

Rules And Recipes For Delicious Meals From Your Garden Vegetables

Is your garden doing so well that you don't know what to do with all those vegetables? You needn't be afraid that the family is going to tire of sameness of menu if you are up on garden cookery with its dozens of flavorful dishes. Bernice Burns in Redbook Magazine for August gives not only exciting recipes but also rules for success:

"A whole garden of flavors are combined to make this main-dish casserole:

GARDEN CASSEROLE

(6 servings)

Blanch: 6 medium tomatoes. Peel, cut out stem end. Arrange in greased 2 - quart casserole. Sprinkle each tomato with:

1/8 teaspoon salt

Combine:

1/4 cup dice dgreen pepper
1 cup fresh corn cut from cob
1 cup fresh lima beans
1 teaspoon salt
1/8 teaspoon pepper

Pour around tomatoes in casserole.

Heat contents of: 11 ounce can of meat consomme. Pour over vegetables in casserole.

Whip: 2 cups mashed potatoes

With: 1/2 cup hot milk

Season with: 1/4 teaspoon mixed herbs or 1 teaspoon minced chives.

Arrange mashed potatoes around edge of casserole. Bake in a 400° F. (moderately hot) oven for 30 minutes. (Frozen corn and lima beans may be used.)

"Have you ever stuffed a vegetable? Stuffed Squash can assume a star role at dinner.

STUFFED ACORN SQUASH

(6 servings—3 squash)

Cut in half lengthwise: 2 medium sized acorn squash. Remove seeds and steam, placing halves cut side down, for 10-12 minutes until flesh of squash is tender. Fill each half with:

PEPER STUFFING

Cook together:

1/2 cup raw bacon (4 to 6 slices) cut in 1/2 inch pieces

1/3 chopped onion

Remove from heat

Combine with:

12 teaspoon salt

dash pepper

1/2 cup chopped green pepper

1/4 cup bread crumbs

1 beaten egg

liquid to moisten (vegetable juice or milk)

Bake squash, stuffing side up, in 400° F. (moderately hot) oven for 15-20 minutes.

"Here are other stuffings for vegetables.

"Substitute 1/2 cup chopped giblets for bacon in pepper-stuffing recipe. Brown with onion in 2 tablespoons fat.

"Fill each half with hot seasoned cooked peas and onion.

"In each half pot:

1 teaspoon brown sugar

1 teaspoon margarine

2 teaspoons chopped meat, such as bacon, smoked tongue, sausage, ham or chicken.

"Fill each half with browned sausage balls.

ZUCCHINI & TOMATOES

AU GRATIN

(six servings)

Wash and cut into 1/2 inch slices: 1 1/2 pounds zucchini squash (about 4 cups sliced). Brown: 3 tablespoons chopped onion, in: 3 tablespoons fat.

Add zucchini and cook slowly 5 minutes, turning frequently.

Blanch, peel and thinly slice: 6 medium tomatoes (3 cups).

Dip half tomato slices in: 1 beaten egg. Roll in: fine cracker crumbs.

Place alternate layers of zucchini and tomatoes in 2-quart greased casserole.

Sprinkle with: 1 1/2 teaspoon salt, 1/8 teaspoon pepper, 1/2 cup grated cheese. Bake in a 400° F. (moderately hot) oven 30 minutes.

SPINACH—TOMATO

(six servings)

Wash thoroughly: 3 pounds spinach. Cook 2 to 3 minutes to shrink. Drain, Blanch, peel and thinly slice: 6 medium tomatoes.

Arrange alternative layers of tomatoes and spinach in greased 2-quart casserole with:

1/2 cup toasted bread cubes

1 cup herb sauce

1 teaspoon salt

Combine

1 cup crisp rice cereal

with:

1 tablespoon butter, margarine or meat drippings

1/2 cup grated cheese

Sprinkle over top of casserole. Bake in 400° F. (moderately hot) oven for 30 minutes.

HERB SAUCE

(1 cup yield)

Place in small jar:

2 tablespoons flour

1/4 cup milk

Cover, Shake until smooth.

Add slowly to:

3/4 cup hot milk

Stir constantly over low heat, until mixture thickens. Cook 5 minutes longer, stirring occasionally. Add:

1/2 teaspoon salt

1-8 teaspoon pepper

★ Fashions ★



Black wool blouse and plaid skirt and piping, shown above as pictured in the August issue of Good Housekeeping magazine makes extremely smart school attire.

1/4 teaspoon mixed herbs
Place over hot water until ready to use

"Here are basic rules of vegetable cookery:

"Catch e' young — cook 'em quick! This is the cardinal rule for all fresh vegetables. A green vegetable which is tender and still succulent at the end of ten minutes' cooking can be reduced to a limp and lifeless state in twenty more. Over cooking ruins their beauty, destroys delicate flavors and wreaks havoc with vitamins. The best results are achieved by following any of these three accepted methods for cooking fresh vegetables.

"1. Covered method: Bring 1/4 to 1-2 cup salted water to boiling point in flat bottomed utensil. Add vegetable and cover tightly. Cook over reduced heat until vegetable is just tender.

"2. Uncovered method: Drop vegetables into enough rapidly boiling salted water to cover completely. Continue boiling gently

until tender.

"3. Pressure Saucepan Method: The pressure saucepans have returned to the market in increased variety. In these foods are cooked at above boiling temperatures, in an amazingly short time. The color, flavor and food value of vegetables are preserved to a high degree. Follow the manufacturer's instructions to the letter. Watch cooking time carefully."

Pleasant Hill Demonstration Club in Meeting

The Pleasant Hill Home Demonstration Club met in the home of Mrs. S. J. Clark for its July meeting with the Vice-president, Miss Dora Clark, presiding. Mrs. M. L. Crew was leader of devotionals using Math 13 for the scripture reading, closing with a short prayer. Roll Call showed eight members present and one visitor. Plans were made for the August Recreation, urging every family to come and bring their guests.

Leaders' reports were: Home Gardens, Mrs. John Hart; Home Beautification and House Furnishings, Brownie Coker; Education, Mrs. James N. Massey. Our lesson "Finishings Touches for the Home" made every one more conscious of the furnishings and arrangement of every piece of furniture in the home.

During the social hour a contest was much enjoyed. Mrs. M. L. Crew being winner.

The hostess assisted by David and Wyche Clark served delicious iced drinks and sandwiches.

In Remembrance

In loving remembrance of my aunt, Mrs. J. H. Browning who died three years ago, July 28, 1943.

A previous one from us has gone. In our hearts you linger still.

A vacant stop has turned to stone which never can be filled.

The blow was hard, the shock severe to part with, one we loved so dear. God loved her too and thought it best so he has taken her home to rest.

I prayed so hard for her to live but nothing more could it do. But now prepare my soul to meet her in the heavily blue.

Her niece,
MRS. JUSTINE LILES.

Julius Sobel of New York recently visited Miss Fanny Greenberg.

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