

Timely Tips

(From page 1)

breaks and a tiny piece gets caught in the bobbin, turn the balance wheel slightly to release the thread, then draw it out. Tweezers are useful for this.

Keep Shears and Scissors in Good Cutting Condition:

Sharp cutting tools are a must for home sewing. You can't cut out a dress with dull shears. First rule for shears & scissors care is to use these cutting tools for their intended use . . . that is to cut fabrics. It may help to store shears and scissors where you won't be tempted to use them for odd jobs. Careful handling pays off. Dropping scissors or shears is one of the worst things you can do to them.

Protect the points of your cutting tools. Between usings, keep each pair in a separate container or on hooks on a storage board. Keep scissors and shears in a dry place and keep them clean. Before and after using, wipe the blades with a soft cloth so they won't collect lint. Your cut-

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Olé! Red Beans, Mexico-Way!



Down Mexico-Way, surprising things are done with dried beans—the addition of a tablespoon of grated unsweetened chocolate, for instance, to a pot of simmering red beans. Unbelievable, this alliance with the robust seasonings of chili powder, herbs, and the like, but unbelievably good. P.S. You won't know it's there as far as chocolate flavor goes.

Serve this whole-meal dish—so good made with Idaho's unusual colorful red beans—with corn chips or squares of corn bread, and a salad of greens, thin-sliced oranges, sweet onion rings, and wedges of avocado. Or let the beans be an extender-partner to barbecued meats.

Red Beans, Mexico-Way

- | | |
|--|--|
| 1 pound (2 and 1/3 cups) Idaho dried red beans | 2 teaspoons salt |
| 6 cups cold water | 2 to 3 teaspoons chili powder |
| 1 cup coarsely chopped onion | 1/2 teaspoon crushed dried rosemary or oregano |
| 1/2 cup coarsely-chopped green pepper | 1 teaspoon monosodium glutamate |
| 1 fat clove garlic crushed or minced | 5 drops liquid hot pepper sauce |
| 1 (8 ounce) can tomato sauce | 1 tablespoon grated unsweetened chocolate |

Add washed beans to water in heavy kettle. Bring to boiling point over high heat. Boil 2 minutes only. Remove from heat. Add 1/4 teaspoon soda to soften water. Cover. Let stand 1 hour. Or, soak beans overnight in measured amount of water and soda.

To cook, add 2 tablespoons butter, oil, or meat drippings to beans and soaking water. Bring to boiling point. Reduce heat. Cover and simmer 1 hour. Then add remaining ingredients. Simmer, covered, for 1 and 1/2 hours or until beans are tender. Taste for added chili powder.

To serve, turn beans into a heated serving dish or casserole. Garnish top with green pepper rings or with little squares of Monterey cheese. Makes 6 hearty servings of really Good Eating!

ting tools need oiling . . . about every six months is enough. Put a drop of sewing machine oil on both sides of the screw that holds the blades, then wipe off excess oil. Always wipe the blades before cutting.

Essentials For Making Good Coffee:

Always start with a clean coffeepot. Cleanliness is needed to give a fine, full-bodied cup of coffee. Coffee contains oils that form a film on the inside of the coffeemaker and its parts. Unless you remove this film after each use, the film turns rancid and affects the flavor of the coffee you

make. For best results, use the full capacity of the coffeemaker. Never brew less than three-fourths of its capacity. Coffeemakers are made so that water takes a specific length of time to seep through the ground coffee. When you reduce the amount of grounds, the water goes through too quickly and the full flavor of the coffee isn't taken out. Be consistent in timing coffee. Timing is done for you in an automatic coffee maker. But, when you use a percolator on the range, the usual perking time for best results is six to eight minutes. Serve coffee as soon as possible after brewing. Freshly brewed coffee always

tastes best. If coffee must stand before serving, and you haven't used an automatic coffeemaker, put the coffeepot over very low heat on the range using an asbestos pad or put the pot over a candle warmer. Don't let the coffee get cold, then reheat it.

What You Should know About Nutmeg and Mace:

Nutmeg is the dried seed of a peach like fruit from a nutmeg tree. Mace is the fleshy skin which covers the nutmeg. Whole mace is referred to as "blades of mace." The flavors of nutmeg and mace differ; however,

there is some similarity. Nutmeg, available ground or whole is almost essential in doughnuts and is excellent in beverages, especially eggnog. Mace, available ground, adds an exotic flavor to pound and yellow cakes, chocolate dishes, and is excellent for sauces and pies, especially peach and cherry. Nutmeg and mace may be used separately, together, or in combination with other spices.

The three great generals in world history who were never defeated were Alexander the Great, Julius Caesar, and Duke of Wellington.

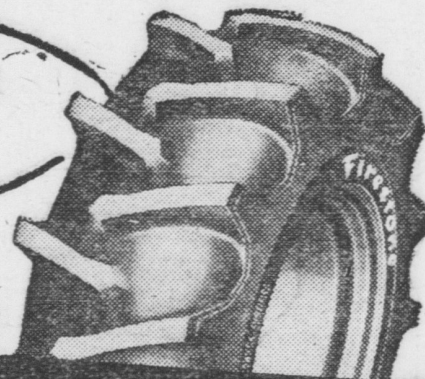
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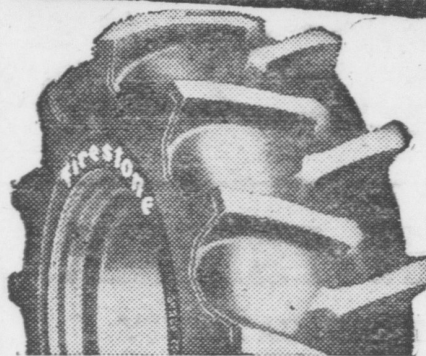
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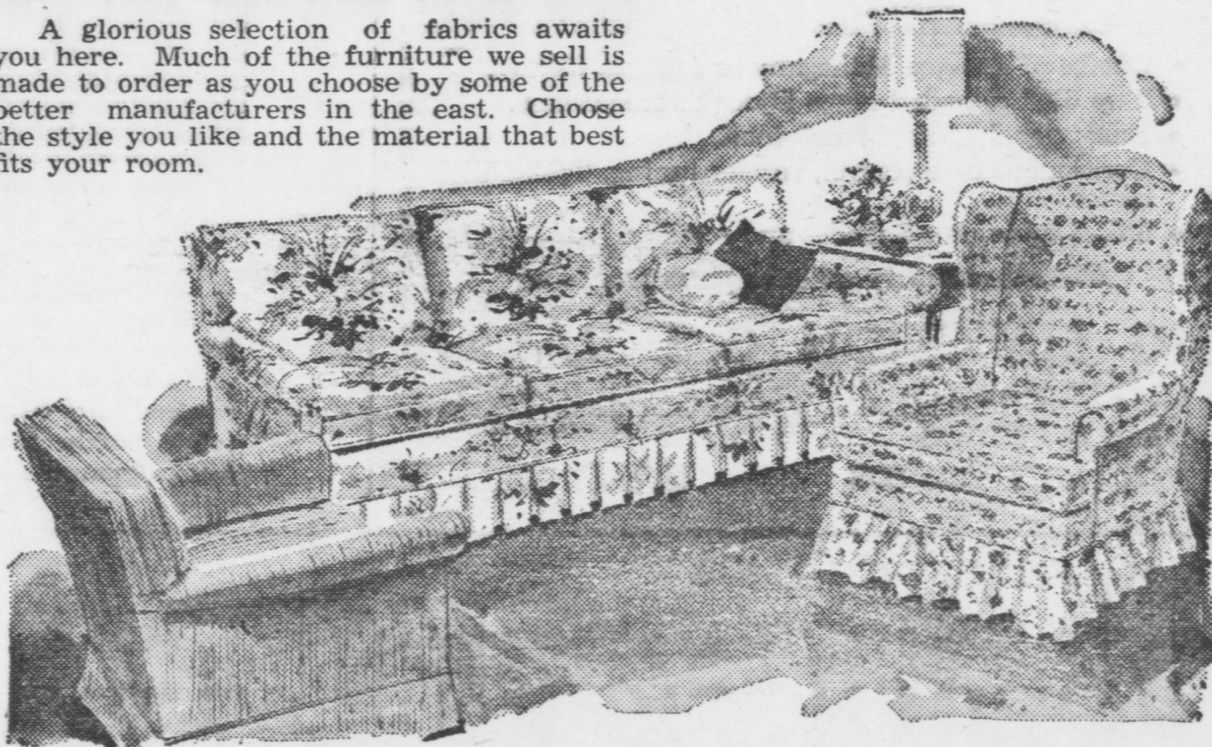
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