

HOUSEHOLD MEMOS... by Lynn Chambers



Cook Strawberries Quickly When Preserving
(See Recipes Below)

Preserve the Strawberry

THE STRAWBERRY SEASON is all too short, especially if you like this handsome, red, luscious berry. However, while it's here, plan to put away some of the berries in the form of jam or preserves so you may enjoy them the year around.



Strawberries are rich in vitamin C but should be eaten fresh to get maximum benefits from this nutrient. Short cooking time will avoid complete loss of the vitamin, as well as preserving the color and flavor.

The berries have an affinity with pineapple and rhubarb, and may be combined with them, as you will see in the recipes.

Rhubarb-Ripe Strawberry Jam
(Makes 7 6-ounce glasses)
3 cups prepared fruit
4 1/2 cups sugar
1 box powdered fruit pectin

To prepare fruit, trim and slice fine (do not peel) about 1/2 pound small red-stalked rhubarb. Grind about one quart fully ripe strawberries or crush completely one layer at a time so that each berry is reduced to a pulp. Combine fruits.

Measure sugar into dry dish and set aside until needed. Measure prepared fruit into a five to six-quart kettle, filling up last cup or fraction of cup with water if necessary. Place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. (To reduce foaming, 1/4 teaspoon butter may be added.) Continue stirring, bring to a full rolling boil, and boil hard 1 minute.

Remove from fire, skim, pour quickly. Paraffin hot jam at once.

***Ripe Strawberry Jam**
(Makes 10 6-ounce glasses)
4 cups prepared fruit
6 1/2 cups sugar
1 box powdered fruit pectin

To prepare fruit, grind about two quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to a pulp. Measure sugar into dry dish and set aside until needed. Measure prepared fruit into a five to six-quart kettle, filling up last cup or fraction of cup with water if necessary.

Place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. (To reduce foaming, 1/4 teaspoon butter may be added.) Continue stirring, bring to a full rolling boil, and boil hard one minute.

Remove from fire, skim, pour quickly. Paraffin hot jam at once.

Strawberry Preserves

THE COLOR and flavor of strawberries are easily destroyed by heat. Hence, in making preserves it is well to cook them only a short time.

Method I. Select large, firm, tart berries. Wash, drain, and remove

LYNN SAYS:
Tempting Taste Tricks Depend on Flavors

There's a nice surprise in prunes for everyone if you'll just cook them in pineapple juice drained from the fruit.

Pep your last of the canned green beans by adding a finely minced clove of garlic to them while heating.

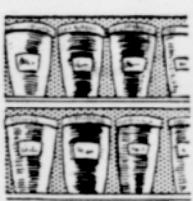
Marjoram added to stewed tomatoes give them a special touch which will have the folks calling for seconds and thirds.

LYNN CHAMBERS' MENU

Sliced Boiled Tongue with Noodles
Raisin Sauce Glazed Carrots
Fruit Salad Bowl Biscuits
*Ripe Strawberry Jam
Cookies Beverage
*Recipe Given

caps. For each pound of fruit use one pound of sugar. Combine the fruit and the sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking. While heating to boiling, stir carefully. Boil rapidly for 15 to 20 minutes or until the sirup is somewhat thick, taking care to prevent burning. Remove the scum. Pour at once into hot sterilized jars and seal.

METHOD II. In this method the smaller, less-perfect berries are picked out to be used for juice. Crush these berries, then stir them while cooking them for about three minutes. Strain. To each pound of choice prepared berries allow 1/4 cup of this juice and one pound of sugar. Add the sugar to the juice, stir, and heat slowly until the sugar is entirely dissolved. Drop the berries into the sirup, simmer for three to five minutes, then boil rapidly for 10 to 15 minutes, or until the fruit is somewhat clear. Remove the scum. Allow the preserves to stand about eight hours or overnight in a glass or porcelain bowl. Fill hot sterilized jars three-fourths full with the drained berries, without reheating them. Boil the sirup rapidly until fairly thick or 221°. Pour the hot sirup over the berries and seal.



METHOD III. (Sun Preserves) Strawberry sun preserves can be made only if there is sufficiently hot sunshine to cause rapid evaporation. To each pound of choice prepared strawberries allow one pound of sugar and one teaspoon of lemon juice. Prepare a sirup from strawberry juice and sugar as described under method II. Add the berries to the sirup and simmer for three to five minutes. Drain the berries from the sirup and place about an inch apart on shallow enameled pans or china platters. Boil the sirup until it is fairly thick; that is, for about 10 minutes, or to 221°. Remove the scum, add the lemon juice, and pour the sirup in a thin layer over the berries. Cover with window glass propped up about one-fourth inch from the pans. Place in the sun for two or three days or until the sirup has jelled. Take inside at night, and after each day's sunning turn the berries over. Without reheating, put the preserves into hot sterilized jars and seal.

Youngsters will like oatmeal on taste if it's already sweetened for them. From 1/4 to 1/2 cup of sugar for 1 1/2 cups of oats is about the right proportion. Add sugar or an equal amount of honey or syrup to boiling water before stirring in cereal.

Cherry pies may be improved with a bit of almond extract, or a suspicion of mace. You'll be surprised at how the flavor is brought out with either one.

Cottage cheese will make a delightful spread if you mix two teaspoons of crushed cardamon or caraway seeds with one cup of the cheese before serving.

After soaking eggplant slices in salted water, dip them in French dressing, then in fine bread or cracker crumbs and fry. Rich, but delicious!

CHILDREN AT WORK

Teen-Age Immaturity Is Reason For Group's High Accident Rate

By Wm. R. McComb,

Washington, D. C., Administrator Wage and Hour and Public Contracts Divisions, U. S. Department of Labor

Second of Two Articles

Driving a truck or working at other hazardous jobs might seem like fun to teen-age youngsters, but because of their willingness to take chances and their immaturity, the price in injuries for minors under 18 is twice as high as for adult workers.

Because of the tragic consequences which too often accompany employment of minors in hazardous jobs, every state in the union and the federal government have enacted laws which set standards of employment for young people.

One Federal law—the Fair Labor Standards act—which sets a minimum age of 18 for employment in occupations declared hazardous by the Secretary of Labor, is enforced under my direction. This statute, also known as the Wage and Hour Law, generally applies to the employment of boys and girls in the production of goods to commerce or in interstate commerce itself, such as in the transportation and communications industries.

Under the authority granted in the Act by the Congress, the Secretary of Labor has issued seven hazardous occupations orders. Some of them cut across industry lines, others are confined to particular industries.

Driving Is Dangerous

While many jobs have certain hazards in connection with their performance, the Secretary of Labor, before issuing a hazardous occupations order, makes a thorough investigation to determine what jobs are particularly hazardous for young workers. After the investigation is made, the Secretary and his staff propose a new order. After this proposal has been publicized, hearings are held and employers, workers, and parents are given opportunities to be heard. Following the hearings and further study and consideration, the order is issued.

One of the hazardous occupations orders which cuts across industry lines and which has been violated more than any of the others is that which declares hazardous the occupations of motor vehicle driver or helper. Because of the importance of this order, I shall discuss it in detail.

By driver is meant any individual who in the course of his employment drives a motor vehicle at any time, and a helper is any individual, other than a driver, whose work includes riding on a motor vehicle in connection with the transportation or delivery of goods.

In this order, "motor vehicle" means not only automobiles and trucks, but motorcycles, truck-trailers, trailers, and semi-trailers, or similar vehicles which are propelled or drawn by mechanical power and designed for use as a means of transportation on a public highway. The order also covers industrial trucks intended for intraplant use when such trucks are operated in places where other motor vehicles operate.

Accident Rate Higher

The importance of this order to the safety of young workers is proved by accident reports from government and private sources which reveal that the fatality hazard to young drivers is much greater than that shown for older workers. One study shows that 16-year-old drivers are estimated to have driven only about one-ninth as far per fatal accident as did drivers in their middle years, a good reason for establishing the minimum at 18 years.

I want to emphasize that the scope of this order is not limited to driving or helping on autos and trucks, but to such work on all similar motor vehicles.

How disregard for this hazardous order can lead to tragic consequences is brought out in the recital of one fatal accident. One night a produce company sent a truck with a 15-year-old boy as a driver and a 13-year-old boy as a helper to take a load of produce from its warehouse in one State to a city in another State.

The boys started out at 1:30 in the morning and at 4:00 a.m. the truck ran into a culvert, killing the driver and seriously injuring the 13-year-old helper. The employer said that the accident probably had occurred because the driver had gone to sleep.

This 15-year-old boy had been working since 9 a.m. of the preceding morning.

The second hazardous occupations order which cuts across industry lines sets an 18-year minimum for occupations involved in



Fourteen and 15-year-olds may be employed in a few jobs under certain conditions. Here Beverly Beatty, 15, Vermillion, South Dakota, would be legally employed as an operator of this duplicating machine in a general office, but she would not be permitted to work in manufacturing work-rooms.

the operation of elevators or other power-driven hoisting apparatus. It applies not only to the operation of both passenger and freight elevators by minors under 18 but also to riding on freight elevators in the course of their duties.

Minors under 18, however, may ride in freight elevators operated by an assigned operator, when they are being transported to or from their workplace at the end or beginning of scheduled work periods.

Here again studies show that injuries caused by elevators result in a disproportionately high percentage of fatal injuries among young workers. These studies show, too, that the percentage of serious injuries to youngsters is also high.

Death or injury may ensue if an elevator is not where it is thought to be—thus a boy under 18, working as a stock clerk in a wholesale grocery in an eastern state, backed up with his loaded hand cart into an empty elevator shaft. His 25-foot fall resulted in serious back injuries.

In another case, death came to a 17-year-old messenger boy, who, while delivering some goods, leaned out over the freight elevator he was riding on alone, and struck his head. Knocked to the floor of the elevator he brushed against the safety gate, and as it opened, he fell out and down 20 feet to the bottom of the shaft—dead.

Minimum Age Is Eighteen
Another hazardous occupations order which cuts across industry lines to some extent is that which applies to occupations involved in the operation of power-driven wood-cutting machines. This order also applies to off-bearing from circular saws and from guillotine-action clippers.

I cannot emphasize too strongly that the minimum age applying to all of these hazardous occupations is 18 under the Fair Labor Standards act, although the age for general employment is 16.

The act also provides that workers subject to it must be paid a minimum wage of at least 75 cents an hour and time and a half their regular rates of pay after 40 hours in a workweek. These provisions apply to child workers as well as adults.

There are stiff penalties for violation of the Fair Labor Standards act—a fine of up to \$10,000 for willful violation, and on second offense, a fine of up to \$10,000 or imprisonment for six months, or both may be imposed.

An employer can protect himself from unintentional violations of the child-labor provisions of the Act by obtaining and keeping on file an age or employment certificate for each minor employed, showing the child to be above the minimum age provided for the job he is doing.

Certificates may be obtained from local school officials or state departments of labor.

Jobs For Teen-Agers Limited

There are four hazardous occupations in which children may not be employed. They are:

All occupations in or about plants manufacturing explosives or articles containing explosive components;

All occupations in a coal mine except certain surface operations;

Logging occupations and occupations in the operation of any sawmill, lath mill, shingle mill, or cooperage-stock mill;

Occupations involving exposure to radioactive substances.

Tax Agents Never

Leave Lady Holding Bag

ATLANTA — When Mrs. Elizabeth Spear, 50, was arrested for bootlegging, she insisted on taking a bulging flour sack to the police station. This was a big mistake.

Federal income tax collectors got hold of the sack and were curious. They found it contained \$65,042. The accused "moonshiner" had built this sum in the pin-ball machine business.

An income tax lien was filed against her by the revenue agents, who instructed police chief Herbert Jenkins to withhold \$50,587.94 of the money until further notice.

The accused dollar-a-pint corn whiskey saleswoman burst into tears. She said she kept her life savings in a sack because she doesn't believe in banks. Evidently, she didn't believe in taxes either. She criticized the government's action with sobs:

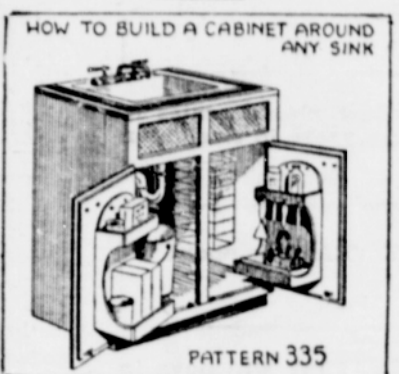
"A person works hard all their life and scrimps and saves, and then when you get old, they try to take it away from you," she complained.

The police who raided her room were looking for "white lightning," not money. They found five gallons. The money ranged from \$150 in nickels to a stack of \$1,000 bills.

She would not agree to leave it in the jail strongbox until every cent of it was painstakingly counted. The counting took four hours.

Pattern for Sink Cabinet

Has Variable Dimensions



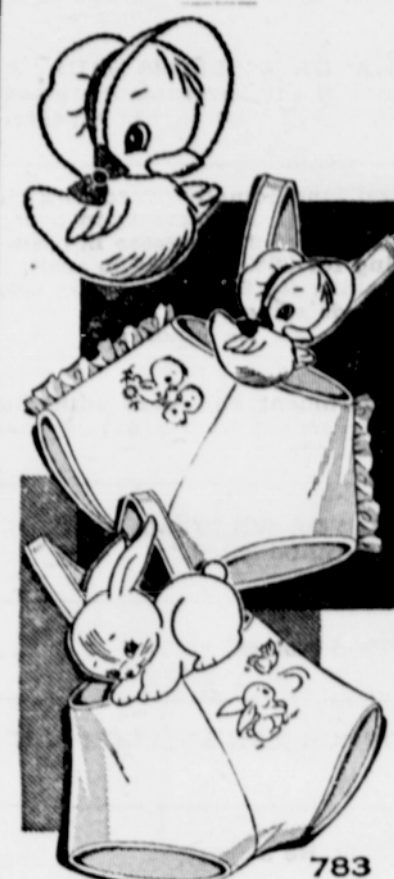
Building A Sink Cabinet
WHILE THIS sketch shows a small cabinet for the sink only, variable dimensions are included in the pattern so you may adapt the directions to a sink of any size. Or to extend the cabinet across a side of the kitchen.

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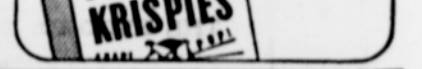


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