Section B



VEGETABLE VARIETY—Offer some variety in vegetables to the family and guests. Celery is an excellent choice as a hot vegetable as well as for munching and is usually a good buy at the market.

juice, salt, oregano and black

pepper. Bring to boiling point.

Cook and stir two minutes or

until sauce thickens. Pour over

celery wedges. Cover and bake

at 350 degrees for 40 minutes or

until celery is crisp-tender.

This Celery and Carrot

Crunch would be a delicious and

attractive vegetable dish to

Celery and Carrot Crunch

14 oup butter or margarine

1/4 teaspoon ground black

14 cup toasted slivered

Trim stem end from celery;

remove leaves. Separate into

ribs. Thinly slice on the

diagonal (makes about six

cups). In a large skillet melt

butter. Add celery and onion

rings. Stir-fry for six to eight

minutes or until celery is crisp-

tender. Stir in carrots, salt and

pepper. Stir-fry two minutes

longer. Add almonds. Serve

Salmon Madame Pompadour

combines the lowly potato and a

can of salmon. It comes out

about as elegant as its name

and is easy on the cook. It would

please the family and it proves

that an elegant dish can also be

Salmon Madame Pompadour

2 lbs. potatoes (6 medium)

1 tablespoon minced onion

1 can (4 oz.) pimentos,

Cook potatoes with the salt

until very tender. Heat milk and

half the butter until butter is

melted. Drain potatoes, mash

and beat in butter and milk.

Press the mashed potatoes into

an eight-inch pie plate, making

a nest and building up sides

about one inch. In saucepan

melt remaining butter and in it

saute onion and mushrooms for

five minutes. Stir in flour and

cook, stirring, until mixture is

blended. Stir in salmon liquid

Continued on Page 4

1 cup sliced mushrooms

serve some evening soon.

1/2 cup onion rings

11/4 teaspoons salt

1 cup slivered carrots

1 stalk celery

almonds

immediately.

economical

1/2 teaspoon salt

1/4 cup milk

Dash pepper

4 cup sherry

1/2 cup cream

chopped

6 tablespoons butte

3 tablespoons flour

1 can (1 lb.) salmon

34 cup chicken broth

Garnish with celery leaves.

From The Herald Kitchen

At this time of the year it is

rather difficult to present a

variety of vegetables to the

family most of whom would be

just as happy if they did not

French Fries generation. Those

tasteless little strings piled in a

paper cone certainly should not

be counted on for very much

nutritional value. Maybe if the

vegetable offering were more

varied you might be able to

coax some into the family

Take celery, for instance.

Celery is a comparative

newcomer to the produce counter. Only a few centuries

ago the celery plant was a tough

and bitter wilding. It was used

only as a tonic; certainly

nobody expected to find it on a

Quite accidently somebody

tried a little loving-kindness and

this improved greatly the

character of celery. It became

sweeter and more tender. Over

the years plant breeders have

developed deluxe stalks of

jewel-green celery which lend

their savor to hundreds of

dishes. Modern celery is sweet

Celery is an excellent hot

vegetable. Cook it briefly in

water, broth or vegetable juice;

then serve it with melted butter

or your favorite cheese sauce. It

goes with almost every meat,

fish or fowl and it is kind to the

Baked Florida Celery Wedges

butter or

and crackly-crisp.

pocketbook.

margarine

1 stalk celery

vegetable juice

crumbled

pepper

3/4 teaspoon salt

2 tablespoons

1/2 cup minced onion

2 tablespoons flour

1/2 cup sliced mushrooms

1 can (12 oz.) cocktail

1/2 teaspoon oregano leaves,

1/4 teaspoon ground black

Trim stem end from celery

stalk, keeping base intact. Cut

top so that stalk is six inches

long. Chop enough tops to make

one-half cup chopped celery;

reserve. Cut trimmed celery

stalk into fourths or sixths,

lengthwise; place in baking

dish. In a small saucepan melt

butter. Add onion, mushrooms

and reserved chopped celery;

saute five minutes. Stir in flour.

Gradually blend in vegetable

This could also be called the

appear at all.

members.

well-set table.

Report From Washington By Representative Walter Jones Last week the House ended its Members of Congress are just the future of agriculture could now and June 30 of million. Many of us are

Congressional action took establishing other criteria. place. According to custom the Another change is in the President always delivers his Agriculture Department's plan State of the Union Messages to a of financing REA projects and joint session of the Congress. the total elimination of the Usually this Message is Rural Environmental delivered in person, but the Assistance Program, known as President in a surprising REAP. During the hearing announcement, stated that he several interesting facts were would transmit the Message to brought to light. Most startling be read by the Clerk of the was the fact that the

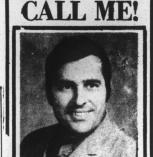
Many of you have expressed appropriation for fiscal '73 of concern about the termination approximately \$4-billion. Of this certain agricultural amount the Administration programs which have been insisted that they reduce it by announced within the last few \$1-billion or 25 per cent. Those weeks and I can assure you that of us who are concerned about

considered congressional the principal witness. Some of stated that the Department now chairmanships, closed follows: the termination of the throughout the meetings, etc. But for reasons disaster emergency loan funds approximately 82,000 not stated, this was postponed which will be transferred to employees. Of this number, Farmers Home 12,000 are in Washington. The

> Agriculture Department had an Phones: Business-482-4550 Residence—482-2254

first full week of the 93rd as concerned. As a result we readily understand this if approximately 1,500. Some of concerned that this drastic Congress. A Democratic had an almost day-long session indeed all Department these are going to be in Soil increase might reflect in lower Caucus was scheduled for of the House Agriculture including the White House staff Conservation as a result of the prices for farmers produce in Wednesday, January 10 when Committee with Secretary of were treated likewise. During termination of the REAP we were supposed to have Agriculture, Earl Butz, being the hearing, Secretary Butz program. With all crops and reforms, committee the changes in programs are as had in Washington and approximately 302 million acres With the committees not Administration; several Secretary further announced by the Department for the '73 announced, little or no changes in interest rates and reductions in personnel between crops, this will increase to 319

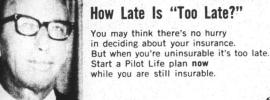
commodities in 1970 there were planted. In 1971 this increased to 316 million and in 1972 this was reduced to 307 million, but with the change in allotments



Bob Weintraub

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