

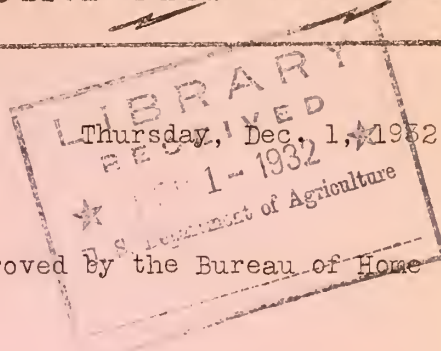
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HOUSEKEEPERS' CHAT

(For Broadcast Use Only)

Subject: "Questions and Answers." Information approved by the Bureau of Home Economics, U. S. D. A.



A man said to me the other day, "Why don't more women think about color when they cook vegetables? Why don't they save the natural attractive shade, whether it's green, red or white? My appetite just disappears completely when I see a dish of faded brownish-green peas, or pale pink beets, or sickly greyish cabbage. No matter how such vegetables are dressed up, I'm not tempted, I'm in favor of fresh wholesome complexions and natural bright colors for my vegetables."

What do you think of that for one man's opinion? "Quite right," I hear a lot of housewives saying. Which just goes to prove what I told him -- that most up-and-coming housewives do think seriously about color whenever they put vegetables on to cook. And here's a letter which proves it still further:

"Dear Aunt Sammy: I've heard a lot about keeping the green color in vegetables, but I don't know the secret of saving the red color, especially in red cabbage. The red cabbage I cook always seems to fade to an unattractive dark purple. I'd also like to know how to prepare beets so they'll be bright red when they come on the table."

The specialists say that acid, such as vinegar or lemon juice, helps restore the bright rich red. You can bring back the original color to your cooked red cabbage by adding a little vinegar or lemon juice just before serving. The same applies to beets.

But beets often lose their color not so much from fading as from bleeding. To prevent the loss of the red juice during cooking, we cook beets with their skins on. And we peel, or rather slip, those skins off only after the beets are done. Also, we're careful not to cut off the beet tops or leaves too close to the beet. And we never remove the beet tail until after cooking. All these are the usual precautions for saving color. Just the same, a sour sauce or a bit of vinegar added to the hot beet slices or cubes brings out that rich red color.

So much for saving the complexions of beets and red cabbage.

Here's an inquiry about washing woolen clothes -- woolen socks, woolen sweaters and other knitted goods. A mother of a good-sized family wants to know how to keep knitted woolens in shape and prevent shrinking or stretching?

Answer. Wash them in thick lukewarm suds. Squeeze the dirt out, don't rub or scrub. Let the suds do the work, don't apply a cake of soap direct. Then rinse thoroughly, also in lukewarm water. Keep rinsing in fresh lukewarm water until the soap is all out. Then squeeze out the water, don't wring.

Clothes lines and clothes pins are both taboo for knitted woolens. You dry them flat so they won't stretch out of shape. Lay your sweater or other knitted garment flat on a big towel on the floor or a table. Spread the garment out carefully in just the shape and size you want it to be when it's dry.

Extremes of temperature are hard on woolens. So is rough handling. So is strong soap. So remember not to dry your woolen clothes too near a stove. And never let them freeze outdoors. Also remember to treat them gently during laundering.

Most knitted woolens dried flat this way won't need any pressing. If you do press them, wait until they're thoroughly dry. Then press with a damp cloth and be careful not to have too hot an iron. Wool scorches very easily.

So much for questions. Now for a few helpful hints that my friends have sent in recently.

One radio friend writes that she always keeps a nut pick in her sewing basket. She considers this an ideal tool for pulling out basting threads.

Now that sleeves have grown so large and full, the problem of the hostess who does her own cooking and serving has become more complicated. She not only must protect the front of her dress with an apron but she must keep the sleeves from accident. One friend of mine suggests rubber bands to save the situation. She says: "When necessity calls you into the kitchen after you have dressed in a long-sleeved garment, put rubber bands around your arms and you can keep your sleeves above your elbows and out of danger."

Here's an ironing board idea. Now that cold weather is here and many of us are wearing wool dresses, I'd like to sing the praises of the well-padded, smooth and convenient ironing board again. The board you use has a lot to do with the way your dress looks after you've pressed it. Plenty of firm smooth padding is one essential. A clean cover is another. If your board is a convenient and comfortable height for you, if it is conveniently fastened to the wall where you have plenty of light, if it is solid and not shaky, so much the better for your pressing jobs. I hope you have an ironing board both up and downstairs. Two boards will save you many unnecessary steps.

Tomorrow, we'll plan a baked dinner for Sunday. And while we're planning, we'll discuss cuts of meat good for roasts and the proper way to cook a tender cut or a less tender cut.

