

Baking Soda Magic

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TO CLEAN COMBS AND BRUSHES:

Soak a few minutes in a solution of 3 tablespoons baking soda dissolved in 1 quart of warm water to loosen soil. Soda loosens dirt particles and oily film for easier cleaning.

TO WASH BABY BOTTLES AND NIPPLES:

Put 1/2 tablespoon baking soda in glass or plastic bottle, add warm water and shake. Rinse in clear warm water and sterilize. Rinse nipples in soda solution before sterilizing them.

TO SWEETEN SPONGES, DISHMOPS, OR DISHCLOTHS:

Soak in a baking soda solution to get rid of stale sour odors.

TO REMOVE ONION SCENT FROM HANDS:

Dampen hands and sprinkle baking soda over them. Rub hard, rinse and dry.

TO KEEP MARBLE-TOPPED FURNITURE BRIGHT:

Wash in a solution of 3 tablespoons of baking soda dissolved in 1 quart of warm water. Let stand a few minutes, then rinse it off with warm water. For stubborn stains scour with a soda paste and dry with a soft cloth. Baking soda is so gentle it will not hurt the marble.

SODA AS A COOKING AGENT

Baking soda was the first chemical leavening agent over a century ago. Today, it is still important for that purpose. Originally it was used in combination with sour milk but today it is used with other

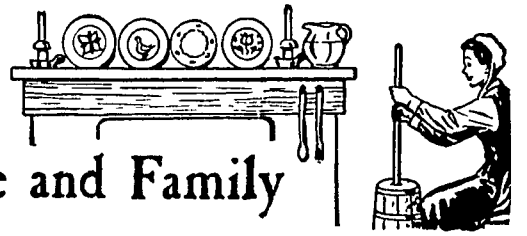
acid ingredients such as molasses, fruit, honey, buttermilk or cream of tartar. In recent years vinegar has been used as the acid in conjunction with sweet milk or water. The advantage of using vinegar is that the acid content of this product is standard; therefore, by using a fixed proportion of vinegar to baking soda uniform results can always be assured. The acid content of the other ingredients such as sour milk molasses is apt to vary; therefore, the final product may not always be the same.

Best results can be obtained when using soda by sifting it with the flour. This insures an even distribution through the batter.

Baking soda and acid, in addition to leavening the product, have a tenderizing effect on the proteins of flour; therefore, cakes and quick breads made with baking soda tend to be very light and tender while cookies are tender and crisp.

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By Jane Thurston

Better Breakfast Month

September, designated as better breakfast month, serves as a reminder to make a good beginning each day with a well-balanced meal. Nutrition studies show that persons can work and play at their best if they have between one-fourth and one-third of their daily food requirements at breakfast. A basic breakfast pattern of fruit or fruit juice, milk or beverage made with milk, bread of cereal or both, and a protein food, egg, meat, or fish, will give your family a good start toward getting the nutrients each person needs.



THURSTON

Keep Stairways Safe

A stairway is the favorite booby trap in the home, and stairway mishaps are among the most dangerous. They are likely to produce a serious injury or result in death. What can you do about it? Here are some items to check:

1. Keep stair treads free from grease or other wet or slippery substances.
2. Avoid polishing treads and the top and bottom landings too highly.
3. Avoid using tread coverings other than approved types made especially for the purpose. When you use treads, make sure they are securely fastened with no corners or edges protruding.
4. Inspect stairs frequently to make sure that nails and tacks don't work loose from treads or stair covering.
5. Never keep household tools, cleaning equipment, children's toys, or anything else on a stairway.
6. Make each member of the

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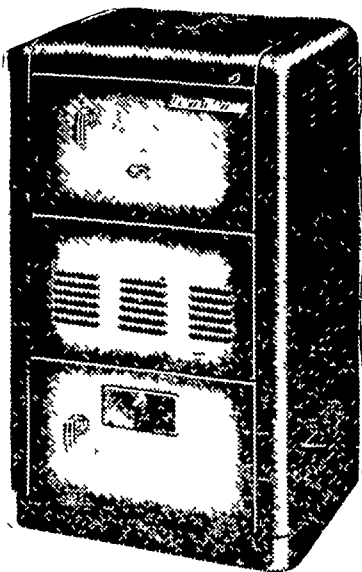
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