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U. S.

HOUSEKEEPERS' CHAT

Friday, June 10, 1932

(NOT FOR PUBLICATION)

Subject: "Safety at Home." Information from the National Safety Council, approved by the Bureau of Home Economics, U.S.D.A. Menu and Recipe from the Bureau of Home Economics.

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Last night, Uncle Ebenezer looked up from his evening newspaper to the big chair where Uncle Silas was dozing.

"This story here of the big hotel fire reminds me of the days when we were boys and the town's only hotel burned up. Remember that, Silas?"

"What's that? Ebenezer?"

"I was just asking if you remembered the time when the old hotel burned."

"Remember it? I should think so. Wasn't that the first fire I ever saw in my life? But what I remember best about that fire was the way old Eli Flint acted--old Eli who owned the tailor's shop next door."

Uncle Ebenezer nodded and began to chuckle.

"Old Eli hadn't heard a word about the fire and was sauntering up the street as unconcerned as you please when the flames burst out on the north side of the building, right by his shop. When he caught sight of those flames he just took to his heels like a scared rabbit and made for home. His wife found him in the middle of his feather bed with the covers pulled way up over his head."

"Yes, and if it hadn't been for some of his kind friends who carried out all his things from the shop, he'd have lost everything."

"Remember what he said when the boys asked him why he ran away? He said he just felt all of a sudden that home was the only safe place in the world."

"Well," put in Cousin Susan at this point, "well, I sympathize with the old man. Most of us feel that our homes are safe places, sort of refuges from all the dangers of the outside world."

I thought of Silas and Ebenezer's memory story today when I came upon some figures published by the National Safety Council. According to these figures our homes have far too many dangers. During the year just past nearly 24,000 people have lost their lives through accidents happening in their homes. That is almost as many people as were killed by automobiles. More accidents occurred to school children at home than on the street, in the school, or on the school grounds



And the pity of it is, that most of these fatal accidents in the home could quite easily have been prevented. So can other thousands of accidents, happening every day, that are less serious, but are just the same, painful and disabling.

The statisticians say that falls cause more than a third of the home accidents in the United States. Elderly people take more than half of these falls. Little children are the ones who suffer most often from burns and scalds.

We spend a lot of time making our homes attractive and convenient, fixing them up to be comfortable and artistic, equipping kitchens and sewing rooms for efficiency. Yet we don't give much thought or time to the important job of making our homes safe.

In little easy ways we can arrange so that these bad accidents are less likely to happen.

Take this matter of falls, for example. A large number of them come about for want of a good steady stepladder. You put up a chair or a box and think it will do. But it's unsteady. Far too often an accident costs you more time and pain than hunting up the step ladder would've caused you. Poorly lighted stairs and hallways add their share, too, to the number of falls. So do slippery floors with skidding rugs and stair carpeting that isn't securely fastened down. Here's something to remember whenever you start to go up or downstairs: About one-third of all home falls occur on stairs and steps. In other words, watch your step. A child's building block or toy engine seems an innocent thing, but toys or other small articles left on the floor or stairs where a person may stumble over them, often cause serious injuries.

A famous explorer, who had traveled through jungles and all sorts of dangerous country said not long ago that the only serious injury he ever received was in his own bathroom. And there's another point for home safety. Many persons have found a slippery bathtub a highly dangerous spot.

The National Safety Council has four suggestions to make to help cut down the number of falls in homes--just simple, common sense hints, but worth considering for the safety of our family.

First suggestion. Don't stand on chairs, boxes or window sills to reach high places. Use only strong and carefully placed stepladders. Use non-skid pads on the underside of small rugs.

Second. Provide good lighting on stairs and in halls.

Third. Place handholds on the wall above the bathtub or put a rubber mat on the bottom of the tub. And keep the soap in the soapholder. If you lay it in the tub, you may step on it and slip.

Fourth, Don't leave articles lying about in any place where people might trip or fall on them. Keep toys and other small articles off floors and stairs.

Now to consider the problem of burns and scalds. As I said, it's the children who suffer most often from these accidents. Twenty-eight hundred children under five years of age die in this country each year as a result of





burns, which occur for the most part at home. There's something to stop and think about, especially with summer coming on when the children may be outdoors playing around the fire or near the automobile.

How many times we read in the newspapers of little children who are burned while playing with matches or playing near a stove or an open fire. We read often, too, of women who are burned by using gasoline or some other inflammable liquids near the fire or by cleaning clothes with some inflammable material. I've said my say on this matter of cleaning with gasoline before. Ask any fireman, any chemist, any insurance man and he'll tell you that it isn't ever worth the danger it involves. There are non-inflammable cleaning fluids on the market now. They make clothes just as clean as the dangerous ones.

Here are some precautions suggested by the Safety Council for keeping your family safe from burns and scalds.

Keep your matches in a metal box beyond the reach of the children and not too near the stove.

Keep kettles and pans of hot liquids at the back of the stove.

If you must keep gasoline and kerosene on hand, keep it covered and out of easy reach. If you must clean with gasoline do the job outdoors. It's safer not to use gasoline at all for home cleaning.

Teach the children early the dangers of playing near a stove or fireplace, with fire, lights or matches, with fireworks and near bonfires.

The menu today is planned for the young housekeeper--and any others like her--who wrote me that her husband was a great fisherman so she wanted to know of a simple and suitable meal to serve with the fish he brings home.

I suppose that the fresh fish will be either broiled or fried--whichever the fisherman and his wife prefer. So that's the first item on the menu--broiled or fried fish. Next, potatoes on the half shell--very good with fish. Now we need something tart and colorful. Tomatoes, of course. And, since cucumbers are always good with fish, let's have diced cucumbers and canned tomatoes stewed together or, if you prefer, fresh tomatoes and cucumbers sliced in a salad. Then crisp hot drop biscuits. And for dessert, simply berries or other fresh fruit.

Did the fisherman's wife get that menu from first to last? I'll repeat it for her just in case she missed anything. Broiled or fried fish; Potatoes on the half shell. (that recipe is in the green cookbook.) Tomatoes and cucumbers stewed together; or fresh raw, in a salad. Crisp hot drop biscuits; and Berries or other fresh fruit for dessert.

The recipe I have for you is the recipe for that unusual vegetable combination stewed tomatoes and cucumbers.

1 pint of pared and diced cucumbers	1/2 small onion, sliced
1 quart of tomatoes, either fresh or canned	2 tablespoons of fat
2 teaspoons of salt	2 tablespoons of flour
pepper	





Seven ingredients. I'll repeat them. (Repeat.)

If you use fresh tomatoes, skin and cut them into small pieces. Cook the tomatoes and cucumbers together for 15 minutes or until the cucumbers are tender. Add the salt and pepper. Blend the flour and butter, mix with a little of the hot tomato juice, then pour this thickening into the mixture and cook until thickened. Serve at once.

Monday: "Economical Canning".

