

FRESH ORANGE JUICE IS MOST EXCELLENT FOR ALL CHILDREN



Give the Kiddies Plenty of Real Orange Juice.

"Why should I buy oranges and press out the juice for the baby when I can buy it already made?" said Mrs. Housekeeper, holding up a bottle containing a yellow beverage with a fanciful name and the picture of a delicious, yellow orange on the label. "This saves lots of work and is cheaper. Besides, the baby likes it real well."

"But this is not orange juice; it is only an imitation," said the food specialist, carefully examining the fancy label. "You said that your physician told you to give the baby orange juice. No physician would ever prescribe this concoction. Forget the picture of an orange and read the fine print on the label. In that the manufacturer pretends to comply with the provisions of the food and drugs act by partly correcting some of the misleading features of the label. You notice that he does not call it orange juice anywhere, but creates the impression that it is by the picture of an orange, and the use of a fanciful name which suggests orange fruit. The color of the orange is obtained by the use of an artificial dye. The only part of the orange in this stuff is perhaps a minute quantity of oil pressed from orange skin, or extracts from the dried peel, which carries the aroma and flavor of orange."

Not Getting Orange Juice.

"You mean to say my baby has not been getting any orange juice? The doctor said he needed it more than anything. No wonder he stayed sick."

"The only orange your baby gets from this bottle is the smell," replied the food specialist. "Your physician prescribed orange juice for the baby because it contains certain organic acids which have medicinal value and also contains vitamins which are essential to growth. Your physician prescribed orange juice because the vitamins are lacking in sufficient quantity in pasteurized milk. But this concoction is essentially a sweetened, artificially carbonated water flavored with a little oil from the peel of the orange and colored to imitate orange juice. It contains none of the medicinal qualities or vitamins of orange juice."

This incident, which might occur in any city of the United States, emphasizes the warning recently issued by the officials of the bureau of chemistry, United States Department of Agriculture, to read carefully all labels on food and drug packages.

National prohibition has resulted in the market being flooded with soft drinks, some of which are imitations of various fruit juices and sold under fanciful names in order to evade, if possible, the necessity of stating on the label what the product really is. Because of the deceptive nature of the label on some of these products, the officials in charge of the enforcement of the federal food and drugs act have instituted proceedings to require correct labeling. In the meantime, pending judicial decisions as to what is correct labeling of these products under the law, some manufacturers are continuing to put their deceptively labeled products on the market.

Read Labels Carefully.

While the labels referred to are grossly misleading on a casual reading such as is given by the average housewife, they usually do contain statements in a more or less inconspicuous way which will reveal to the careful, critical reader the fact that the product is not what it purports to be. These inconspicuous statements are usually placed on the labels for the purpose of evading the penalties for misbranding. The manufacturer hopes to mislead the purchasers by suggestive statements and pictures played up prominently on the label so as to attract instant attention, and escape the charge of misbranding by correcting the misleading features with inconspicuous statements in another part of the label which the average purchaser does not read.

The officials have ruled that the terms "ade," "squash," "punch," "crush," and "smash," when used in conjunction with the name of a fruit can be applied correctly only to beverages which contain the edible por-

tion of the fruit or juice of the fruit named. Such terms should not be applied to products flavored only with essential oils or essence.

Some few products on the market are composed in whole or in part of fruit juice, and it is in order that purchasers may distinguish between these genuine products and the imitations that the officials insist upon correct labeling.

Action Will Be Instituted.

Action will be instituted under the federal food and drugs act in all cases found to be in violation of its terms, say the officials. In the meantime, consumers who want real fruit juices should read very carefully the labels of preparations purporting to be such.

It is not charged that these artificial preparations as a rule contain ingredients injurious to the health of adults. There is no objection to their sale under proper labels. However, they are in no sense substitutes for genuine fruit juices in that they lack the medicinal qualities characteristic of fruit juices. In no case, say the officials, should these artificial preparations be substituted for orange juice in feeding children. They do not have the valuable antiscorbutic properties and the health-giving vitamins, which are found in the delicious juice of the orange. The best way to get orange juice for children is to buy the fruit and press out the juice.

THEORETICAL AMOUNT OF "A TEASPOONFUL"

Correct Quantity Is Placed at 5 Cubic Centimeters.

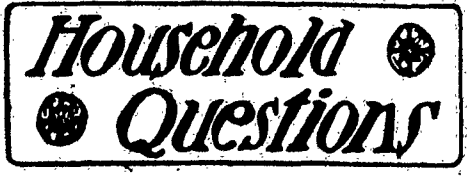
Housekeeper Measuring With a Teaspoon Should Fill It "Level," Not "Heaping," Says Office of Home Economics.

Five cubic centimeters is what the bureau of standards has set as the theoretical quantity a teaspoon holds, but all spoons do not conform to this. The housekeeper measures with a teaspoon and should fill it "level," not "heaping." How many teaspoonfuls does a pound of baking powder contain? Apparently the number depends on yourself, upon the spoon used, upon the brand of baking powder you buy, upon the can in the lot which you happen to get, and upon a few other factors which, though seemingly inconsequential, do enter into the problem.

A pound of baking powder lasts longer with some cooks than it does with others. In an endeavor to learn where the difference is made the experimental kitchen in the office of home economics of the United States Department of Agriculture recently conducted a series of experiments.

Various types of cooking teaspoons were first experimented with to determine the exact amount held in each case. Both the ordinary teaspoon and those "measuring spoons" which are linked together in sets were tested. A variation of from 126 to 150 teaspoonfuls was found in the same pound can when different teaspoons were used.

The personal equation also enters into the amount which is called a teaspoonful. It was found the differences due to individual manipulation ranged from 10 per cent to 30 per cent, a wider range of variation than those due to the different capacities of different teaspoons.



Use more milk by cooking rice and cereals in it.

Cauliflower is delicious served with mayonnaise dressing.

If a roast is broiled many times it will be much more juicy.

SMALL KITCHENS CUT DOWN STEPS

Size and Location of Workshops Vary in Different Sections of the Country.

ARRANGE TO BEST PURPOSE

Room Should Be Well Lighted and Ventilated to Make Work of Women More Enjoyable—Morning Sun Is Most Desirable.

According to a conservative estimate, there are about 8,000,000 women working every day, and most of them many hours a day, in the farm kitchens of the United States. Making these kitchens the well-ordered workshops they should be, because of the importance and amount of work done in them, would result in lightening and making more enjoyable the work of a large proportion of these 8,000,000 women.

The best location for the kitchen is on a corner of the house, in a wing, or in an ell, where there can be windows on at least two sides so as to obtain light from more than one direction and cross ventilation, says a revised Farmers' Bulletin issued by the United States Department of Agriculture on the farm kitchen as a workshop. Whether the chief exposure shall be north, east, south, or west is a matter governed by individual preference and local conditions. A kitchen that receives the morning sun is usually desirable. It should have a pleasant outlook if possible.

Points to be Considered.

The kitchen, as well as all other rooms in the farmhouse, should be so located with reference to the barn and other outbuildings that winds will not bring unpleasant odors or flies from them. Also, if possible, it should be in a part of the house where dust will



It is Wasting Energy and Straining to Stand Up at a Task Which Can Be Done as Well Sitting Down—Several Chairs of Different Heights Should Be Kept in the Kitchen.

not be blown through the open windows and doors from the road. Seeding bare ground around the kitchen and making the necessary paths of cement or some similar permanent material will also keep much dust from being blown and carried into the kitchen as well as make the view more attractive. A tidy, well-ordered backyard cannot fail to give pleasure to the workers indoors. Undesirable features in the view can often be cut off by a hedge or a screen of vines.

While the kitchen is the center and workshop of the home, its work also extends more or less to other parts of the house. In planning or building a home it is of greatest importance that the relation of the kitchen to the other rooms be considered. The kitchen work is most closely associated with the pantry, the dining room, and the

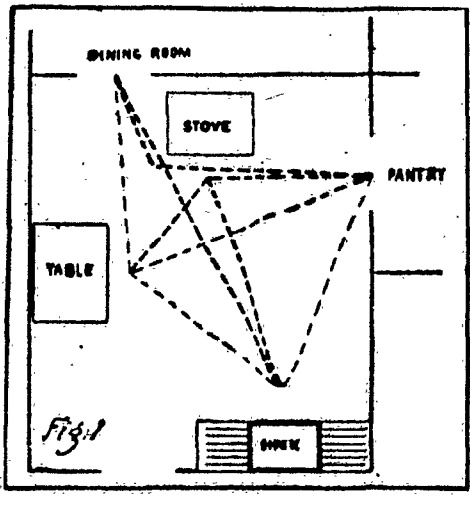


Fig. 1.—Large kitchen in which the inconvenient arrangement of sink and table makes it necessary to walk long distances in preparing and serving a meal.

cellar, woodshed or other storeroom. These should be as near and convenient as possible to the kitchen so that the journeys which must be made so often between these rooms will be short, thus saving steps and much time.

Using Kitchen Space.

Space should be provided in the kitchen and within easy access of the pantry and dining room for the worktable, sink, stove, ice box, and also for several chairs of different heights. One should be a rocker, in which the housewife can rest while waiting for the water to heat or for bread to bake. It is also desirable that provision be

made for filling the ice box from either the outside of the house or the entry, so that the person filling it will not be obliged to enter the kitchen. This will save much mopping and cleaning. Refrigerators can be purchased fitted with a door on the side or back of the ice chamber, and an opening corresponding to this door may be cut in the wall of the house and the chest filled from the outside. If a screen is provided the door may be left open in winter so that the food may be kept cold without ice. When this is done the window frame should be tightly joined to the refrigerator, so that cold air can not come into the kitchen as well.

Wherever possible a separate room should be provided for laundry purposes, and may be combined with a wash room and place for those coming in from out of doors to leave their coats, overalls, and muddy boots and overshoes. Such a room should be on the shortest and most direct line of travel from the barn to the dining

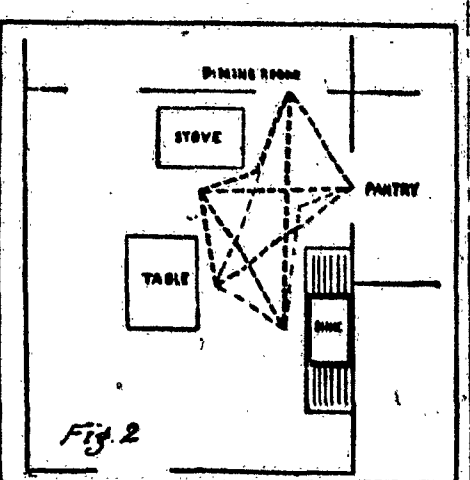


Fig. 2.—Same kitchen as shown in figure 1. The distances traveled have been reduced and many steps saved by cutting another door into the dining room and by moving the table and sink nearer to stove and pantry.

room, so that there will be no temptation to use the kitchen instead for these purposes. Brooms, mops and other cleaning equipment may be conveniently stored in this room or a closet leading from it. For sanitary, esthetic and other purposes, a bedroom or bathroom on the ground floor should not open directly into the kitchen or the dining room.

CO-OPERATIVE EFFORT OF GREAT ADVANTAGE

Prosperous Dairying Community Is One Result.

Small Group of Tennessee Women Demonstrate Benefits Derived From Improved Production and Marketing Methods.

"It was only a little object lesson in co-operative marketing," is the modest statement of a Tennessee woman whose activities have produced a prosperous dairying community.

In 1909, 14 women were organized at Pulaski, Tenn., to demonstrate the theory of co-operative effort. Butter and eggs from the relatively few cows and fowls of the community were assembled and marketed. The quality of the products, due to the care taken in selection and preparation, was such that they commanded the highest prevailing prices. The women's husbands began to take notice and soon interested themselves in dairy cows. This led to the introduction of Jerseys, separators, silos, milking machines and the shipping of whole milk and cream.

Similar results are being secured in many sections of the country, state experts of the bureau of markets, United States Department of Agriculture. The movement frequently starts with a small group of farmers, farmers' wives, or boys and girls, who quickly demonstrate the advantages of improved production and marketing methods. The county agents advise those interested in the formation of such organizations and the administration methods to be adopted and are glad to render every assistance upon request.

DRY TIN THOROUGHLY

For ordinary care, tin utensils should be washed in hot soapy water, rinsed in hot clear water and dried thoroughly. A tin utensil that has food dried on it should be covered with a weak soda solution, heated for a few minutes and then washed. Scraping scratches tin and may expose the iron or steel surface underneath, which may rust. Tin darkens with use, and this tarnish protects the tin; therefore tin utensils should not be scoured simply for the sake of making them bright.—United States Department of Agriculture.



OF INTEREST TO THE HOUSEWIFE

Line the heels of your slippers with velvet to save your silk stockings.

Let sugar cookies cool in a covered earthen jar lined with a clean cloth.

Keep a button bag near the electric washer for any buttons that are wrung off.

VEGETABLES FORM ESSENTIAL PART OF DIET DURING WINTER



A Good Prescription—Vegetables Every Day in Year.

Vegetables are just as necessary a part of the daily meal as bread, if the body is to be kept strong and healthy. Housekeepers sometimes forget this in winter when fresh vegetables are hard to get and the family is tired of all the kinds on hand. Too often the diet is allowed to become one of the meat-bread-and-potato type, which does not give children all the things they need to make them grow and develop normally, and which is unsatisfactory for adults as well. It needs to be supplemented by plenty of milk, eggs and other vegetables besides potatoes.

Cause of "Tired Feeling."

"Spring fever," or the tired-out feeling that comes at the end of winter, nutrition experts lay to the lack of sufficient fruits and vegetables in the winter diet. Certain it is that many persons have an unusual craving for "greens" in the spring which they probably would not have if meals during the winter included an abundance of vegetables, and when vegetables and fruits are entirely lacking in the late winter, as in some northern regions, severe illness is often noted.

Preparing the familiar kinds of vegetables in more appetizing ways that are perhaps new to the family and teaching the children to eat kinds that they are prejudiced against are at least two ways in which the housekeeper can solve her problem of what to have for dinner in winter.

Moreover, many persons make the mistake of cooking vegetables too long. This makes those with delicate flavors (artichokes, asparagus, string beans) too much, destroys the agreeable texture of some, causes others to lose their attractive coloring, and in most cases cooks out too large a proportion of the mineral salts, one thing which makes vegetables especially valuable as food. If the string beans, such as onions, are cooked in a rather large quantity of water in an uncovered vessel, they will have a more delicate flavor. The following ways of cooking some of the winter vegetables are recommended by home economics specialists of the United States Department of Agriculture:

Cabbage has long been a winter standby, but many persons do not like it because it is often cooked until it is a limp, colorless mass. It is gen-

erally one of the cheapest of the winter vegetables, and also one of the richest in calcium (lime) and iron, substances that every one needs to keep the body in good working order. It should be boiled only 20 or 30 minutes, in salted water. It may then be seasoned with salt, pepper and butter or cream; or, scalloped with cheese, it makes a substantial dish, suitable for the main dish at lunch or supper.

Scalloped Cabbage and Cheese.

1/2 medium sized cabbage 1 cup milk
1/2 cup butter 1/2 tablespoon salt
1/2 cup grated cheese Pepper as desired
1 tablespoon flour 1/2 cup grated cheese
1 tablespoon sour

Wash the cabbage thoroughly, put it into boiling salted water, and cook for 20 or 30 minutes. Drain it and keep the water in which it has been cooked for use in soup, if desired. Make a white sauce from the butter, flour, milk, salt and pepper, and add into it the grated cheese. In a greased baking dish place alternate layers of the cabbage and sauce, cover the top with bread crumbs that have been combined with a little melted butter or other fat, and bake for 15 minutes or until the crumbs are browned.

Onions are another rich source of body-building mineral substances. To suit most persons they, too, need to be cooked in such a way that their flavor becomes milder rather than stronger. Here is a recipe for an appetizing soup, easy to make and hearty that with a substantial dressing and plenty of bread and butter, will be enough for luncheon or supper.

Onion Soup Without Meat.

1 large onion 1/2 pint milk
1/2 tablespoon butter and salt or other fat 1/2 cup water
Salt and pepper as desired

Peel the onion under water to prevent the volatile substance from getting into the eyes, cut it into small pieces and cook it slowly and carefully in the fat. When the onion is tender increase the heat and brown the onion, stirring it all the time to prevent burning. Add the milk or other liquid and seasoning, bring the soup to the boil, and serve poured over a piece of toasted bread. If desired, especially if no milk is used, sprinkle the toast generously with grated Swiss or American cheese.

AMERICANS' DIETARY STANDARDS CHANGED

People Are Eating Great Deal Less Meat.

Recent Survey Made by Department of Agriculture Shows That More Milk, Butter and Cheese Are Being Consumed.

Whether it is because of the increased cost of meat or because people's tastes have changed, the fact remains that Americans are eating 8 per cent less meat than they were 20 years ago. This is disclosed in a recent dietary survey made by the United States Department of Agriculture.

In this survey 2,000 dietary records, each covering a period of 7 days, were collected from 1,425 families and 575 institutions in 46 states. Sixteen nationalities and many occupations and incomes were represented, as were also both urban and rural localities.

From a summary of 500 of these family records it appears that last year the average cost of food per man per day was 46 cents, with an average return in food value of 3,225 calories, 96 grams protein, 118 grams fat, and 405 grams carbohydrate. These figures are in fairly close accord with the dietary standards ordinarily used in discussing such problems of general nutrition.

A comparison of the foodstuffs purchased by the 500 families with the amounts of the same food purchased by 400 families about 20 years ago shows that the amount of meat in the American diet has decreased about 8 per cent, and the amount of grain products about 11 per cent. People are eating more milk, butter and cheese than they were two decades ago, for the amount of dairy products consumed has increased about 6 per cent. Four per cent more vegetables and 8 per cent more fruit is being eaten now.

Some individual food habits undoubtedly need to be corrected, but judging by these studies, it seems fair to conclude that the average diet seems to be adequate.

AVOID BREAKAGE OF JARS

Do not place cold jars, either filled or unfilled, in hot water. Do not place hot jars in cold water.

Do not overpack jars which are to be processed. Some products like corn, pumpkin, peas, lima beans and sweet potatoes, swell in processing. Pack jar only to within one-half inch of top.

Do not allow draft of cold air to strike jars when they are removed from the canner. The wire ball should not fit too tightly or the jar will break when the lever is forced down.

All new jars should be tested before using. To do so, put them in cold water sufficient to cover them and bring to a boil.—United States Department of Agriculture.

ACID REMOVES ZINC STAIN

Metal Should Be Scoured With Brick and Kerosene, Washed and Wiped Dry.

Zinc darkens with use, but may be brightened by the use of acids. Zinc on floors, under stoves, and in places, should be scoured with brick and kerosene, washed and wiped with water, and wiped dry. Tables, or wherever likely to come in contact with food, should be scoured with bath-brick and water. Acid in vinegar or lemon juice, may be used to remove stains on zinc, but should be thoroughly washed off, since the zinc will tarnish again very soon.



Buy a cabbage or two and keep them in a bucket of water. They will keep fresh longer.

Cheese parmesan is the best for use on bread.