

**Be Hammy!  
Go Hammy!**

# GET MORE FOR THE DOLLARS YOU SPEND IN DISTRICT STORES

## Seven Good Reasons to Shop In District Stores—

1. You save the cost of travel, the cost of transportation.
2. You save the time necessary to complete distant transactions.
3. You save in the price of merchandise, district stores being geared to low overhead.
4. Your money spent in district stores provides better jobs for the people who work in these district stores.
5. Your money spent in district stores reflects itself in still greater selections, higher quality, and lower prices!
6. Your money spent in district stores comes back to you in support of your community, your schools, your churches, your clubs—in fact every project that requires money maintenance. Increased retail business will either lower your contribution to any given project or make the project better financially.
7. Beyond the money advantage, you have the satisfaction of being on the team to better the district we live in and work in.

Your district stores do a magnificent job as your purchasing agents. To evaluate the scope and efficiency of the job, as against buying opportunities elsewhere, you need make only casual observation. In terms of any single item of merchandise, simply ask yourself what refrigerator is most desirable in quality and in price, what man's hat is most desirable, what item of any description. You'll find the manufacturer represented by a district store. In fact, if district stores fear to handle a certain line, you'd better be careful about buying it.

### LETTERS TO JANE ...

By A. PAULINE SANDERS, Ph.D.  
Irene, Pennsylvania

Dear Jane,  
What a wonderful month it is in spite of the wintry weather. With recognition of the patriotic holidays as well as Valentine's Day there is no excuse for huddling in our homes. Now I don't mean we should use expensive hard-to-get, or little-known or seldom used foods. Instead I am suggesting nutritious, attractive, and carefully prepared old standbys.  
For example, few foods have all the elements needed for an ideal breakfast. Luncheon or dinner as does scrapple. This traditional Pennsylvania Dutch dish combines good wholesome cereal, cornmeal and finely ground beef, pork and pork loin.  
It has an added advantage—it is quickly prepared and can be served with a number of accompaniments which add to its nutritive value and attractiveness.  
It is prepared simply by browning quickly in fat. Pennsylvania Dutch tradition calls for serving it crisp and hot with apple butter and sauerkraut. Another favorite is good dark molasses which used to be found in the grocery store in barrels from which it was drawn into a bucket or can brought to the store by the purchaser. Now we buy dark molasses in a glass container.  
The container has changed but the food value and the flavor still remain. Serve with an apple or tangy citrus fruit salad or a tossed green salad and a baked apple dessert. Just the right supper after an hour of coasting following school.  
During the winter months there seems to be a special dash toward hearty vegetables—especially the root crops.  
According to USDA market reports for our section, root vegetables and the tubers (onions and potatoes) are smart buys budget-wise, too. Carrots on the February plentiful list, are economical, especially those topped and packed in 3-lb. film bags. Rutabagas, turnips, cabbage, as well as onions, carrots and potatoes abound. Such vegetables make possible meals that offer "staying power."  
A simple rule for buying vegetables is: IT'S GOT TO LOOK GOOD TO BE GOOD. For the hardier ones it means a firm, clean, fresh appearance, normally smooth-skinned, well-shaped and good color.  
Late-crop carrots generally are deeper in color, more pronounced in flavor, and often coarser in texture. Onions are bright, hard, well-shaped, not moist at the neck nor sprouting. During the winter, potatoes should be checked for signs of injury from freezing. Bad cases are indicated by being wet and leaky.  
Combining these vegetables with beef in pot roast, stew, or soup is ideal for February weather. Many combinations are possible and good, but here is a basic formula for beef stew for four:  
Use ½ to 1 pound lean beef cut into cubes, 1 onion sliced, 2 potatoes diced, 4 small carrots diced, 1 turnip diced. Sprinkle meat with salt, pepper and flour. Brown with onion in 2 to 4 tablespoons fat. Cover with water and slowly until meat is tender. Add vegetables and cook until tender

—about 20 to 30 minutes. Add 3 tablespoons chopped parsley.  
I like to serve stew in a casserole topped with dough. It is always good eating with pastry as the cover. Once in a while use biscuits and make it really different cut the biscuit dough with a doughnut cutter. Place a layer of the doughnut-shaped biscuits around the edge of the casserole and pile the biscuit centers on the center of the stew.  
I have a Montana recipe which calls for a different seasoning for the stew. When cooking the meat add a bay leaf, 4 drops of hot pepper sauce, a clove of garlic, and a teaspoon of paprika.  
The prize recipe from a "cook off" in Roanoke, Va., released this Virginia Brunswick Stew. The original called for 6 squirrels. A good substitute is one stewing chicken.  
Cut the chicken into serving pieces and cook until tender. Remove the chicken from the broth, cool, and remove meat from the bones. Cut into fine bites. Measure broth and add water (if necessary) to make 3 quarts. Return pieces of chicken to broth. Add ½ pound slab bacon, 4 cups diced raw potatoes, 2 packages of frozen lima beans, 3 cups each of tomato, onion, and 2 teaspoons Worcestershire sauce. Cover and simmer about 1 hour. Stir as it thickens. Add 1 can corn. Cook 15 minutes, season with salt and pepper and serve from a large tureen. In the summer use corn cut from 3 medium sized ears. If you serve this with hot biscuits and lots of butter and honey, everyone will be happy.  
It is possible that your family prefers hearty soup. Home-made soup, chock full of nourishing and delicious vegetables, is one of the most satisfying of all cold weather meals.  
The soup kettle is an ideal spot to use leftover vegetables. The flavors blend in the pot and the fact that they have been served at a prior meal is not obvious. The soup kettle is a handy way to save the nutrients in the water in which vegetables were cooked.  
Some housekeepers collect the stock (vegetable and meat) in covered glass jars in the refrigerator until ready to prepare the soup. Many a bone from a Sunday roast comes to an honorable end in the soup kettle. Some soup has vegetables only; some has a fish base. I have some good recipes I must send you.  
Speaking of biscuits, did you ever make Lincoln Logs? Make a cabin from the logs and fill it with hot or cold accompaniment. The cabin is made from small rolls or logs of biscuit dough mixture. Bake and pile on top of each other to form a square, in traditional log cabin style. This is a way to serve main course and bread on one plate.  
For the hot variety use creamed peas served with little red hearts cut from pimentos, or creamed chicken or ham—with or without mushrooms. For the cold variety I have used potato salad, and celery salad, and banana and chicken salad.  
Chicken is an old favorite, but the ripe banana gives a new accent. Be sure to use fully-ripe bananas—yellow peel flecked with brown.  
Combine 1 to 1½ cups cooked diced chicken, ½ to 1 cup diced celery, ½ cup drained, diced canned pineapple, 2 tablespoons chopped sweet pickle, and 1 teaspoon salt. Add the following salad ingredients: 1 tablespoon mayonnaise, 1 tablespoon French dressing, 1 tablespoon prepared mustard. Mix lightly. Just before serving add 1 cup (1 to 2) diced ripe bananas. Fold in bananas carefully. Place in "cabin" and garnish with salad greens.  
No doubt the Lincoln Logs you have used are of the dessert variety. A quick way to make them is to make one long roll of chocolate wafers. You can have this grand dessert whether you have a freezer or just an ordinary refrigerator.  
Be sure to allow at least 4 hours for them to chill and season. You will need 1 cup heavy cream, 2 teaspoons sugar, 1 teaspoon vanilla, 23 chocolate wafers, and shaved chocolate.  
Beat cream and fold in sugar and vanilla. Spread on wafers and pile them together in stacks of 4 or 5. Lay stacks on a platter on edge to make one long roll. Be sure wafers and cream are alternating. Spread outside with the remaining cream. Sprinkle with shaved chocolate. Freeze or chill at least 4 hours. When ready to serve cut diagonally at a 45° angle about 1 inch thick. You should have at least 6 servings.  
This week we are observing some Birthdays and St. Valentine's too in our homemaking class.  
This is a good "Pink Lemonade." Mix and serve in frosted glasses or very cold: 1 can frozen

lemonade concentrate, 3 cans of water, ¾ cup red berry juice. The latter can be from raspberries, blackberries, boysenberries, loganberries or strawberries.  
If you prefer a more sophisticated drink, use 1 can frozen lemon concentrate, 3 cans of water, 1 cup cranberry juice or cocktail. Combine and just before serving add 1 small bottle ginger ale and ice cubes. Float scoops of lemon sherbet on the top. I call this Valentine Pink Lemonade Punch.  
A quick and easy way to make lemon sherbet is to whip 1 can (14 oz.) evaporated milk until stiff. Slowly add 1 (6 oz.) can lemonade concentrate. Then blend thoroughly and add sugar to taste. Pour into ice cube tray and freeze firm. Stir at least twice while freezing.  
Serve this sherbet with Cupid's Surprise Cake. Bake your favorite white cake in a flat pan. Cut into heart shapes. Place a layer of banana on top of each cake and ice with Fluffy Pink Icing. Serve soon.  
For a simple salad, cut cherry gelatine into hearts and serve with orange sections and slices of unpeeled red skinned apples. Alternate the orange and apple pieces and place the cherry heart in the center.  
Here is my thought for the day: "May morning bring the blessing of service and gladness. Noon enrich you with content. Evening bring quiet joys, and Night give you deepest peace."  
(Meek)  
Yours for better homemaking,  
PAULINE

Dr. Sanders

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