



The Statesman's
Food SECTION

Soup Scoops Handy Hints To Housewife

Now comes the new fall routine and appetites sharpened with cooler weather. Both mean that balanced nutritionally perfect meals become more important. Soup and sandwiches answer these questions especially for lunch or snack time.

For a little extra zip in your soup repertoire try some different floating garnishes. You'll find they do for these old friends what a new chapeau does for you!

Chicken Noodle—chopped chives, chopped parsley, slices of stuffed olives.

Cream of Chicken—sliced almonds, dash of paprika.

Cream of Tomato—spoonful of sour cream, popcorn.

Your lunch crowd will cheer for any of these soups with sandwiches made this way:

CARROT AND EGG SALAD SANDWICH

1/2 cup grated carrots
1/2 cup chopped celery
4 hard-cooked eggs, chopped
2 teaspoons lemon juice
4 strips crisp bacon
Dash of dry mustard
Mayonnaise for mixing
Salt to taste.

Bread
Combine all ingredients; mix well. Spread on 4 to 5 slices of bread; add a lettuce leaf and top with additional slices of bread.

CAN OPENER
Open both ends of a can of corned beef hash and push out the meat so it is whole. Cut the roll into four slices and brown well in butter or margarine. Serve on toasted buns with chili sauce.

PRETTY GARNISH
Thin half moons of avocado make a pretty garnish for a coral-pink lobster salad.

Chopped hard-cooked egg, roasted almonds and chives mixed with a mustard mayonnaise is an extra good spread for finger sandwiches. Goes beautifully with salads.

Home Sewing Done In Trailers, Too

Sewing machines have been humming busily this past year in the new modern trailers that house a group of families near Dundalk, Md. The hum started when one of the trailer-homemakers phoned Margaret White, the county home demonstration agent, to ask for meetings that would help her and her neighbors learn efficient home sewing and use of sewing machines. Many of these trailerites owned machines—console or portable—but used them little because they lacked the know-how. They asked for the latest on tools and equipment for home sewing, also methods of mending, fitting, adjusting and making clothes. Some had done a little sewing but wanted better methods. They asked how to put in zippers by machine, how to fit and make alterations on men's suits, how to use machine attachments for making buttonholes, and do many other small jobs that can mean much toward having a well-dressed family on a thrifty budget.

Miss White showed tools—from scissors and pinking shears to needles and pins and gave suggestions on buying and using. She also showed patterns and fabrics. Sewing machines and their attachments got a work-out, too. At later meetings the trailerites learned about buying and caring for family clothes, as part of improved homemaking. Most of the women were especially interested in the right kind of clothes for their children, down to the last detail—such as the zipper fasteners Miss White demonstrated. As news of the trailer meetings spread, women from several houses near the trailer park joined the group.

Extension clothing specialists estimate that about three-fourths of U.S. farm families have sewing machines and probably the widest use is for mending and altering clothes. Women who know how to sew efficiently may find this a way to stretch the family income, but knowing how to buy clothes is important, too.

ROLL 'EM
Serve toasted rolled peanut butter and raisin sandwiches with a colorful fruit salad. Spread slices of soft bread with peanut butter and chopped raisins. Roll jelly-roll fashion and spread with melted butter. Toast in hot oven.

QUICK DISH
For an instant dessert you can't surpass, serve canned peach slices with the new packaged slice sandwich cookies.

Guests can eat the salad bowl when served this dish. It is a luscious Waldorf Salad, made with unpeeled red apples and crisp celery, topped with sour cream dressing and blue cheese, all piled high in half a melon. The dressing takes 1/2 cup sour cream to 1/2 cup mayonnaise, and 1 cup coarsely crumbled blue cheese.

Nylon Garments Washed in Machine Cleaner; Can Bleach

By **ERMINA FISHER**
County Home Extension Agent

Nylons are a little bewitched! Static electricity in the fabric attracts and holds soil. White nylon garments seem to have a special affinity for anything in the wash water. They will pick up soil and become dingy or will absorb color from other clothing and so take on all-color tinges.

Machine washing of nylons is preferable to hand washing. This is particularly true of the white ones, because hotter water can be used. The nylons will be cleaner too because of the agitation.

I have found that nylon will remain white if a small amount of a chlorine bleach is added to the washwater. However, if a small amount is used from the time the garments are new, it seems to keep them white. I wash the white nylons with white sheets, towels, etc. One-half cup of chlorine bleach added to the water seems to be enough to keep them white, but not sufficient to harm the nylons.

Colored nylons can be washed with other light colors or with a mixed load of white and light colored cottons and linens.

The Is Bag
To protect the delicate nylon fabric and lace and net-trimmed items from excess agitation, they may be tied in a pillowcase before adding to the washer load.

But you ask "How can I whiten the nylons that are gray and dingy?" It's encouraging to know they can be made white again. Long usage discolors many white nylon garments, but they can be made white again.

Wash them thoroughly with soap or synthetic detergent. Then, dissolve one package of commercial color remover in one gallon of hot water. The water should be about 100 F. Place the mixture in

Junior Foods Is Beverages

Labor Day may mean the end of summer to many, with vacations over and the children back to school, but weather-wise, summer lingers on. There will still be many warm days and evenings when long, cool drinks will be the most welcome form of refreshment for your family and guests.

For the children's after-school snack a drink that is nourishing as well as good-tasting is essential. Pale dry ginger ale and milk in half and half proportions is excellent for children who object to drinking milk. They usually like this combination. Fruit juices mixed with ginger ale or sparkling water make a hit as the youngsters like the added zippy flavor.

Here is a drink that will appeal to children—you'll like it yourself and it's a fine quickie for casual callers.

QUICK REFRESHER
1 7/8-oz. jar pears and pineapple junior foods.
Fod drops maple flavoring
Root beer
Combine pears and pineapple with maple flavoring. Divide among 3 tall glasses. Fill glasses with root beer. Stir gently to mix.

MOLDED SALAD
A sectioned orange and a diced avocado along with a little pimiento, grated orange rind and lemon rind make a refreshing salad molded in lime-flavored gelatine. Use the juice of a lemon for part of the liquid.

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