

What to Eat and Why

With Approach of Warm Weather, C. Houston Goudiss Advises Extra Care in Storing Foods in the Home

By C. HOUSTON GOUDISS

IT IS the proud distinction of America's food industries that notwithstanding the infinite variety of perishable foods which are constantly available, and regardless of the distances they have been transported, even the most delicate foods are delivered to the consumer in a fresh, wholesome condition, with all their fine flavor unimpaired.

The secret of this modern miracle is refrigeration. Vast sums of money have been invested in long trains of refrigerated cars, thousands upon thousands of refrigerated trucks, refrigerated warehouses and refrigeration equipment in stores. All this has been done for a single purpose: to keep food fresh and at its best until it reaches the home.

At this point the responsibility shifts to the homemaker. And if she falls down on her job, then all previous efforts to keep food free from spoilage have been in vain.

Homemaker's Responsibility
As guardian of her family's health, one of the homemaker's most important tasks is to see to it that all food is safeguarded against contamination until it reaches her table. This means that perishable foods must continue to be refrigerated properly in the home. For only in this way can they be protected from the ravages of micro-organisms which are always ready to attack foods when conditions are favorable for their growth.

Two essentials are necessary for satisfactory food preservation in the home. First, perishable foods must be stored at a temperature of from 40 to 45 degrees Fahrenheit—never at a temperature higher than 50 degrees. Second, the right degree of humidity must be maintained. Too much moisture will encourage the growth of bacteria; too little will dehydrate fruits and vegetables and make them unfit for consumption.

Home Care of Foods
Both requirements are met by a good household refrigerator; and the homemaker who appreciates the importance of keeping foods sound and wholesome will regard an efficient refrigerator as an investment in good health. It is especially necessary that the food supply be properly refrigerated during the warmer weather of spring and summer, in order to prevent the consumption of dishes that may have become contaminated without any marked alteration in appearance, taste or odor.

Highly Perishable Foods
Milk is often regarded as the most perishable of all foods, because it is an ideal medium for the growth of bacteria. It is, therefore, essential that this splendid food be kept at low temperatures at all times. It should be put into the refrigerator as soon as possible after it is delivered, and kept there until the moment it is to be used. Milk should never be allowed to stand at room temperature for any length of time. For it has been demonstrated that when it is held at 40 degrees—an ideal temperature—before delivery, then allowed to stand at a room temperature of 75 degrees for an hour and a half, and again refrigerated, a rapid increase in bacteria occurs.

Other types of protein foods also present a favorable medium for bacterial growth when they are held at temperatures higher than 50 degrees. These include meat, fish, meat broths, gelatin, custards

and creamed foods. It is advisable to keep these foods, as well as the milk supply, in the coldest part of the refrigerator.

Fruits and Vegetables
Fruits and vegetables soon lose their moisture content unless they are protected against warm, dry air; and they are likewise subject to the action of micro-organisms which result in decay. But when stored in a modern refrigerator, these mineral- and vitamin-rich foods can be kept in perfect condition for considerable periods, thus making it possible to take advantage of favorable market offerings.

Guarding Against Mold
As a rule, warmer weather also increases the problem of combating molds. For given moisture and warmth, molds will grow on almost anything. However, the most hospitable hosts are acid fruits, such as oranges, lemons, berries or tomatoes; sweets, such as jams and jellies; bread and meat. While molds are physiologically harmless if eaten, they definitely spoil the taste and appearance of food.

Mold growths can be killed by boiling. They are retarded by the dry circulating air of an efficient refrigerator. It is to allow for air circulation that berries should be stored uncovered—if possible, spread out so that the air can reach more than just the top layer. Frequent inspection of all food supplies, including those in the bread box, and the prompt elimination of any items showing signs of mold, will help to keep it from spreading.

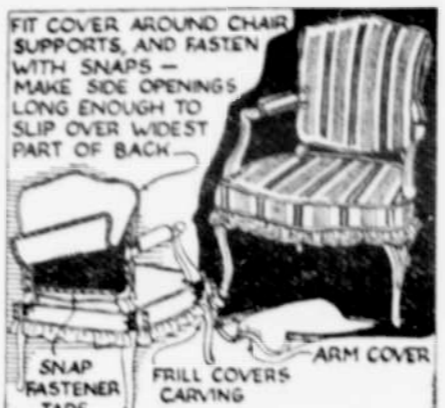
Constant vigilance on the part of the homemaker in caring for foods on hand will avoid a needless drain on the food budget and will safeguard the health of every member of the family.

Questions Answered
Mrs. L. E. S.—It is a fallacy to believe that spinach is in a class by itself as a source of iron. It's a splendid vegetable, but as a source of iron, it is practically equalled by kale, and exceeded by a number of other greens including beet tops, dandelion greens, chard, parsley, watercress and turnip tops.
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Isn't This Why You Are Constipated?
What do you eat for breakfast? Coffee, toast, maybe some eggs? What do you eat for lunch and dinner? White bread, meat, potatoes? It's little wonder you're constipated. You probably don't eat enough "bulk." And "bulk" doesn't mean the amount you eat. It's a kind of food that forms a soft "bulky" mass in the intestines and helps a movement. If this is your trouble, may we suggest a crunchy toasted cereal—Kellogg's All-Bran—for breakfast. All-Bran is a natural food, not a medicine—but it's particularly rich in "bulk." Being so, it can help you not only to get regular but to keep regular. You won't have to endure constipation, you can avoid it. Eat All-Bran daily, drink plenty of water, and life will be brighter for you! Made by Kellogg's in Battle Creek.

HOW to SEW

By RUTH WYETH SPEARS



"DEAR MRS. SPEARS: Your books have shown me how to do so many things that I am turning to you for help. I want to make slipcovers for the living-room furniture because with three young ones the upholstery is soon going to be ruined. The job completely baffles me. I am enclosing a rough sketch of one of the chairs. Can you suggest any way that a removable cover can be made for it? B. A."

If you are prepared to make many neatly fitted openings almost any type of chair may be slipcovered. Either bindings or facings may be used to finish edges where seat and back covers are cut around arms and supports. Where there are so many openings of different lengths, snap fasteners are generally more satisfactory than zippers. If snap fasten-

Uncle Phil Says:

Then He Isn't One
In this world it is impossible to prove to a fool that he is one. But he finds it out himself, sometimes.

Bless the man with a light purse who still hath not a heavy heart.

The validity of a bronze statue is seldom disputed.

Fashion Is to Be Chic
Present fashions in ladies' hats prove that it isn't always necessary in feminine hats that they be sensible.

A man who has only \$5 and gives half of it to charity isn't called a philanthropist, but why isn't he?

Studying books may not help one to get rich, but studying men does.

er tape is obtainable it saves time to whip it to the long edges. The narrow frill for this chair covers a curved line across the front and carving at the top of the front legs.

You can make slipcovers, all types of curtains and many other things for your home with the help of Book 1—SEWING, for the Home Decorator. Just follow the pictures, and you learn to make the lovely things you have been wanting for your home. Book 2 is for those who enjoy fancy work on useful articles for the home; and useful novelties, to be made in spare time. Books are 25 cents each; don't forget to ask for the free leaflet on patchwork quilts, when you order both books; the leaflet is FREE with two books. Address: Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

QUICK QUOTES



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—U. S. Senator Elbert D. Thomas.

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