VEGETABLES OF ALL kinds take to sauces with affinity. A bread crumb here, an onion there combine with corn oil margarine for a seasoning that is interesting and healthful.

Saucy Sauces Have Rich Liquid Beginning

In the Best Foods Test Kitchens, the home economists have used Mazola margarine in every conceivable way.

This margarine, appearing as a solid, is rich in liquid corn oil, unchanged and non-hydrogenated. It is firm at serving temperature, spreads readily at refrigerator temperature and makes, among other good things, good vegetable sauces.

Some favorite seasonings and sauces using Mazola margarine are listed here. Cook vegetables to the "crisp done" stage and sauce them to please your family .

CURRY SEASONING

2 tbs. corn oil margarine
1 pinch curry powder

Melt margarine. Add curry. Just before serving pour over zucchini or cabbage or toss with corn, mixed vegetables or carrots.

SEASONED CRUMBS

¼ cup corn oil margarine
½ tsp. chopped onion
¼ cup fine dry bread crumbs
¼ tsp. salt

Melt margarine. Add curry. and saute until lightly browned. Stir in salt and bread crumbs.

Just before serving, sprinkle on top of spinach, green beans, asparagus, cauliflower, broccoli or zucchini.

BASIL SEASONING

2 tbs. corn oil margarine
½ tsp. dried basil

Melt margarine. Add basil. Serve on potatoes, zucchini or yellow summer squash; or pour over beans or peas and toss with a fork.

NUTMEG SEASONING

2 tbs. corn oil margarine
⅛ tsp. nutmeg

Melt margarine. Add nutmeg. Stir into turnips or pour over asparagus. Or toss with beans, carrots, stewed celery or peas just before serving.

Serve Camembert cheese and Port wine with fresh Bartlett pears for simple summertime dessert.

COOKIE CORNER

Baking with honey results in delightful eating. Try it in this recipe for Dessert Honey Cookies.

DESSERT HONEY COOKIES

5 cups sifted flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1½ tsp. mace
1 cup honey
½ cup fresh orange juice
1 cup butter
2 tsp. vanilla
½ tsp. grated orange rind
1 cup sugar
Granulated sugar

Sift together flour, baking soda, baking powder, salt and mace and set aside. Combine honey and orange juice and blend well.

Cream together butter, vanilla, orange rind and 1 cup sugar until very well blended. And dry ingredients alternately with honey mixture

Add a little at a time and mix well after each addition. Cover and chill dough for 2 hours or longer.

Work with small amount of dough, leaving remainder in refrigerator. Roll dough ¼ inch thick on lightly floured board.

Cut with 3-inch cutter and remove to cookie sheet with spatula or pancake turner. Sprinkle surface of each cookie with a little sugar

Bake at 350 degrees for 18 to 20 minutes. Transfer to cake rack to cool. Yield: about 2 dozen cookies .

TOSS LIGHTLY AND SERVE TO SIX

Into a large bowl tear 1 head lettuce, 1 head romaine and ¼ bunch watercress or endive into bite-size pieces. Grind on a generous amount of black pepper and add 1 teaspoon salt.

Dress greens with 1 cup dairy sour cream and 2 teaspoons melted butter or margarine. Into the middle of the salad break a one-minute egg; add 2 tablespoons lemon juice and 2 tablespoons Roquefort cheese and ¼ cup pitted, ripe olives, halved.

Toss lightly. Add 1 cup toasted croutons and serve immediately.

Poached Salmon Takes on Flavors

Summer salmon is good prepared in this fashion. Cut up 1 carrot, 1 onion, several branches of celery and 4 sprigs parsley. Cook them in 2 tablespoons butter for 3 minutes.

Season roasts before cooking; broiled meat after cooking.

Add 5 peppercorns, 2 cloves, ½ bay leaf, 1 tablespoon salt, 2 tablespoons vinegar and 2 quarts of water. Boil 10 minutes.

Add the raw sliced fish. Simmer 10 to 15 minutes per pound. Cool in the broth and serve cold, garnished with water cress and quartered limes.

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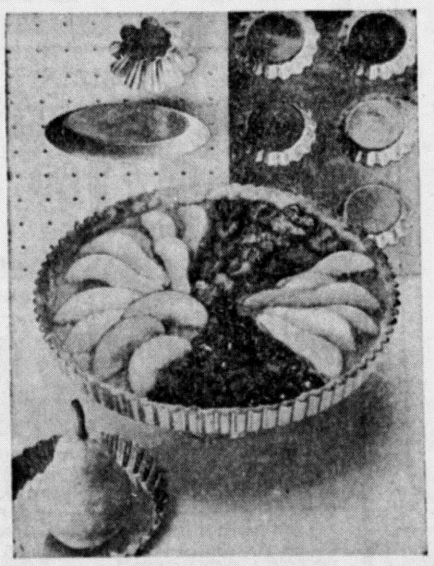

BIG TARTS, LITTLE TARTS, pastries and pies! You can make the most tempting desserts with the season's most beautiful fruit and handy packaged mixes.

Cookie Mix Shell Holds Fresh Fruits

A stroll through the produce section of your favorite market is bound to inspire some artistry in the kitchen.

The golden Bartletts from California, the peaches and plums, the mounds of grapes and other fruits are awaiting your selection.

Take advantage of the packaged mixes to use as a base for spectacularly easy desserts.

FRENCH FRUIT TARTS

Baked pie or cookie shell
2 fresh Bartlett pears
2 peaches
3 plums
1 cup grapes
1 cup strawberries
Lemon juice
1 cup apricot jam or currant jelly
2 tbs. water

Prepare all the fruit before you begin your arranging, having prepared and cooled your shell in advance

Halve and core the pears and peel the peaches. Slice them thinly. Ditto with the plums.

Halve and seed the grapes and slice the berries. As you work along, be sure to sprinkle the fruit with lemon juice to prevent browning.

Overlap the slices attractively, either in pie wedges or concentric circles. Heat the jam or jelly with water and spoon over the fruit evenly, taking care that the surface is completely covered.

If you like, you may serve the tart with whipped or sour cream.

SERVE TORTILLAS AS COLD SALAD

Fry tortillas on both sides in hot fat until golden brown. Drain on absorbent paper. This may be done several hours in advance of serving. (Use a spatula to hold each tortilla down flat.)

Place each fried tortilla flat on a plate. Top with canned Mexican refried beans, seasoned mashed avocado and chopped fresh tomato. Sprinkle with grated cheese, cover with shredded lettuce and pour some cold tomato sauce over all.

Serve cold as a salad.

Cows Are Big Eaters

Cows in California today cost between $300 and $450 a head. They eat their weight in hay and grain every month; require 15 to 30 gallons of water a day. End result of eating all that green stuff mixed with water is two to four gallons of creamy white milk per cow per day.

Boil and Bake

Peel 1½ lbs. small boiling onions. Leave whole and parboil for 15 minutes. Drain. Heat ¼ cup butter and ¼ cup brown sugar in saucepan.

Roll parboiled onions in this mixture and then in 1 cup crushed cornflakes. Stick a whole clove in each onion. Place in baking dish, pour remaining butter sauce over all and bake at 350 degrees for 20 to 30 minutes.

Fruit Muffins

Tiny muffin jewels with a sugar-glazed topping are delightful treats. Prepare easiest muffin batter. Gently fold in well-drained canned fruit cocktail. Spoon into small muffin cups.

Dip sugar cubes in syrup from canned fruit cocktail; and pop on top of each muffin before baking.

Make sure your family gets three well-balanced meals every day during the summer. High protein meals help prevent nibbling.

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TREASURED RECIPE!
a quick meal... touched with inspiration

It's light! It's luscious! It's got that Best Foods touch. Full of fresh goodness ... the smooth and creamy goodness that comes from the whole eggs in Best Foods Real Mayonnaise. And Best Foods subtle seasoning accents and brightens natural flavors.

Yes, there's no substitute for Best Foods Mayonnaise ... *real* mayonnaise ... America's favorite.

Crabmeat Mousse

1 tablespoon gelatin
¼ cup cold water
¾ cup BEST FOODS Real Mayonnaise
¼ teaspoon paprika
¼ teaspoon salt
½ teaspoon onion juice
½ cup chopped celery
1 tablespoon lemon juice
1 6½ oz. can crabmeat, flaked, or ½ cup fresh crabmeat
½ cup heavy cream, whipped

Soften gelatin in cold water for 5 minutes. Place over boiling water to dissolve. Gradually add to mayonnaise; stir in seasoning, chopped celery and crabmeat. Fold mayonnaise mixture into whipped cream. Turn into 1-quart mold and refrigerate until set. Unmold on salad greens.

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