

**Among - - -
Homemakers
Grace McKenzie**

"Casseroles" that grow on vines and bushes are tomatoes, green peppers, shroter squash and cucumbers. Hollow out these natural casseroles, fill them with savory meat stuffing, and there you are with nature's baking dishes. After these are baked, the "casseroles" are eaten right along with the delicious meat stuffing they hold.

A good basic meat stuffing recipe for vegetables is a thrifty asset fine to have, handy for delicious main dishes that are economical. Made with ground meat from the thriftier cuts of beef, the stuffing is ever varied depending upon which of nature's casseroles you choose to fill with the stuffing. Part of the vegetables that is removed to form the hollow of the natural casserole is chopped and added to the meat for the stuffing, so that there is variation in the flavor of the final dish with each kind of stuffed vegetables. Just as self-trimming on a dress is subtle, so adding part of the vegetable to the stuffing results in subtle self-matching flavor.

Convenient are meat-stuffed vegetables because they can be prepared in the morning, kept in the refrigerator, then given a last-minute baking just before dinner; and that is all the preparation they take at that time. Because the preparation of each vegetable for stuffing varies somewhat, we have given the basic meat stuffing for tomatoes, then added instructions for other "natural casseroles" so that your repertoire of meat stuffed vegetables will be as varied as it is thrifty.

It's compact for summer cookery to serve meat and vegetables as one course which is the case with stuffed vegetables. Add potatoes fixed as you please and a favorite salad to make a complete main course simple as that. The meat stuffing recipe included here is basic and flavorful. For families who enjoy more emphatic seasoning, any well-liked herbs may be added to the basic recipe. Beef is a good blender and takes to varied seasonings to suit your taste. Thrifty cuts for ground beef include chuck, flank and bottom round, and remember

that no matter how thrifty each cut of meat contains the complete high quality protein, B vitamins and essential minerals for which all meats is famed.

Basic Meat Stuffing
Stuffed Tomatoes:
6 large ripe tomatoes
1 lb ground beef

1-2 cup soft bread crumbs
3-4 cup tomato juice
1 egg, slightly beaten
2 tablespoons minced onion
1 tablespoon chopped parsley
1 teaspoon salt
1-8 teaspoon pepper
1-4 teaspoon dry mustard
Wash tomatoes and remove

stem end. Insert teaspoon and hollow out center. Mix tomato pulp, meat, bread crumbs, tomato juice and slightly beaten egg. With a fork lightly stir in onion, parsley, salt, pepper and dry mustard. Pile stuffing in tomatoes. Place on shallow pan and bake in moderate oven (375 deg)

45 minutes.
To Stuff Green Peppers:
Wash 6 medium green peppers. Cut thin slice from stem and remove seeds; parboil peppers for 5 to 10 minutes. Dice green pepper tops and add to Basic Meat Stuffing. Proceed as in Stuffed Tomato recipe.

To Stuff Summer Squash:
Wash 2 medium yellow squash. Parboil 15 minutes. Cut lengthwise slice from side of squash. Scoop out pulp with teaspoon, leaving shell 1-4 inch thick. Dice pulp and add to Basic Meat Stuffing. Proceed as in Stuffed Tomato Recipe.

To Stuff Cucumbers:
Wash 3 medium cucumbers. Parboil 10 minutes. Cut lengthwise slice from side of cucumber. Scoop out pulp with a teaspoon, leaving shell 1-4 inch thick. Dice pulp and add to Basic Meat Stuffing. Proceed as in Stuffed Tomato recipe.

**25th ANNIVERSARY SALE
ON PIANOS**

\$50,000 STOCK

NOW ON DISPLAY

FREE - \$2,500.00 - CASH

Every customer gets a CASH PRIZE \$100 to \$200 with every purchase in our store of \$5 or more --- fair traded items excepted

RED TAPE HAS BEEN CUT

WE HAVE PIANOS and MONEY ----- GET YOURS

WHILE THEY LAST

LARGEST STOCK OF PIANOS

EVER SHOWN IN EASTERN NORTH CAROLINA

Nothing Like It Ever Offered

\$395 - \$495 - \$545



MANY DIFFERENT MODELS - GRANDS AND SPINETS - - - - - NATIONALLY KNOWN MAKES

WURLITZER - GULBRANSEN

KIMBALL, STORY and CLARK

ALL PIANOS SOLD UNDER MONEY-BACK GUARANTEE - - - - - EASY TERM CAN BE ARRANGED

Good Used & Rebuilt Pianos...Guaranteed

AS LOW AS

\$50 - \$78 - \$95 - \$135

FREE DELIVERY ANYWHERE IN NORTH CAROLINA

VISIT OUR RECORD DEPARTMENT WHERE YOU WILL FIND THE LATEST RCA-VICTOR, COLUMBIA, DECCA AND CAPITOL RECORDS

IN OUR JEWELRY DEPARTMENT YOU WILL FIND NICE SELECTION ELGIN WATCHES, VIRGIN DIAMONDS, SHEAFFER PENS, AND JEWELRY FOR THE ENTIRE FAMILY

*all this...
AND
KIMBALL
QUALITY
too!*



*The Distinctive
French Provincial
CONSOLETTA BY KIMBALL*

McFADYEN

MUSIC & JEWELRY STORE

118 HAY STREET

"Near Old Market House"

FAYETTEVILLE, N. C.

SALE STARTS TOMORROW

COME EARLY

OPEN EVENINGS

ASK FOR **666** For **CHILLS & FEVER** due to Malaria

Now is the time to plant cover crops. We have in stock.

- Ladino Clover
- Hairy Vetch
- Crimson Clover
- Orchid Grass
- Kentucky 31 Fescue
- Italian Rye Grass
- Oklahoma Alfalfa
- Austrian Winter Peas
- Seed Inoculators
- Pasture Fertilizers
- and
- Lime

Get your orders from the AAA office and see us.

Johnson Cotton Co.
RAEFORD, N. C.

LEARN AND EARN
IN YOUR SPARE TIME
WITH THE NEW

