

(Continued from Page 9)
 Foods so that they're attractive and taste good, too. Plan new dishes and new foods, too.
 "Serving" food is another part of getting a meal and it really can be an art. Take time to plan how you'll put food on the table and the place settings you'll use. The simplest of mats, tablecloth and dishes can be a good background for the colorful, tasty food you prepare.
 "Satisfaction" is the last key word to family meals. Good meals where the family eats together strengthens home and family ties. The dinner table is the most common family meeting place so prepare attractive, nourishing food and keep mealtime a cheerful time.

TAKE PRECAUTIONS IN PREPARING CASSEROLES
 You need to take extra precautions to prepare casserole

dishes for safe eating. Without the proper preparations casserole dishes may cause food poisoning for your family. Trouble arises when heat goes into the food in the casserole very slowly while it is in the oven.
 To prevent food poisoning from occurring it's a good idea to combine the ingredients at boiling temperature. Then high temperatures reach the very center of the dish quickly and kill troublesome organisms. If you are planning to use cold left-overs you need to heat them, also. Otherwise the temperature at the center of the casserole may never become sufficiently high to destroy dangerous organisms.
 Such accidents as sneezing and coughing may contaminate one or more ingredients. And handling food with unclean hands, may be dangerous to your family, too.

Casserole dishes can cause food poisoning not only from improper preparation, but also after cooking and before serving. Even if you boil your ingredients and cook the foods properly, it's not a good idea to hold the food at warm temperatures for a long period of time. If your meal is delayed before serving, keep the food at or very close to the boiling point.
 It's preferable to chill the dish soon after you cook it and hold it at refrigerator temperature until serving time. Then heat it quickly and serve it at once.

CALVES LIVER COSTS MORE BUT DOESN'T OFFER MORE

It's a good idea to serve liver to your family frequently so the youngsters will learn to like it. Having liver a couple of times a month or as often as once a week makes it a natural food to eat. Then children will get used to it and accept it. Try serving it in many ways not only to lend variety to your meals but to help out the food budget. Even the lower priced varieties can be as delicious as the more expensive calves liver.
 Liver offers a concentrated package of food value and one kind of liver is just as valuable as another. Liver supplies both vitamins and minerals with vitamin C and calcium being about the only important missing nutrients. It has vitamin A and the whole range of B vitamins as well as iron, phosphorus and copper.

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For the Farm Wife and Family Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

About Head Lettuce

Lettuce was produced for the banquet tables of Persian kings twenty-five centuries ago. Today it's available the year-round Head lettuce is a favorite salad green, and western Iceberg lettuce will be coming from California from now through early October. About 21 and a half million cartons will be packed during the summer and this means plenty of crisp lettuce for salads.

To harvest head lettuce, men walk along the rows. They grasp each head to see if it's large and firm enough to harvest. If it is, they cut and trim each head for the market. The total time involved in packing a single carton of lettuce is about 13 minutes and one man can pack almost five cartons every hour.

TO SUBTRACT CALORIES FROM YOUR DIET

When you need to reduce the number of calories you get each day in food you eat . . . because you're a few pounds overweight . . . you can do certain things. Here are a few of them:
 Keep high-calorie foods out of sight, but have a supply of crisp relishes, fresh fruit, or fruit juices on hand . . . they will help ward off hunger pangs.
 Begin a meal with a glass of juice, a half grapefruit, or a



THURSTON

cup of clear soup. This first course adds charm to a meal without excess calories and helps to satisfy the appetite.

When you wish to garnish foods, choose low-calorie garnishes, such as green pepper rings, radish roses, carrot curls, or small pieces of raw cauliflower. Any one of these can add to the attractiveness of your special roast and you won't miss the calories in rich garnishes.

Strike rich sauces off your list for seasoning. You might like to experiment with herb's (Continued on Page 7)

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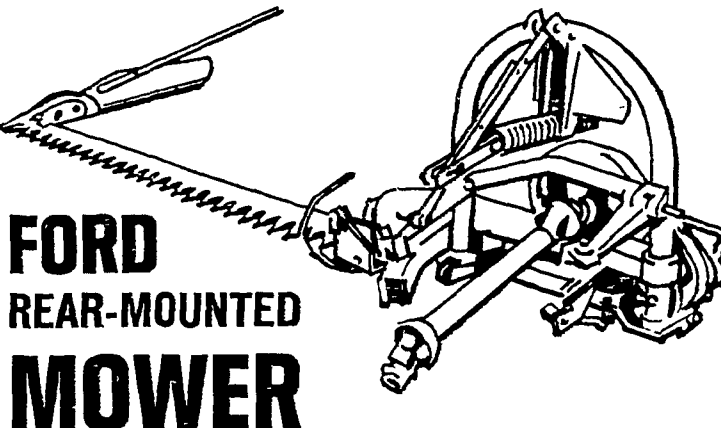
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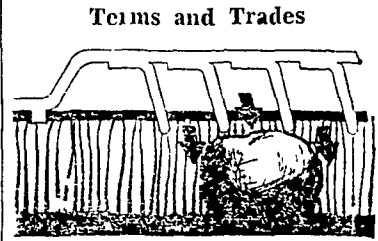
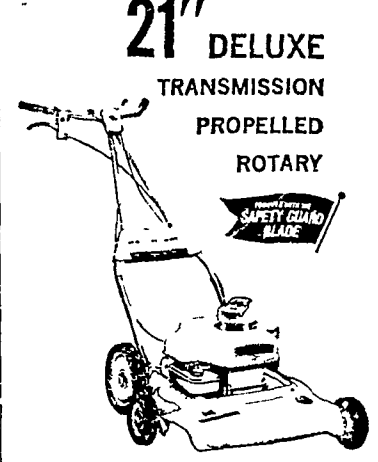
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