

● **For The Farm Wife**

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inated entirely from custard or cream pie recipes

You can cut calories when making desserts by substituting in recipes: use skim milk for whole milk; use whipped chilled evaporated or dry milk for whipped cream, or use one of the non-caloric sweeteners for part or all of the sugar

Then there's the old saying — it isn't what you eat but how much you eat that makes you fat. So, if your sweet tooth calls for an occasional luscious, rich dessert — just eat a small serving and use your will-power.

METHODS GIVEN FOR DETECTING, PREVENTING FOOD SPOILAGE

Despite modern methods of food processing and refrigeration food poisoning can still occur. Food spoilage is caused by molds yeasts and bacteria which get into food from the soil or air from unsanitary utensils or from the skin

While molds and yeasts can cause spoilage, they do not cause illness, and, in fact, some of them are actually used in producing certain food items such as the mold in Roquefort cheese and yeasts which cause fermentation of wine

However some bacterial organisms are extremely harmful. They can cause illness in various degrees; in some cases this is fatal. Low acid foods such as certain vegetables, meat, fish, poultry and dairy products improperly prepared or stored, provide ideal conditions for bacteria to live and multiply

Although some food spoilage cannot be detected, here are some general characteristics of spoilage. A glossy sheen on the surface of foods, or a putrid or sulphur odor, especially on meat, fish and poultry, a sour taste to normally bland foods, bulged or loose lids on food containers, gas bubbles and mold growth are some signs of food spoilage

Nearly all of the acute outbreaks of food poisoning involving large groups of people are caused by staphylococci organisms, which are spread by unsanitary food handling, when the persons preparing the food have infections, boils or cuts or sneeze or cough while preparing food. The food may not be noticeably altered by the organism although signs of spoilage may appear in custard, filled pastries, milk, cheese, ice cream, fish, and meat or other salads

One of the most common places of staphylococci poisoning in home cooked foods is in poultry stuffing which has been allowed to cool too slowly or at room temperature. This is the reason that partial cooking of stuffed poultry is always discouraged and the reason dressing should be removed from the bird and cooled very quickly after the meal. Left at room temperature for as little as three hours these foods can become contaminated. To prevent spoilage refrigerate immediately at very cold temperatures and then reheat very thoroughly. Even under identical conditions cooked meat is more vulnerable to staphylococci organisms than uncooked meat

Tumble woolens for a few minutes without heat in the dryer to get rid of moth ball odors.

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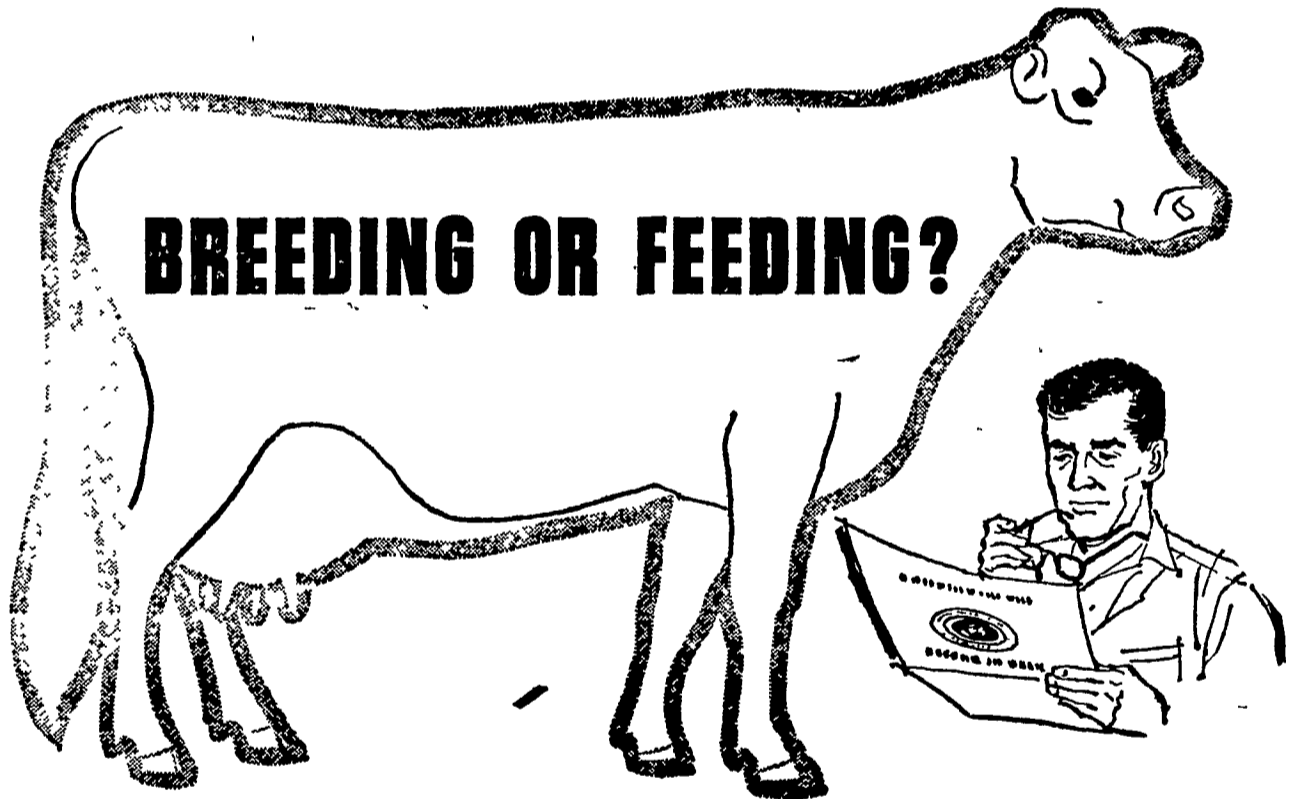
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