

Sauerkraut Is Healthful Low Cost Winter Dish

By the Bureau of Home Economics
U. S. Department of Agriculture.

With the approach of the season for making sauerkraut the bureau of home economics of the U. S. department of agriculture calls attention to its place in the low cost diet. The manufactured product ranges in price from about 5 to 10¢ a quart, depending on whether it is purchased in bulk or in cans. The homemade product costs even less. Since one quart of sauerkraut is sufficient to serve five persons, it is a very inexpensive vegetable.

Most persons think of sauerkraut as native to Germany. But the more probable origin was among the Slavic peoples of eastern Europe, who in turn introduced it into northern and Central Europe. The Germans, however, seem to have been the first to develop efficient methods for its production and to study the processes involved in its fermentation. For sauerkraut is no more than shredded cabbage that has undergone lactic fermentation in the brine made from its own juice by the addition of salt.

Sauerkraut is wholesome and appetizing. It is valuable, primarily, as an additional leafy vegetable product for winter when the diet of most persons consists too largely of concentrated forms of food. Because of chemical changes which take place in the process of fermentation the flavor is decidedly different from raw cabbage. In fact, many persons find sauerkraut the more palatable of the two for this reason. Sauerkraut has little nutritive value as measured by calories but it supplies several of the essential minerals necessary for human nutrition.

Sauerkraut does not furnish as much of vitamins A, B, and C as raw cabbage. But it is a fair source of all three of these elements which are essential for resistance to bacterial infection and for maintenance of appetite and growth.

Sauerkraut suggests pig's knuckles, spare ribs, and frankfurters, but there are other uses for this appetizing food, the bureau points out. It may serve as a basis for a one-dish meal such as is listed in today's menu. Combined with cheese and left over mashed potatoes it makes a satisfying and low cost dish that is easily and quickly prepared. Savory sauerkraut is made by heating a quart of a cupful of fat in a skillet and then adding a quart of sauerkraut and one-fourth of a teaspoon of celery or caraway seed. This is mixed well and covered while being cooked for five minutes.

Sauerkraut can be cooked in casseroles with alternate layers of noodles and a top layer of ground pork sausage. It may also be fried or combined with bacon, ham, or any cured meat. When potatoes are to be combined with sauerkraut it is better to precook them separately because the acid of the kraut is likely to make the potatoes a trifle hard. In some sections of the south, sauerkraut is always served with turkey while in Europe it steps out of the most role, so often associated with it here, to serve as the accompaniment for partridges, pheasant, goose liver paté, liver dumplings, fried liver and baked pike.

For those who may wish to utilize the surplus cabbage by making sauerkraut at home there are two department publications which are available for the asking. These are "Making Permanent Pickles," "Farmers' Bulletin 1438-F," and "The Commercial Production of Sauerkraut," Circular 25-C. The first of these contains all the formation essential for making sauerkraut at home while the second goes into greater detail necessary for putting the product on the market.

Almost any variety of cabbage may be used for making sauerkraut but the slow growing and solid-headed varieties are preferable. The cabbage should be fully matured before it is cut, otherwise the product will show defects in color and texture.

Stone jars make the best containers for the making of sauerkraut at home. After the cabbage is shredded, it is placed in the jars alternately with the salt in the proportion of one pound of salt to every 40 pounds of cabbage. The cabbage should be packed firmly in the jar, covered with a clean cloth and a board or plate on which is placed a weight heavy enough to cause the brine to come up to the cover.

The jar should be kept at a temperature of about 65 degrees F. so that fermentation can take place, a process which requires about 10 days. The scum should be skimmed off as it forms, since it tends to destroy the acidity.

The bureau advises against the danger of exposing the sauerkraut after it is made for it is not impervious to contamination, although many persons think it is. If it can be stored in a cool place it may not be necessary to do more than keep the

surface skinned and protected from insects. Otherwise, the jars should be sealed by pouring a layer of hot paraffin over the surface. Another way of keeping the sauerkraut is to pack it in glass jars and add enough of the brine to completely fill the jars. Sauerkraut will keep in a good condition a year or more if stored sealed in a water bath, until the temperature of the center of the jar is about 160 degrees F. and is then stored in a cool place.

MENU
Breakfast
Fresh fruit
Cooked cereal with milk
Toast
Coffee (adults) Milk (children)
Dinner
Baked Sauerkraut with Cheese
Harvard Beets Green Tomato Pie
or
Gingerbread and applesauce
Milk for all
Supper
Cream of Vegetable Soup
Cornbread
Tea (adults) Milk (children)

RECIPES
Baked Sauerkraut with Cheese
1 small onion, chopped
3 tablespoons bacon fat
1 quart sauerkraut
1½ teaspoon salt
1 pound American cheese (flaked)
8 cups mashed potatoes
Brown the onion in the bacon fat, add the drained sauerkraut and one-half of the salt, and cook until the sauerkraut is slightly browned.
Combine the cheese with the hot potato and beat well, adding the rest of the salt. Make a layer of the hot kraut in a greased baking dish, then a layer of the cheese and potato mixture. Continue until all ingredients are used and have a layer of the potato on top. Bake in a moderate oven until lightly browned, or about 30 minutes.

Cream of Vegetable Soup
2 tablespoons finely chopped rutabaga turnip
2 tablespoons finely chopped carrots
2 tablespoons finely chopped onion
2 tablespoons finely chopped celery
2 tablespoons melted butter
1 tablespoon flour
¼ cup of milk
1½ teaspoons salt
Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

Savory Sauerkraut
1 quart of sauerkraut
¼ teaspoon celery or caraway seed
¼ cup butter
Heat the butter in a skillet until golden brown, and add the kraut and the seasoning. Mix well using a fork to separate the kraut. Cover and cook for five minutes. Serve hot.

Harvard Beets
6 medium sized beets
¼ cup sugar
1 teaspoon cornstarch
½ teaspoon salt
¼ cup vinegar
2 tablespoons butter
Wash the beets, cook them in boiling water until tender, remove the skins and cut the beets into thin slices or cubes. Mix the sugar, cornstarch, and salt, add the vinegar, let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets, and let stand for a few minutes to absorb the sweet-sour flavor of the sauce.

CHANGEABLE SILK STAGES COMEBACK

LONDON (AP)—Changeable silk, fashionable 30 years ago, is back in style. Fall fashion shows displayed green and yellow changeable silk dance frocks designed with billowing eight tiered skirts, and mauve and changeable silk afternoon gowns with lace-edged vests and cuffs.

JEWELL EMBROIDERY ADORN NEW GOWNS

PARIS (AP)—Jewel embroideries are smart this winter. White satin evening gowns are spangled with diamonds in dewdrop effect, while fall gowns have brilliantly studded shoulder straps. Afternoon frocks of electric blue-green marquisette have flaring cavalier cuffs spangled with baquette crystals, while tea-time frocks have tulle blouses embroidered in jewel effect.

Suits Breezing in With Fall's Cool Days



Suit season is here again with the coming of cooler days, and Hollywood's alert eye has found three handsome designs. Adrienne Ames' jacket suit (left) has a vest of silk pique and print. Anita Page (center) chooses a dressy suit of black silk, with a pleated blouse of cream-colored net. The jacket is wide-sleeved. Frances Dee's black tulle suit (right) is belted, and white contrasts are achieved at the cuffs and the Buster Brown collar.

Sports Wear Dulls Its Colors to Blend With Autumn Shades

By Diana Merwin
(Associated Press Fashion Editor)
PARIS (AP)—Brilliant tri-color combinations, which marked summer sports togs, have been tossed into the discard by the fall sports mode.

Bright reds, blues and greens, have given way to browns and heather mixtures blending with the autumn coloring of golf links and moor.

The ensemble idea is predominant since frocks match the coats with which they are worn or reflect a harmonious shade of the same color. Coats are often unfurled, designed with snug scarf collars and roomy sleeves.

A vogue for belts and buttons is another new note. Buttons are used both as fastenings and as cuff and pocket ornaments, while snug leather belts are seen on both frocks and coats.

Firm jersey and lightweight tweed are the favorite fabrics for sports dresses. Many of them are designed

EVANGELIST'S DRINKS AID STALLED TOURISTS

MISSOURI VALLEY, Ia. (AP)—All things come to those who wait—even cake and lemonade!

Often motorists have much waiting at the edge of this little town while railroad switching holds up traffic.

Then Ruby Holfeld, 24, Missouri Valley's "girl evangelist," comes to the rescue of the stalled travelers with home made cakes.

Miss Holfeld has a little roadside stand from which she operates every day in freezing or sweltering weather. Except Sunday, for then she fills the pulpit in a small church 12 miles away.

FALL COAT DRESSES ARE SOMBER IN HUE

NEW YORK (AP)—Coat dresses in somber hues are smart for early fall wear. Most of them are designed with a surprise front and are belted snugly about the figure. One of the smartest designs is of prune colored taffeta, finished with a ruffled roll collar and a matching patent leather belt.

Portraits of distinction. The Peasopps opp Holly theater

CHAPERONE LENDS SPICE TO WOOING OF PANAMA GIRLS

PANAMA CITY—(AP) When a man makes love to a girl in Panama, he works within eyeshot of a watchful chaperon.

Daily association with Americans has had some effect on the freedom of young people here, but not on this old Spanish custom.

An American who recently married a Panama girl was asked by American friends how he managed to propose. The chaperon in this case was known to be especially vigilant.

"Manage" echoed the happy bridegroom. "Manage? Why, what do you think I needed to do?"

"Was there ever a couple really in love who needed to wait to hear the words spoken before knowing what the other would say? When I sat by the hour with a girl in a brightly lighted room, with her mother not 10 feet away, does she need to be told I'm in love with her?"

"I'm all for it. The old Spanish customs are the good old customs when it comes to making love. There's an art to this sort of thing, with a restrained technique that's as perfect as a perfect day."

"It's fine to take a pretty Ameri-

can girl in an auto and ride along and enjoy the night without a chaperon, but it's too easy.
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Decorations For The Home

By Jane Snedecor

ARTICLE XXIV (Continued) American Furniture

Manufacturers sensed a new demand and filled their stock rooms at once with the queerest and freakiest creations they could conjure up. "Art Moderne" became a well known phase in the mouths of salesmen and some of the stuff sold, but much of it did not. Only the bravest ventured to use it, and it is already a drug on the market. Why? Because it does not fit in with American life and the things Americans love and cherish most. Its angles and screeching mad-house colors spell torment and unrest. Those who still look upon the home as a refuge, a place to rest, a place where a good book can be enjoyed have never taken to it at all.

The reaction against this type of thing really set in several years ago and manufacturers turned away

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