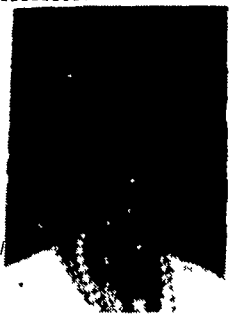




Ladies, Have You Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

August is National Sandwich Month

It's sandwich time anytime and anywhere food is served. Whether it's daytime or after dark, sandwiches are in demand. The versatility, convenience, and adaptability of sandwiches make them suitable for most any menu. Sandwiches boast the wholesome goodness of wheat in a variety of shapes and styles — hard and soft rolls, seeded buns, crusty French and Italian loaves, brown bread, English muffins, nut bread, raisin bread, cheese bread, long buns or round ones, whole wheat, cracked wheat, and

enriched white bread in round or square slices.

Pick a bread and build sandwiches, choosing from the many "sandwich-able" dairy products, meats, fish, poultry, eggs, fruits, vegetables, and condiments. For starters try one or more of the following ideas.

Buttered toast slices layered with crispy bacon strips, cottage cheese, sliced cooked turkey breast and a pineapple slice. Bake for 10 minutes at 375 degrees F.

A soft sesame seed roll spread with whole berry cranberry sauce and filled with thin slices of turkey breast.

A soft bun, covered with chicken salad sparked with chopped olives and sprinkled with grated cheese. Broil until cheese is bubbly. Garnish with tomato slices and carrot sticks.

A toasted English muffin spread with tuna salad and garnished with hard cooked egg slices and red pimiento strips.

Two slices of brown bread with thinly-sliced pork and perky sauerkraut piled between.

A round bun with a well seasoned beef patty on top, covered with sauteed mushroom pieces. Top with a slice of cheese; broil until the cheese melts.

Nut bread spread with a blend of softened cream cheese and chopped prunes or apricots.

Check Convenience foods

For Nutrition

Modern cooking conveniences offer many choices—from expensive appliances to frozen, ready-to-heat-and-serve dinners. For example, both microwave

Happy Homemaking

By BARBARA BAKER

When packing cosmetics for traveling, fill and label plastic prescription bottles with the needed hand lotion, cleansing cream, powder, astringent, etc., from large economy-size packages. This not only prevents breakage and spillage but narrows everything down to a compact size.

If you do not have a rod in the back of the car for hanging clothes, get a small chain, such as a dog chain, and suspend it from one hook across the back seat to

the other. Coat hangers can be hooked into the chain links and will not slide to the center or interfere with the driver's view of the rear. The chain can be taken out easily and put away for another trip.

Carry a piece of reflective tape in the glove compartment of your car. If one of your head lamps burns out, make a cross of tape over the dead lamp until you can get to a repair station. The reflective tape will enable oncoming drivers to tell where you are and may avoid a head-on crash.

When on an extended trip, take your telephone direc-

ovens and pressure saucepans are designed for fast cooking. Which you use depends in part on your budget limitations.

This is the age of instant meals. But family members usually prefer the quickly cooked home foods to the precooked commercial forms. Even with frozen meals, which can be ready to serve in about 45 minutes, some people claim they need double portions to satisfy their appetites. If yours is a family who prefers quick but homemade meals, check on appliances which help you prepare foods quickly.

Another way to save time in preparing home-cooked meals is by preparing your own frozen dinners. This is a good way to manage planned-over meals and still meet the nutritional needs of your family. But if frozen commercial dinners are your answer to fast meals, remember that you must usually add milk and foods which supply vitamins A and C.

Even when you have convenience foods, apply sound nutrition to the meals you serve. Good meals take time to prepare, but knowing that you are feeding your family the variety of foods to meet their growth and health needs is a satisfying reward. And taking advantage of modern appliances and prepared foods can help you meet the quickly prepared meals you sometimes have to serve.

tory along. You will be surprised at how many forgotten addresses it supplies.

Slice plastic bleach bottles into two-inch collars to put around young plants in your garden. They serve both to keep the moisture and good soil around the plant and as a stop sign to the nearsighted welder of the lawn mower.

Garden tools deserve more care than most of us give them. Protect your smaller tools from rusting by keeping a bucket of sand near the garage or cellar door and, when through using them, plunge them into the sand. If oil is mixed with the sand, not only will it clean the tools but it will also leave a film of oil which will help prevent rust.

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