

# Fresh Vegetables Hard To Beat

Garden fresh vegetables are hard to beat this season. With a number of vegetables at their peak production, it is an opportunity to serve simply prepared vegetables such as hot buttered corn on the cob or green beans seasoned with ham or bacon drippings, fresh, sliced tomatoes, cucumbers and onions. Weight-watchers know that many vegetables seasoned primarily with salt, pepper, spices or bouillon can be indulged in plentifully with little damage to the conscience or waistline.

Some suggestions:

### VEGETABLE COMBOS

Cook vegetables separately and then serve them mixed together for added mealtime variety. Try the following:

- Onions and green peas
- Tomatoes and zucchini
- Green lima beans in acorn squash halves
- Okra and tomatoes
- Stuffed tomatoes and buttered green peas
- Summer squash, tomatoes and onions
- Green lima beans and corn
- Green cabbage and red cabbage
- Corn and green peas.

### CREAMY GARDEN RELISH

- 1 envelope unflavored gelatin
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 3/4 cup boiling water
- 1 cup (8 oz.) sour cream
- 2 tablespoons white vinegar
- 1 cup drained shredded cucumber
- 1/4 cup shredded radishes
- 2 tablespoons finely chopped scallions (green onions)

In medium bowl, mix unflavored gelatin, sugar and salt; add boiling water and stir until gelatin dissolves. Blend in sour cream and vinegar; chill, stirring occasionally, until mixture is consistency of unbeaten egg whites. Fold in cucumber, radishes and scallions; turn into 3-cup mold and chill until firm, about 3 hours. Makes about 6 servings.

### GINGE RED VEGETABLE MELANGE

- 1 pound yellow summer squash
- 2 tablespoons butter
- 1 medium onion, thinly sliced
- 1 medium green pepper, cut into 1/2-inch strips
- 3 medium tomatoes, peeled and quartered
- 1 teaspoon salt
- 1 teaspoon ginger

Wash squash; remove stem and blossom end but do not pare. Cut into 1/2-inch slices or cubes. Melt butter in large skillet. Add squash, onion and green pepper; cook and stir over medium heat until vegetables are slightly brown. Cover; cook until squash is tender, about 6 minutes, stirring occasionally. Stir in remaining ingredients. Cover; cook 2 to 3 minutes longer or until tomatoes are heated through. Yields 4 to 6 servings.

### SCALLOPED CORN

- 4 ears fresh corn
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper

Bride-Elect

Ann Colvin

Is Honored

Miss Ann Colvin of Bessemer City, whose wedding to John Patrick Bridges took place Sunday, was honored at a bridal shower recently in the Fellowship Hall of Chestnut Ridge Baptist Church.

Entertaining together were Mrs. Margaret Rayfield, Mrs. Beatrice Warlick, Mrs. Barbara Lowder, Mrs. Nell Neal and Mrs. Sheila Whitley. Punch and party refreshments were served from a bride's table made festive with yellow roses, snapdragons and daisies. At either end of the table were a punch bowl decorated with ivy and a candelabra of yellow tapers.

The hostesses presented the bride-to-be with a corsage and an appliance for her new home. The 28 guests showered Miss Colvin with miscellaneous household gifts.

- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon dry mustard
- Dash pepper

Shuck fresh corn and remove silk; cut enough kernels from ears to measure 2

cups. Heat oven 350 degrees F. Cook and stir onion and green pepper in 2 tablespoons butter until onion is tender. Remove from heat. Stir in flour and seasonings. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly.

Boil and stir 1 minute. Stir in corn and egg. Pour into ungreased 1-quart casserole. Combine cracker crumbs and the 1 tablespoon melted butter; sprinkle evenly over corn mixture. Bake uncovered 30 to 35 minutes. Yields 4 servings.

- 3/4 cup milk
- 1 egg, slightly beaten
- 1-3 cup cracker crumbs
- 1 tablespoon butter or margarine, melted

### BAKED STUFFED TOMATOES

- 6 medium tomatoes (about 2 lbs.)
- 1/4 cup finely chopped green pepper
- 1/4 cup grated Parmesan cheese
- 1-3 cup croutons
- 1 teaspoon salt
- Parsley sprigs or crumbled

Heat oven to 350 degrees F. Wash tomatoes; remove stem ends. Remove pulp from each tomato, leaving a 1/2-inch wall; chop pulp to measure 1-3 cup. Stir together tomato pulp and remaining ingredients

except parsley or bacon. Fill tomatoes with tomato-cheese mixture. Place filled tomatoes in ungreased baking dish, 1 1/2 x 7 1/2 x 1 1/2 inches. Bake 20 minutes or until tomatoes are heated through. Garnish with parsley or crisp crumbled bacon. Yields 6 servings.

# HIT Fryers on Sale

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BANQUET SPAGHETTI & MEAT Casserole ..... 3 8 Oz. **89¢**  
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### Pantry Checklist

WHY PAY	OUR PRICE	WHY PAY	OUR PRICE
30 CT. DAYTIME Pampers	\$2.13 \$2.09	7 OZ. LEMON Pledge	\$1.09 99¢
24 OZ. FRENCH'S Mustard	55¢ 49¢	5 LBS. PURINA Dog Chow	\$1.21 \$1.19
20 OZ. WELCH'S Grape Jelly	95¢ 87¢	10 LBS. Gravy Train	\$2.73 \$2.49
16 OZ. FRENCH'S COUNTRY STYLE Potatoes	\$1.07 79¢	36 OZ. Gainesburgers	\$1.33 \$1.25
15 OZ. CHEF BOY-AR-DEE Ravioli	53¢ 49¢	4 PK. BATHROOM TISSUE Waldorf	73¢ 71¢
12 OZ. ARMOUR Treet	\$1.07 89¢	100 CT. 9" WHITE Paper Plates	95¢ 79¢
QUART REALEMON Juice	89¢ 69¢	64 OZ. PRIVATE LABEL Drinks	79¢ 65¢
100 CT. LIPTON Tea Bags	\$1.59 \$1.45	17 OZ. PEPPERIDGE FARMS (ALL VARIETIES) Layer Cakes	\$1.55 \$1.49
GIANT Mr. Clean	\$1.09 \$1.05	1/2 GALLON PRIVATE LABEL (VANILLA, CHOCOLATE, FUDGE RIPPLE, NEOPOLITAN) Ice Cream	99¢ 89¢
28 OZ. TEXIZE Pine Cleaner	\$1.03 85¢	12 OZ. PRIVATE LABEL COTTAGE Cheese	59¢ 57¢
32 OZ. WAX Mop & Glo	\$1.75 \$1.59	PET RITZ 9" (2 PK.) Pie Shells	59¢ 53¢

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