

Housekeeping Safety Check

This week we present part two of a series of safety questions for you to check your work habits.

Answer these questions by using this letter scheme: I do — A - Always; S - Sometimes; N - Never; O - No Opportunity.

When I Sew

Put pins and needles in pin cushions — never in my mouth, clothes or in furniture.

Keep sharp objects out of my lap.

Pass sharp objects to others with the handle first — never toss them.

Store scissors and other sharp objects in holders or in a secure place.

Keep fingers away from the path of the sewing machine needle.

Use slow speed on electric sewing machine while learning to operate it.

Know how to operate

emergency release on electric sewing machine.

Make sure cord is placed so it does not rub against motor belt when sewing machine is in use (unless machine has concealed belt).

Use care not to touch hot light bulb (if it is not shielded).

Arrange electric cord of machine on the floor so it will not cause anyone to stumble.

Turn off motor when sewing machine is not in use.

Close sewing machine carefully to avoid damaging electric cord.

Keep drawers and door of sewing machine closed to avoid bumping.

Avoid putting excessive weight or pressure on sewing machine leaf.

One-Burner Cooking for Simple Meals

Whatever your age, you're never too old to need good nourishing food. Even if your cooking equipment is a single gas or electric burner you can still have complete and varied meals.

The answer is one-dish meals. Into a single pot or pan put vegetables and the meat or other protein food of a main dish. You can cook many hot and nourishing meals of this kind on top of a stove—meals such as Irish stew, braised liver or pot roast with vegetables, ham-and-vegetables or fish chowder, or New England boiled dinner.

To round out a one-dish meal, add a crisp salad or other raw food, bread, a beverage and possibly a simple dessert.

A double boiler is a great help in preparing a meal on one burner. Such foods as creamed

eggs or fish, left in the top part of the double boiler over the water, will keep hot while you cook a vegetable in the lower part

Or serve a double-boiler meal with a salad or a raw vegetable, such as sliced tomatoes or cucumbers. Or, while the boiling water in the lower pan of a double boiler cooks a potato or an ear of corn, you can warm rolls in the upper pan or reheat leftover cooked meat in gravy.

The variations of meals on one burner are endless and the reward is a healthier, happier you—regardless of age.

My Neighbors



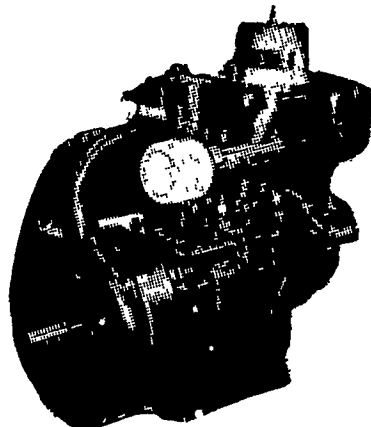
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Ladies, Have You Heard?

By Doris Thomas, Extension Home Economist



Doris Thomas

Use Prunes for Economical Meals

A homemaker's boon . . . at night or noon . . . buy soon . . . it's called THE PRUNE.

Well, that jingle may be best forgotten, but the product is certainly worth remembering. Rich in natural fruit sugar and a good source of vitamin A, the B vitamins, and minerals, dried prunes make an excellent "munching" snack.

The large 1971 California dried prune production is resulting in supplies of ample prunes and prune juice right now. These items are named on the U.S. Department of Agriculture's Plentiful Food List this month.

USDA's Agricultural Marketing Service has many suggestions for using prunes to add a little something extra in flavor and eye-appeal to meals. That "little something extra" spells the difference between ordinary meals and a memorable one.

For breakfast, serve omelets filled with a mixture of chopped plumped prunes and crisp bacon crumbles in sour cream. Or try a warm-from-the-oven coffee cake sparked with chopped prunes and topped with mocha icing.

For a savory hot lunch — prunes, baked beans, and ham make a tasty trio. To prepare, saute chopped plumped prunes and onions in butter. Add diced cooked ham, and then stir this combination into canned baked beans in tomato sauce. Season to taste. Portion into ramekins, and bake in hot 400 degree F oven about 15 minutes, or until hot. Serve with crisp salad and hard rolls.

For dinner's dessert, it's easy to prepare a prune cake from a basic spice cake mix. Simply stir chopped dried prunes into batter before pouring into baking pans. Bake, cool, frost, and then decorate with plumped prune

halves filled with walnut halves. Why not serve prunes often!

Create Good Shopping Habits

In so many things we do, we're pretty much people of habit. Take, for example, food shopping. Week after week we go to the same stores, park, if possible, in the same spot, take the same path through the store, buy about the same items, and have the same complaints about the food quality or prices.

There's nothing wrong with developing habits. In fact, with all the decisions and jobs you have to do today, it's a necessity that you do develop them. They save time, energy, and mental work. Today's pace of living just naturally demands that we do have habits. But there are both good and poor shopping habits. Either type is equally easy to develop and hard to break. Three good habits that would be good to develop include observing and taking advantage of specials, preplanning your buys, and comparison shopping.

Too often you forget to check ads before you go to the store. Once at the store, you race through it so fast you don't see the signs. As a result, you miss many opportunities to stretch the budget with money-saving specials.

Frequently you go to the store without a clear idea of what you want or need. When you do, you may end up with items that don't fit together too well into meals, or they cost more than you planned. The habit of preplanning your buys avoids much of this.

You can't compare prices and qualities for every item you buy every time you buy. Yet, these comparisons are important to the food budget. Making a few comparisons each time you shop is a good habit to develop.

Good food buying habits are as easy to develop as poor ones. By observing and taking advantage of specials, preplanning, and making a few comparisons of prices and qualities every time you shop, both your food budget and your family will benefit.

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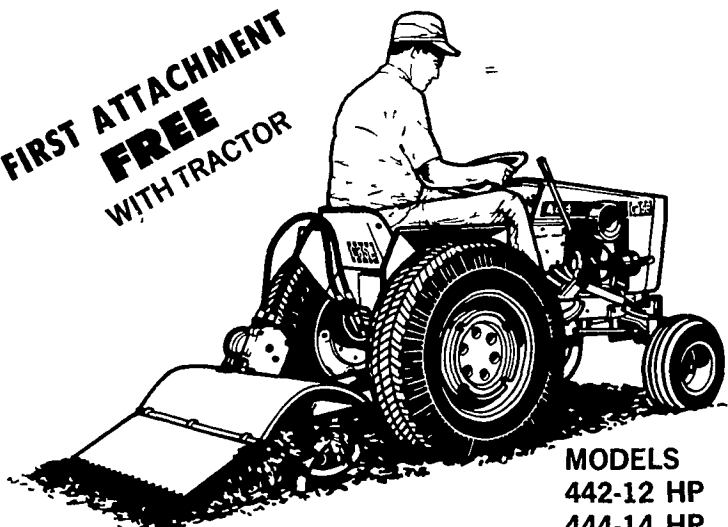


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