



Ladies,
Have
You
Heard?



By Doris Thomas,
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Doris Thomas

How To Care For Woodenware

With some extra care you can preserve the natural beauty of your kitchen and woodenware serving pieces. Woodenware needs a good washing, not just a quick wipe-off. Salad oil left sticking to a bowl can easily turn rancid, and particles of meat or other food left in a cutting board can breed bacteria.

Cracking, swelling, or warping may result when you soak wooden salad bowls or rolling pins in water. Instead of soaking, dip woodenware in warm sudsy water and rinse immediately. Wipe the pieces with a towel, then let them stand in a well-ventilated place until completely dry.

Try to wash wood items as soon after use as possible and you will avoid having to scratch off dried foods. Also you will reduce the chances of marring the surface.

Keep your cutting board clean, too. Knife marks on the board can leave ridges where bacteria can multiply quickly. Try rubbing the ridges occasionally with sandpaper to restore the natural smoothness of the wood. In addition, you will have a cleaner and safer cutting surface.

Keep your woodenware serving pieces clean to preserve their beauty and usefulness in your kitchen.

Some Things To Keep In Mind When You Buy Food

There is the need for careful menu planning; making and sticking to a shopping list; hunting economical recipes; taking advantage of unit pricing and those "cent-off" coupons; comparing prices. . . all important steps in smart food shopping. But, to complete the overall picture, here are some additional pointers to keep in mind:

Put nutrition first on your

shopping list. Well-balanced meals each day are still essential for growing children and grownups alike. Do not shirk on the nutrition you need to keep healthy and on the go.

Practice "truth-in-eating". Deduct from your grocery bill all those non-food items you buy at the supermarket—the soaps, toothpaste, napkins, pet food. But add to your bill the food your family purchases away from home—school and cafeteria lunches, snacks, meals out. That way, you will discover how food costs actually fit into your total budget.

Be a kitchen experimenter. Many continental "gourmet" dishes, for example, were invented long ago to dress up economical cuts of meat with careful spicing and long slow cooking. Or, to substitute another protein food for the meat. Your cookbooks probably contain a wealth of gourmet specialties including old world dishes featuring eggs and cheese. Once mastered, gourmet preparation is not too time consuming and the results can be so delicious

Use available information for more tips on food buying. USDA has a number of such consumer publications including two new ones just released. One compares the cost of protein in meats and meat alternates (eggs, cheese, dry beans, etc) and one gives ideas for low-cost menus and recipes for one week for a family of four. Free copies of "The Cost of Meats and Meat Alternates" and "Money-Saving Meals" may be requested from SERVICE, Room 541-A, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250



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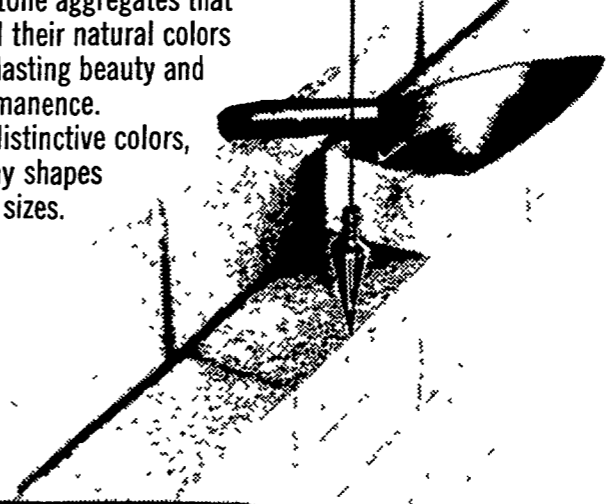
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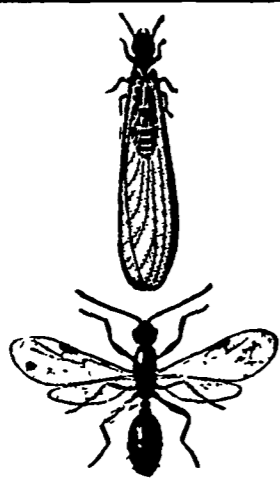
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the Termite?**

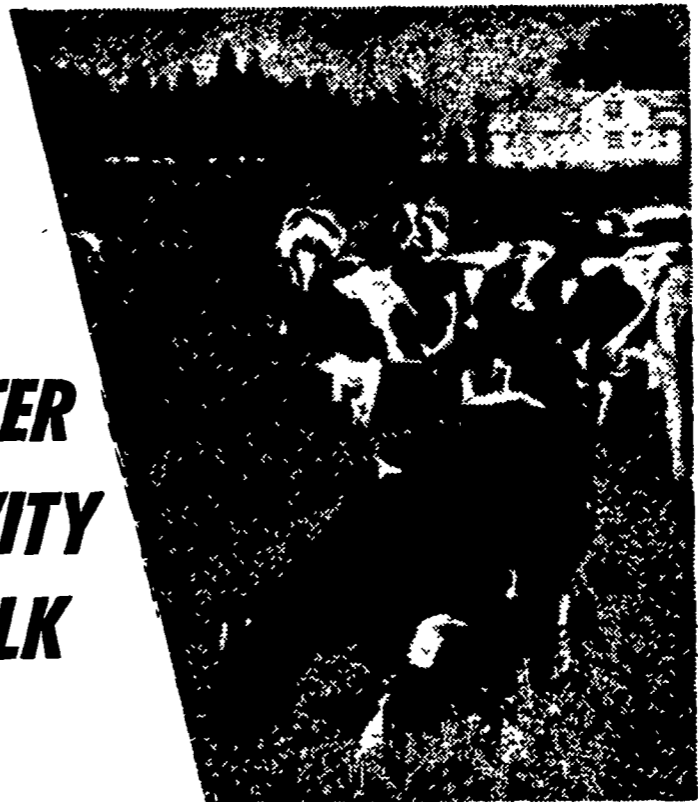
The top one, the bottom bug is a flying ant. Notice its narrow waist. The termite has a broad waist. They're quite different, actually. If you have termites or suspect them in your home, call us.



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