

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Keep Packed Lunches Safe to Eat

Now that school is back in session after the holiday vacation, you're probably packing lunches. Here are some tips on how to pack foods to avoid food poisoning.

If you're using brown bags, it's a good idea to buy them specifically for lunches instead of using the bags you bring home with groceries.

A lunchbox is better than a paper bag because it's easy to keep clean. Also, lunch boxes, especially insulated ones, hold the cold much better than paper bags.

There are several ways to keep lunch food cold. Take along some ice. To make ice for a lunch bag, clean out a plastic margarine tub. Fill it with water, put the lid on and freeze it. When frozen, stick it in the lunch bag or box to

keep the lunch cold.

You can also freeze some sandwiches and put them, still frozen, into the lunch. They will thaw out in time for lunch and also help keep the rest of the lunch cool until then.

Winter Squash is Rich in Vitamin A

Winter squash can be an easy and delicious way to add vitamin A value to home meals. Just one-half cup serving of cooked winter squash can provide from one-half to two-thirds of the recommended daily dietary allowance for vitamin A.

Choose from acorn, butternut, buttercup, delicious or Hubbard squash varieties. All dark-yellow squash provide similar amounts of vitamin A value.

To prepare mashed squash, steam or cook peeled squash which has been cut into pieces. (To make

peeling less of a chore, cut the squash into pieces first, and then peel.) Place cut up squash in a small amount of boiling water, cover and cook until it is tender. Allow from 15 to 30 minutes, depending on the type of squash. Drain and mash squash. Season with salt and pepper, butter or margarine. Add a little brown sugar or honey to bring out the flavor of squash.

To prepare baked squash, cut unpeeled squash into halves or quarters. Place cut side up in a shallow pan and spread with softened butter or margarine. Sprinkle with salt and pepper. Bake in a moderate oven at 350 to 375 degrees F. for about an hour or until tender. Baking time will depend upon the type of squash and size of pieces. Serve baked squash in "shell" or remove squash

from the rind and mash before serving.

Try this main dish of meat and cheese stuffed squash: Brown three-fourths of a pound of pork-sausage meat or lean ground beef with one large chopped onion. Drain fat if necessary. Add salt and pepper to taste, one six-ounce can of tomato paste, one-fourth cup water if necessary and herbs to taste (garlic powder, oregano, basil). Remove from heat and stir on one-quarter pound of Cheddar, Swiss or American cheese, chopped. (about one cup).

Meanwhile, cut three medium acorn or butternut squash lengthwise into halves and remove seeds. Place cut side up in roasting pan or baking dish. Brush insides of squash with margarine or butter;

sprinkle with salt and pepper.

Spoon meat-cheese mixture into centers of squash halves. Cover pan tightly with foil or lid and bake one hour at 350 degrees F. or until squash is tender. If you have leftover stuffing, bake it in the baking dish along with the stuffed squash. Serve stuffed squash with green beans, tossed salad, whole grain bread or muffins, and milk.

SEW WHAT? THIS WEEK'S PATTERNS BY AUDREY LANE



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Put color in your life by combining two fabrics, if you prefer a monotone, it's still a delightfully casual and contemporary design. No. 3308 comes in sizes 10 to 18. In size 12 (bust 34) and 44 inch fabric bodice takes 1 3/4 yards, skirt and tie 2 1/4 yards.

Crocheted Hat



953

This crocheted hat pictured may be used to cover that extra roll of bathroom tissue. Pattern No. 953 contains the instructions.

Send 50¢ for each dress pattern, 30¢ for each needlework pattern (add 15¢ for each dress pattern, 10¢ for each needlework pattern for mailing and handling) to AUDREY LANE BU REAU, Morris Plains, New Jersey 07950

Geology

Ms. Lou Henry, later to become Mrs. Herbert Hoover, was the first woman graduate in the field of geology. She completed Stanford University's geology course in 1898, three years after Mr. Hoover received a degree in the same field.

Verdict

"Guilty or not guilty?" demanded the judge. "I'm not sure. Haven't heard the evidence yet," answered the prisoner.



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