



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist

Economy Meals
For
Good Eating

Lettuce as we know it today
probably developed from wild



Doris Thomas

lettuce, a weed now scattered
over the globe. Columbus brought
lettuce to the New World, and it's
a good thing that he did! For
lettuce is now among our leading

vegetables, because of the
growing popularity of salads in
our diets.

It's available throughout the
year but is plentiful and more
economical right now, as are all
fresh vegetables.

When buying lettuce, it's best
to select carefully since a bad
choice can mean a damaged
product and consequent loss of
food cents. Avoid Leads of
Iceberg lettuce which are very
hard and which lack green color
(signs of overmaturity). Such
heads sometimes develop
discoloration in the center of the
leaves (the "midribs") and may
have a less pleasing flavor. Also
avoid heads with irregular
shapes and hard bumps on top,
which indicate the presence of
overgrown central stems

Check the lettuce for tipburn, a
tan or brown area (dead tissue)
around the margins of the leaves.
Look for tipburn on the edges of
the head leaves. Slight
discoloration of the outer leaves
will usually not hurt the quality of
the lettuce, but serious
discoloration or soft decay
definitely should be avoided.

The four types of lettuce you
should know are Iceberg, butter-
head, Romaine and leaf. Look for
signs of freshness in all of them:
for Iceberg and Romaine the
leaves should be crisp, for other
types soft but not wilted. Look for
a good bright color, medium to
light green in most types. Be sure
to include lettuce in your menus
while it's plentiful and inex-
pensive.

Art of Making Jams
And Jellies being
Revived by Young
Homemakers

Time was when making jams
and jellies was one of the very
few ways a homemaker could
provide her family with any kind
of variety in fruits during the
winter months. Now there are
many and varied ways of
preserving fruits. But the
tradition of making jams and
jellies is still strong because of
the pleasure they provide topping
off the morning toast, swirling
through a jelly roll, or putting a
glaze on a pork roast.

And instead of waning, the
tradition is undergoing a revival,
especially among younger
homemakers—many of whose
mothers didn't make jams and
jellies themselves. They are
making a fresh discovery for
themselves of the joys of making
jams and jellies—and often doing
it in small urban apartments or
suburban kitchens without much
cooking or storage space.

As with all homemade
preserves, you can often save
money on your food budget when
you take advantage of fruits at
the peak of the season—when
they are highest in flavor, lowest
in cost.

If you would like to try making
your own jam or jelly and do not
have any recipes call or write
your County Extension Office and
ask for your free copy of How To
Make Jellies, Jams and
Preserves at Home.

Fix-It Tip

Plumbing systems gener-
ally are guarded against the
problem of water banging
within the pipes with air
chambers which absorb the
shock. An air chamber can
be nothing more than a
length of pipe two feet long
or a little longer, capped at
the upper end and connected
at the other end to the cold
water line behind the faucet.
A column of air is on the in-
side and when you close the
faucet the water — instead
of banging — moves upward
into the air-filled pipe since
air can be compressed.

Farm Women
Calendar

Tuesday, August 8
7:30 p.m. — Farm Women
Society 22, home of Margaret
Lefever.
Thursday, August 10
1:30 p.m. — Farm Women
Society 14, home of Mrs.
Howard B. Combs, Paradise.

xxx
Respect the danger of elec-
tricity. When operating large
machinery, keep an eye peeled
for power lines — above and
below.

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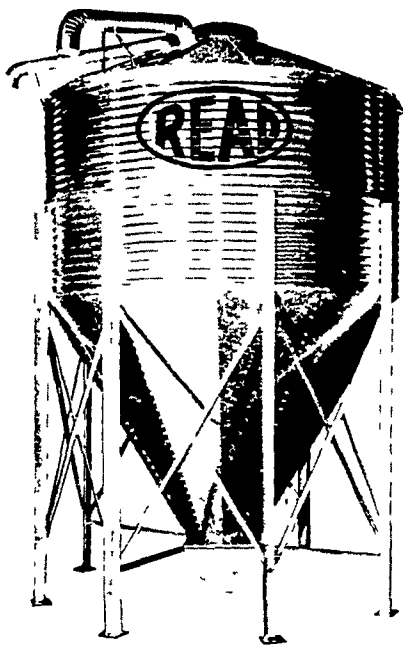
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