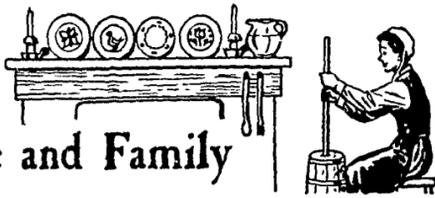


For the Farm Wife and Family



(Continued from page nine)

1 tablespoon flour, or two slices dry bread, cubed
1 tablespoon butter or margarine
Cook tomatoes and onions with salt and pepper slowly until the onions are tender.

Mix flour and a little of the hot tomato juice, then pour the mixture into the tomatoes and cook until thick.

Or add bread cubes to the tomato mixture and heat. Add butter or margarine.

BROWNE ONIONS AND CARROTS

4 medium size onions
4 medium size carrots
2 tablespoons meat drippings or other fat
Salt and pepper

Peel onions and cut in one-fourth inch slices. Scrape carrots and slice thin lengthwise.

Melt fat in fry pan. Add vegetables and salt and pepper. Cover the pan. Cook slowly, stirring occasionally, until vegetables are tender and slightly browned.

Mix your vegetables in a vegetable chowder —

VEGETABLE CHOWDER

1 small onion, chopped
1 tablespoon meat drippings
2 small carrots
1 small turnip
1 small potato
1 small green pepper
1 stalk celery and leaves
1 cup boiling water
2 cups hot milk
¼ cup dry bread crumbs
Salt and pepper

Brown onion in meat drippings. Add other vegetables, which have been cut in small pieces, and the boiling water. Cook until vegetables are tender. Add hot milk and bread crumbs and cook over low heat until thickened. Season with salt and pepper. Makes 4 servings.

ROOTS AND ROAST — Place root vegetables around a pot roast when the meat is nearly done. Make it any combination you like — onions, potatoes, turnips, carrots, whole or in halves. Cook covered, baste vegetables occasionally with the meat broth, and cook until tender. Serve on a hot platter with vegetables circling the meat.

CHICKEN GIBLETS

Tender chicken livers generally

rate as delicacies and are priced accordingly. The other giblets are less expensive but take longer to cook. Obviously, the greater the convenience or the more choice the part, the higher the price.

A favorite specialty dish has long been chicken livers and mushrooms. But the other less expensive giblets can be substituted with success. Here's how: Cut gizzards and hearts into pieces sprinkle with salt, pepper and flour and brown in a little fat. Add water to cover, put lid on pan, and cook by gentle simmering until meat is tender — about 1 and ½ hours. Add canned cut-up mushrooms. To thicken, blend flour with liquid from the mushroom can or with chicken broth and add gradually to the cooking mixture. A little onion makes this dish especially flavorful. Brown chopped onion with the giblets or add the new dried minced onion to the liquid during the simmering. Serve on toast or with fluffy cooked rice.

It isn't a pleasant thought but fall housecleaning is on its way so today we have a few suggestions for vacuum cleaning that might be helpful to you not only during housecleaning but in your weekly cleaning.

A study was made recently on how to save effort and time and avoid strain, especially back strain, in everyday cleaning jobs.

Several types of cleaning equipment were used by tall, averaged height and short homemakers for various regular

cleaning jobs to find the easiest and best methods.

Vacuum cleaning under low furniture proved one of the more difficult jobs. Most women stoop over to run the cleaning tool under the furniture. When furniture is as low as six inches from the floor, women on the average must bend over six times in cleaning underneath. Researchers say that every time you bend and rise, you must lift part of your own weight as well as the part of the cleaner you are using. It is much easier to kneel on one knee so that you can see and reach the area to be cleaned and use the stronger leg muscles instead of the back muscles for lifting.

Arrangement of furniture counts, too, in easy cleaning. About four feet of free space is needed in front of any item of furniture that stands close to the floor in order to run the vacuum tool underneath conveniently. Exactly how much free space is needed depends somewhat on the type of cleaner and the clearance under the furniture. Convenience in cleaning might be considered in buying new furniture. The choice would be furniture built to the floor or with considerable clearance above it.

Motion studies of homemakers using cleaners on floors showed that many women try to push the cleaner as far as they can reach. Bending, stretching and back strain can be saved by keeping each stroke within easy reach and stepping back and forth with each stroke. Length of stroke found comfortable by these homemakers averaged from 36 inches for shorter women to 45 inches for taller women.

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