to attend.



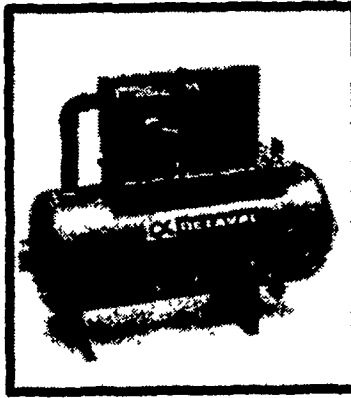
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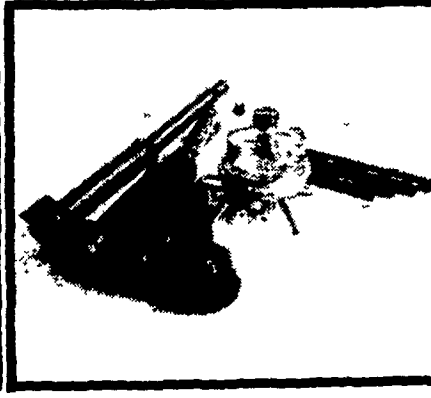
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