

(Continued from Page 14)

them with the cover off. This is especially important during the first few minutes so that mild acids escape in the steam. Acids turn bright green to an unappetizing dull brownish color.

Cook red vegetables in a medium amount of water with the cover on. For white vegetables you need water to cover and they too are cooked with the cover on.

There's one exception to each of these rules and that's when you have a strong flavored vegetable. Cook all these vegetables, like rutabaga, cabbage, broccoli, turnips and onions in water to cover them and leave the cover off. This lets the substances that cause strong flavors escape in the steam.

OF-WINTER MEALS: Despite the wide selection of fresh produce and frozen foods available in the supermarket to provide summertime variety for meals all year long, by this time of year menus can begin to seem a bit boring. One simple cure for this is to do some experimenting with herbs and spices. The use of herbs and spices may well give you a reputation as a gourmet cook. In addition, they can replace butter or cream sauce and salt for those on lowfat and low salt diets.

Herbs are the leaves of plants which grow in temperate zones, while spices come from the bark, dried leaves, seeds, and other parts of plants which grow in the tropics.

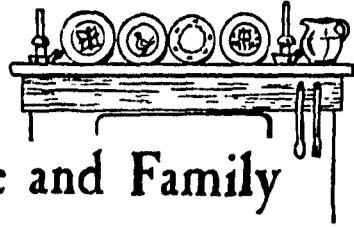
In your first try with herbs

recipes which have been well tested. When experimenting, a good rule of thumb is to start with one-quarter teaspoon of a spice or herb. It is easier to add another small amount than to be faced with the problem of over-seasoning.

Almost any of the herbs can be used interchangeably or blended together in recipes. Thyme, savory, marjoram, basil or bay leaf can be used to vary stuffings. Basil, with its delicate flavoring, is often favored for egg dishes, but there is no reason why you couldn't try it in soups with lemon on fish, or crumbled and sprinkled on tomato slices.

Herbs can be blended with butter for a new spread when French bread, heated with garlic and butter has lost its novelty.

When buying a packaged spice or herb, look for strength and color. A fresh, rich color and pungent aroma that rises to meet you mark highest quality. Since these seasonings gradually lose color and flavor, you get no bargain when you buy a large quantity in a bag. Smaller, tightly sealed containers are best for the average home. (Continued on Page 18)



For the Farm Wife and Family

Ladies, Have You Heard? . . .

For Safety When Using Electric Appliances

When using electric equipment or appliances, never do two things at the same time. Avoid touching anything else when handling appliances or when changing a fuse. If the appliance is worn or otherwise defective, it may cause a short circuit and there is the possibility of shock.

Putting both hands to work to save time and energy doesn't apply when electricity is involved. When turning on an electric light with one hand, don't touch a damp surface or the metal water faucet with the other hand. Be sure your hands are dry when handling any electric equipment and that the floor you're standing on is dry.

Another two-handed hazard has to do with the vacuum cleaner. If you use one hand to run the cleaner and the other hand to move a metal lamp out of the way, and either of the appliances has

a loose wire or other defect, an electric shock could result.

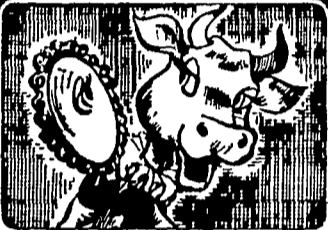
To make sure there are no loose wires or other defects that are shock hazards, it would be an excellent idea to develop the habit of check-

(Continued on Page 19)



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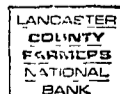
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