

Sausage Is A Homemaker's "Convenience" Food

The word, "sausage," is relatively modern. It is derived from the Latin, *salsus*, meaning preserved or, literally, "salted." Sausages of various kinds were generally popular with the Greeks and Romans at the time of the Caesars. The history of sausage dates back much farther, however.

Sausage is one of the oldest forms of processed food and was the first processed meat product. It was an accepted food staple some thousand years before Christ, and today it remains as one of the busy homemaker's best "convenience" foods.

The art of sausage-making developed by slow stages. There is evidence of rudimentary sausage-making by the American Indian, who combined chopped dried meat with dried berries pressed into a cake to eat when game was scarce. Certainly this was a primitive form of today's dry sausage. Similar drying of meat was common along the shores of the Mediterranean, centuries before the rise of the Roman Empire.

Virtually all peoples of ancient Europe are known to have produced some type, and by the Middle Ages sausage-making had become an art practiced commer-

cially by entrepreneurs in many localities.

Certain of these early sausage-makers became so adept in the spicing and processing of sausages of distinctive types that the fame of their product spread throughout all Europe.

At the same time wurstmachers in Frankfurt-on-Main, Germany, created the frankfurter, sausage-makers in Vienna invented the very similar wiener. (Today, wiener and frankfurter are interchangeable terms)

Also from Germany came the braunschweiger from Brunswick and the berliner took its name from its home city of Berlin.

From Gothenberg came the Swede's contribution to the sausage industry, the goteborg sausage.

Sausage named for cities in Italy include; genoa salami from Genoa; bologna from Bologna and romano from Rome.

And the French contributed, too. Sausage-makers in the cities of Lyons and Arles invented the lyons and arles sausage.

Sausage, as made by the ancients, was the forerunner of the family of food products we know today as ready-to-serve meats . . . and centuries of experience and recent rapid progress have result-

ed in the endless variety of luncheon meats or cold cuts on display at your food store.—National Livestock & Meat Board

Correspondence Courses



FOOD PRESERVATION

Home preservation facilities have made it possible for the homemaker, who is interested in stretching the family's food dollars, to preserve food that would be lost otherwise.

With the amount of time and energy used in preserving food, can you afford to take a chance on spoilage? or a poor quality product? To insure perfect products, The Pennsylvania State University offers a home study correspondence course on canning and freezing foods.

In addition to methods and procedures used for canning foods and for freezing fresh and cooked foods, the course gives pointers on making clear, tender jelly. Pickle recipes include the old fashioned and quick-and-easy type.

Some foods are better frozen and some are better canned. With available facilities for canning and freezing, your decision should be based on preferences of family members, cost of equipment, containers, operation, and time required to prepare.

For a copy of the course, "Canning and Food Preservation," send \$3.45 to Correspondence Courses, Box 5000, University Park, Pennsylvania 16802. Make check or money order payable to The Pennsylvania State University.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Freezer Food Plans And Freezer Storage Tips

When buying a freezer from a freezer food plan check to see if that company keeps your contract or sells it to a finance company. If this is the case, you may find yourself in an unfortunate position if the freezer food company goes out of business.

In buying a freezer food plan it pays to do some comparative shopping. Check to see if the firm is reputable.

Find out how much of the total is for the freezer, the cost of credit and how much is for food. Then, compare prices for all these items.

If you have a contract with a freezer food company check deliveries carefully to make sure you are getting the quality and amount you ordered.

If you do have a freezer, keep it full. Maintain an inventory of the freezer's content and dates when you put food in and took it out.

Tips On Buying Fresh Pineapple

Look for pineapples that are changing in color from green to orange or yellow, with a fragrant odor.

When fully ripe, pineapples are golden yellow, orange yellow, or reddish brown, depending on the variety.

Avoid pineapples with sunken eyes, a dried appearance, and bruised fruit, shown by discolored or soft spots, an unpleasant odor, or decay.

Equipment For A Medicine Cabinet

Antiseptic for cuts and scratches—iodine or merthiolate

Bicarbonate of soda

Ointment for burns—oil tannic acid

Aromatic spirits of ammonia

A tube of petroleum jelly

Box of absorbent cotton

Sterile gauze squares

Bandages of various widths

Applicator—toothpicks

Pair of tweezers

Medicine glass, medicine dropper

Thermometer

Rubbing alcohol

Adhesive tape

Scissors

Needles or razor blades

Mild laxative for occasional use only



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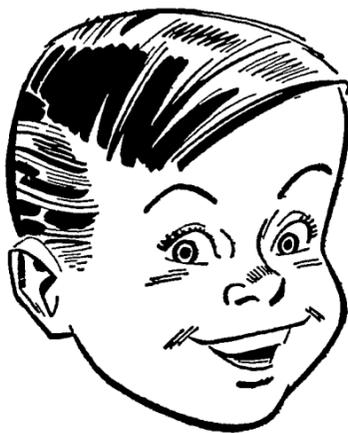
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