

COUSIN IN ENGLAND WRITES

Mrs. Myrtle Lake recently received a letter from a cousin living in Carshalton, Surrey, England, describing her experiences during bombings in that section of the country in past months. The cousin, Ethel Coombs, had her home bombed twice with great damage done the first time. The second disaster came a short while after the home had been repaired. Although Mrs. Coombs was not injured her health was effected and she was ordered to the country for many weeks to recuperate. The cousin expresses relief that Mrs. Lake is in America and out of the war zone, she expresses concern for friends in France where no woolen underclothing is available and a coal shortage and lack of transportation exists. She also said they feared it would be some time yet before the cruel sufferings of the Hollanders would be properly relieved. She added that British and Americans were giving all relief possible but transportation seemed to be most difficult.

A WELL-FED SINK

by Dr. H. A. Hagen

Do you ever think of the foods that go down the kitchen sink or else into the garbage pail.

How many people buying lettuce at the market know that the outer leaves contain thirty times more food value than the rest of the head? Who stops to think that the outer ends and leaves of a celery stalk have absorbed more sunlight than what has been shaded and bleached? Do we often think of the chlorophyll content of the carrot tops to say nothing of all the minerals which are contained in these carrot tops? Do many people eat greens from the radishes? This is our most tender greens.

One could go on mentioning many kinds of food wasting. When other kinds of food wasting. When preparing vegetables for soup or stew, take a thought for the more nutritious end of it. Wash the leaves of celery, tops of carrots, turnips, beets, etc and cover with a little water. Simmer very slowly with the lowest possible heat and add this juice to your soup. You will then have something really worthwhile. If you aren't serving soup, use it in your stew or your gravy.

When using potatoes, do you do the universal peeling stunt? Wash them thoroughly and leave the jackets on while steaming or boiling. Even steaming them will draw out enough food value from the jackets to make the water taste as though the potatoes had been boiled in it. The water-soluble minerals are in the jackets and next to the jackets. Add this water to your meat juice in preparing gravy and you will use a goodly portion of potassium which otherwise would be gobbled up by the sink.

Cucumbers are among those foods which concentrate their best in the peeling. These foods have about thirty times as much food value in the skins as the rest of the cucumber. A goodly portion of sodium is found in the cucumber, but please don't soak it in vinegar and salt. Wash it as is, slice very thin so as to leave a thin strip of peel on each slice. Eat as is, or add dressing or lemon juice and you will have a vegetable that purifies the blood, aids digestion and helps contract acidosis.

When you see nasturtium plants, do you ever think of using the leaves in salad? They have a tang all their own and are strong in taste, but also mightily rich in manganese, which is strengthening to your memory and improves your resistive powers against infection.

Watercress, mint and endive also contain these elements—when used uncooked. Don't let your greens grower feed your neighborhood chickens with what you should have next time you buy vegetables.

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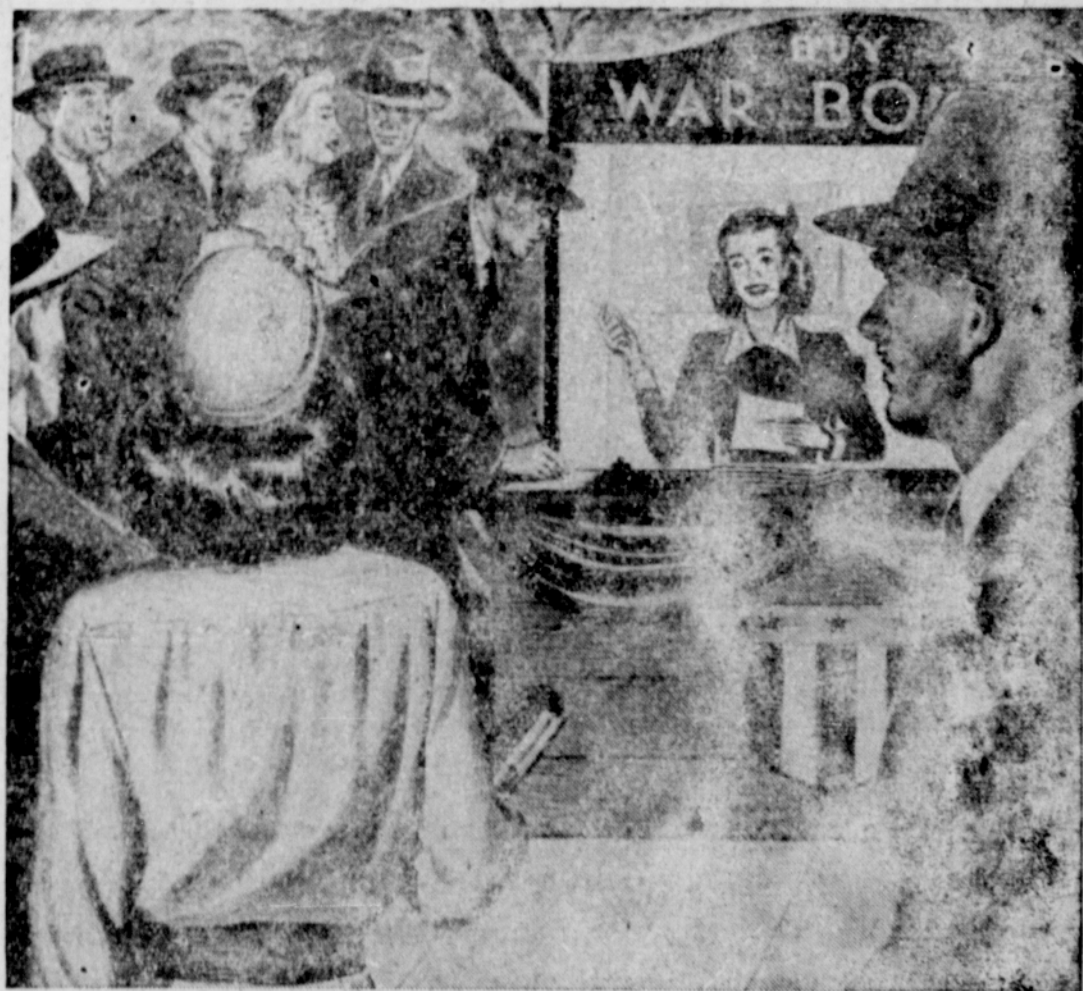
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