INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 1, 1934 (WEDNESDAY)

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture.

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A WORKING WOMAN'S MEALS

Women who live alone -- and how many there are nowadays!--it is said, often stint themselves in food. Usually they are working women, and maybe they don't want to bother with cooking for just one person. Maybe, after buying the clothes they must have to keep up with their jobs, they haven't enough in the pay envelope to cover room rent and adequate meals. Maybe they depend too much on the filling and fattening foods, although they are sitting or standing all day at their jobs, with very little exercise afterward. Maybe they are out of work. Whatever the reason, many of them are living on a diet which may seem to be the cheapest they can find, or the most convenient, but which may be far short of what they need -- a road to ill health in fact--besides making it hard to feel up to the job at any time.

The rules of good diet are the same, of course, for the woman who lives alone as for the family woman or any other adult. Nobody should forget this, say the nutrition experts of the Bureau of Home Economics of the U. S. Department of Agriculture. Like everybody else, she should have a certain variety of foods, and enough, all told, to provide energy for the physical activity her job calls for. The more active she is, the more food she needs. But if she is to get the most food value for her money, she must know which foods will give that return.

As a guide for a woman like this, or for any individual who finds it hard to make ends meet, the Bureau of Home Economics suggests the following weekly pattern for food at minimum cost -- bearing in mind that this diet should be improved by adding fruits and vegetables whenever the pocketbook allows:

> Every day -- Bread, milk (as a drink or in soup, sauce, or gravy, or in pudding), cereal (in porridge or pudding), potatoes and at least one green or yellow vegetable, fruit or another vegetable.
>
> Two to four times a week -- Tomatoes, dried beans or peas, lean meat, fish, poultry, eggs or cheese.

Five kinds of food appear in that guide, and all of us need them all: (1) Milk; (2) vegetables and fruits; (3) Bread and cereals; (4) Lean meat, fish, poultry, eggs or cheese; (5) Fats and sugars (contained in other foods). If you are down to rock bottom, you can go longer on milk and cereal than on any other two foods, and you get more food values from milk alone than from any other one food. This means that milk is the best food to fill up gaps of any kinds -- if you miss a meal, for instance, or are short of some particular kind of food. But it takes all five kinds to furnish all the different nutritive substances your body requires -- substances which chemists call proteins, mineral salts, vitamins, fats, and carbohydrates. The first three are builders of bone, blood, muscle, and other body tissues, and keep the body in running order. The fats and carbohydrates (starch and sugar) provide the warmth and energy to keep you going.

And how much of each kind of food? The scientific way to tell that -- too scientific for most of us -- is to count the calories required from each kind of food. A short cut to that is to watch your weight. Low-cost diets necessarily run high in fattening foods, because it is among those you find the cheapest foods. The difficulty always is to get enough of the other, usually more expensive foods, to balance the cheaper and more fattening ones. If your weight is normal for your

height and build and age, try to keep that weight. If you find it running 15 or 20 pounds more than normal, especially if you are getting on to middle-age, cut down on the fattening foods, such as bread, cereals, potatoes, fats and sugars, and use more fruits and the green or yellow vegetables. If you are underweight eat more of the fattening foods -- but not to the exclusion of the others.

But to get to the question of choosing food for the different meals, and making the money go round.

For breakfast, you can do no better for "staying" quality than milk and cereal, unless you can have an egg with your bread or toast. Eggs are a good buy, even when they seem expensive, because they have many kinds of food value. Whole-grain cereals are more nutritious than others, and oatmeal is usually the cheapest of these unless you can get whole wheat (at a feed store if nowhere else) and cook it whole or ground. If you don't care for milk to drink, cook the cereal with milk, or make cocoa with it, or use hot milk in your coffee. That, by the way, is a very good idea at any time, and very French -- cafe-au-lait. You pour yourself half a cup of coffee and fill up the cup with hot milk. The coffee has no food value but the milk has, so you get food and stimulant, too, in the cafe-au-lait. If you can have some fruit for breakfast, so much the better. Apples, raisins, prunes, and in some places berries or peaches or melons or bananas, may be cheap. But if you don't have fruit for breakfast, try to have it sometime during the day. Don't trust to toast and coffee alone to last you half a day.

For lunch, if you carry it with you, make your sandwiches with nutritious filling such as meat, cheese, peanut butter, chopped carrots and cottage cheese, egg, baked beans, or nuts and dates. Drink milk or buttermilk and add a fruit if you can -- banana, apple, berries, melon, peach, grapes.

If you go to a cafeteria for lunch or dinner, look for something they serve on toast, so you need not buy bread in addition. Cheese toast, or Welsh rabbit, especially tomato rabbit, or vegetable bunny, which consists of peas and carrots in a cheese sauce, furnish a good variety of food values, and they are economical dishes because cheese is such highly concentrated food. It contains most of the food values of milk. Baked beans, or dried beans or peas cooked in any other way, are nutritious, and usually cheap as well as satisfying. But make sure also of your daily requirement of green leafy vegetables or tomatoes -- cold slaw, sliced tomatoes or cucumbers, where they are cheap, or plain cooked cabbage or greens of some kind, stewed tomatoes, or tomato juice.

Macaroni or spaghetti or rice, cooked with cheese and tomatoes, amounts to a full meal in one dish. Bread, cabbage or greens, and a piece of fruit pie; potatoes, tomatoes, bread and butter; a milk soup or bean soup with plenty of bread and some kind of fruit or raw vegetable salad--any of these make a cheap and sustaining lunch from the cafeteria counter. For dinner, a good cheap dish is a stew, or a chowder, and if it contains meat or fish and two or three vegetables, you can make a meal of that with just bread and butter. Better add a fruit, however, or some kind of greens if you can.

The particular thing most people need to guard against is choosing too many starchy things. These are usually the cheapest dishes, and they are so filling that they seem to be giving you a lot for your money. But they should be balanced by other kinds of foods, and if you spend most of your money for starchy foods you may have to do without other kinds. With bread and potatoes, for instance, you do not need corn or macaroni, or cake or pie. Choose rather a green vegetable, or tomatoes, or a fruit.

If you go to a cafeteria where, as so often happens, the desserts are the first foods you come to in the line, remember that your choice of dessert should affect your choice of everything else. With apple pie for dessert, cottage cheese and bread and butter would make a good cheap lunch. A cup custard for dessert goes well with a tomato sandwich; stewed fruit with a meat or cheese sandwich; cake with a fruit or vegetable salad.

And now a few words of caution from the nutrition experts:

Don't think of coffee and tea as food. They are stimulants and may be very comforting, but they have no food value whatever.

Remember also that white sugar is pure carbohydrate, with concentrated energy value, but nothing else. Don't eat sweets before meals because they take away the appetite for more important foods.

To make sure you get enough of certain vitamins that are easily destroyed by cooking, eat some fruits and vegetables raw each day.

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 8, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or
A fruit or additional vegetable	cheese
Milk for all	

THE CARRIED LUNCH

You remember the tin dinnerpail, with its narrow neck, holding a tin cup of coffee. And the various tin boxes and other lunch-carrying devices that have come along one after another, in the effort to lessen the bother of it all. We have reached a point now where we can at least reduce the size of the package and avoid having the pail or the tin box to carry back home--thanks to cheap paper bags and wax paper, and to the service nowadays of hot coffee or milk almost anywhere. But lunch when it has to be carried to work is a problem nevertheless. How can it be easy to carry, and at the same time appetizing, well-balanced, satisfying, and cheap?

As a matter of fact, says the Bureau of Home Economics of the U. S. Department of Agriculture, you really can have better lunches than you used to have, even though you carry them. This partly a matter of the better container and

wrappings, with such added conveniences as paper plates, cups, forks and spoons, to make life easier at lunch time and save work at home. It is partly a matter of the place where you work, and whether you can spend a few cents on something to add to your lunch--from the truck load of milk that is trundled through the corridor at lunch time, for instance; or at the corner fruit stand, or the lunch wagon when it pulls up nearby. The important thing, of course, is the food value of your lunch, and somebody must think about that, both as to the contents of the package, and the possibilities of rounding out the meal with an extra item or two when the noon hour comes.

Lunch, like other meals, should include different kinds of food. The trouble with the carried lunch is that the foods which are easy to carry are too much of one kind, and others, therefore, are likely to be left out. It is a good idea to concentrate on those others--for bread and meat and cheese for sandwiches will not be forgotten. The question is, what else might you have?

If you can count upon a bottle of milk for lunch, that question is easier. Even if you must squeeze each penny, you can probably better afford to buy that bottle of milk than to do without it. It will make up for many shortcomings in the rest of your lunch, more than any other food you could have. But when you carry a sliced meat sandwich, or an egg or cheese sandwich, put in also a vegetable sandwich, or a ripe tomato, if you can. Or a fruit of some sort.

When all is said and done, however, it is hard to get away from sandwiches in a carried lunch, for they are the most compact way of carrying food. So we get down to the question of sandwich fillings. Vary the sliced meat, with crisp bacon, or with sliced meat loaf, or frizzled dried beef. And spread a lettuce leaf, or a layer of chopped or shredded cabbage, chopped carrots or celery, over the slice of meat or cheese in the sandwich; or make separate sandwiches of the chopped vegetables, with a little butter or salad dressing, and spread on slices of bread. Or,

instead of the usual sliced-bread sandwich, try a crisp crusty roll, hollowed out and filled with chopped meat or flaked fish which is moistened or seasoned or mixed with salad dressing.

And here is another suggestion: Make a mold of spinach--eggs, milk, grated cheese, and chopped spinach made into a short of custard and cooked, say, in a custard cup. After it cools, turn it into a paper cup or dish for easy carrying in the lunch. Or make a family-size mold for dinner today, served hot, and slice what is left for lunch tomorrow. This is a very substantial dish, and with a bacon or frizzled dried beef sandwich, is very appetizing. (See recipe).

RECIPES

Sandwich Fillings

Not as substitutes for the sliced meat and sliced cheese sandwiches which are so substantial and likewise so easy to make, but as a means of varying the daily lunch, try some of these suggestions:

Chop hard-cooked eggs, and mix with minced crisp fried bacon and enough salad dressing to moisten.

Wash prunes, dates, raisins, or dried figs or apricots, chop fine, mix with about twice as much cottage cheese, add salt to season, and chopped nuts if desired.

Smoked cooked fish, or canned fish, flaked, with lettuce or cress.

Mix cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green pepper, watercress, onion, or other salad vegetable, or with grated canned pineapple or chopped nuts, and add salt to season.

Spread slices of graham or steamed brown bread with cottage cheese, and to one slice add a layer of jelly.

Grind shelled roasted peanuts medium fine, mix with enough cream or salad dressing and add salt to season. This is particularly good as a filling for graham or whole-wheat bread.

To one-half cup cold Boston baked beans, add 2 tablespoons chili sauce or catsup, mash, mix to a smooth paste, and spread between slices of brown bread, or whole-wheat bread.

Heat dried beef in melted butter in a skillet until the beef curls at the edges. Use as sandwich filling with crisp lettuce, or cress.

Grind the end of a cooked ham or other cold meat no longer suitable for ... slicing, mix with chili sauce or enough salad dressing to moisten, and include a leaf of crisp lettuce or a layer of finely shredded cabbage.

Beef Loaf

2 pounds lean beef
1 cup diced salt pork (about 1/2 pound)
4 tablespoons flour
1-1/2 cups milk
1 cup chopped celery or cabbage
1 cup chopped parsley
1/4 cup chopped onion
1 cup fine, dry bread crumbs
2 teaspoons salt
1/8 teaspoon pepper
4 or 5 dashes Tabasco sauce

Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce of the flour, milk, and 3 tablespoons of the pork drippings. Cook the celery or cabbage, parsley, and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all the ingredients and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350° F.) for 1-1/4 hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf in this way than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices with watercress garnish.

Mold of Spinach with Eggs

1 cup milk
1 tablespoon butter
1 tablespoon flour
2 cups cooked spinach
Grated cheese
3 eggs
Brown stock
Salt and pepper

Make a smooth white sauce of the milk, butter, and flour. Add to the sauce the spinach, chopped very fine, a few tablespoons of grated cheese, the eggs beaten, a few tablespoons of brown stock (or a bouillon cube dissolved in a little hot water), and salt and pepper to season. Mix thoroughly and pour into a buttered mold. Steam as a custard until it is firm, then turn it out on a hot platter. Brown stock or tomato sauce may be poured over this, but it is excellent served hot just as it is.

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service
WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 15, 1934 (WEDNESDAY)

THE MARKET BASKET

By
Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal ---Milk for children, bread for all

Every day --
Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --
Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or cheese

FOOD SUGGESTIONS FROM THE NEAR EAST

Have you ever picnicked on "kabobs"? Or "kibabs" or "kebabs"? Have your own way with the spelling, but you make these tempting morsels by skewering together small pieces of beef or lamb, and grilling them over a fire. It is gorgeous food in the open air--or anywhere else--but do you know where we got the idea and likewise the name?

A traveler from the Near East could tell you, or any Armenian or Syrian vendor of rugs and embroideries. "Shish kebab" the Armenian calls it, and in his native country they use lamb for the purpose, as a rule, because lamb is their principal meat. "Shish kebab" is meat broiled on a spit. In the Near East they do it over a charcoal or wood fire.

Meat, however, is not the most important food in the Near Eastern diet, nor are shish kebabs any more distinctive than several other characteristic dishes. The peoples who live in the regions beyond the Mediterranean occupy fertile farm

and grazing lands of some of the oldest parts of the world, where for ages their own grains and vegetables and fruits and flocks and herds have supplied the needs of the population. Here they have the makings of a good, well-balanced diet, says the Bureau of Home Economics of the U. S. Department of Agriculture, and the typical dishes of the Near East make interesting use of this variety of foods.

There are breads, but there is also the "pilaf" of rice or cracked wheat usually cooked in meat stock. There are many kinds of vegetables, oftentimes stuffed with a mixture of minced meat and rice; sometimes added to the pilaf; very often cooked with meat. Milk, as they use it, is sour milk, which they add to soups and sauces and pilafs and in fact to almost any other kind of food. The "kefir" of the Caucasus, the "yogurt" of the Turks, the "kisselo mlèko" of the Bulgarians, or the "matzoun" of the Armenians--all these are sour milks or curdled milks and in many parts of the Near East are used at every meal. They are made with a "starter," like our "cultured" buttermilk, or like the acidophilus milk on sale in many places.

For the soups in these countries, meat stock is the foundation, and for vegetable soup, the vegetables are browned in fat before adding them to the stock. A favorite Armenian soup has "matzoun" (sour milk) blended with the stock, and besides onion, a little mint is used in the flavoring.

The Turkish pilaf is the original of many variations. The rice, typically, is first browned in fat, to give it flavor, then added to the broth and cooked until tender. Pilaf with tomatoes, or with lamb, or with fish, or with lamb kidneys (Bulgarian pilaf) are some of the variations. The Armenian "herissa" and Syrian "kebi"--national dishes, both--are mixtures of ground or shredded lamb with cracked wheat which has been boiled in broth.

Vegetables such as eggplant, squash, tomatoes, peppers, cabbage, which are grown in the Near East, are commonly stuffed with rice and minced meat, but they

are also cooked in various combinations with each other, or with meat. Okra with meat, a Syrian dish, is dried okra which is first cooked in hot water, drained, then browned in fat, and added to meat broth along with tomato paste and cooked meat cut in small slices. This is served with cooked rice.

The Roumanians bake all sorts of vegetables together in olive oil--chopped cabbage, carrots, green beans, okra, eggplant, onions, tomatoes, potatoes--they call this dish "ghiveci". The Bulgarians make the same dish into baked vegetables with lamb and green peppers ("toorli giovetch"). "Sarma" is a mixture of rice, ground meat and tomatoes, rolled in grape or cabbage leaves, these stuffed leaves piled in a kettle, covered with cold water and a plate on top to hold them in place, and cooked until "done." All the Near Eastern peoples use this dish.

Authorities on Near Eastern cookery point out the simplicity of the seasonings and the lack of condiments used. Says one writer, "Not a single dish is dependent on the extravagant use of expensive and various ingredients which when counted up make food very expensive, but it is dependent and very much so on the flavor of each different article used in the making."

In the following recipes the Bureau of Home Economics has made some adaptations in cooking method and also from the standpoint of cost, but the essential characteristics of the Near Eastern dish remain.

"Shish kebabs" (Meat broiled on skewers)

Cut pieces of lean meat (lamb or beef) about 1-1/2 inches square and 1 inch thick. Put four or five of these pieces on a skewer with small squares of bacon between them. Broil these skewered pieces over a camp fire for a picnic supper; or at home broil them on a rack under a flame. Turn frequently to cook uniformly. When the meat is done, season with salt and pepper and serve at once on the skewers. If desired, put slices of onion or tomato on the skewers with the meat.

Pilaf with Tomatoes

2 cups rice
2 tablespoons butter or other fat
5 cups meat stock
1 small onion
1/2 cup cooked or canned tomatoes
Salt and pepper

Brown the rice in butter or other fat, then boil it in the meat stock. Brown the onion, mix with the tomatoes, and add this mixture to the rice just before it is done. Season to taste and boil until done. If necessary, put in a moderately hot oven for a few minutes until some of the moisture has evaporated.

Okra with Meat

2 pounds lamb shoulder
1 pound fresh okra
Butter or other fat
Minced garlic
1-1/2 cups tomatoes (fresh-cooked, or canned)
2 cups meat stock
Lemon juice

Boil the lamb until tender. Slice the fresh okra pods and brown the pieces in butter or bacon fat or olive oil with the minced garlic. Add the tomatoes, the meat broth, and the meat cut in small slices. Add a little lemon juice and serve hot with rice. String beans may be used in place of okra.

Stuffed Cucumbers

A stuffing called "dolma" in the Near East is used in cucumbers, eggplant, squash, peppers, tomatoes, grape-vine leaves, onions, or quinces. It is a mixture of chopped meat, rice, browned chopped onions, and chopped parsley seasoned with salt and pepper to taste.

To use this stuffing American fashion in cucumbers: Wash and pare the cucumbers and cut them in half lengthwise. Scoop out the seed portion without breaking the fleshy part, parboil the cucumber shells in lightly salted water for 5 to 10 minutes, and drain. Fill the shells with the hot "dolma" mixture, place them in a shallow pan or baking dish, add a little water to keep them from sticking, and bake in a moderate oven for 15 minutes, or until the stuffing has browned on top.

The Near Eastern way is to add 2 or 3 tomatoes cut in small pieces (or half a cup of canned tomatoes) and a cup of meat broth to the stuffed cucumbers after putting them in the baking dish. Serve with a dressing made of beaten egg and lemon juice blended with part of the "dolma" gravy.

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 22, 1934 (WEDNESDAY)

THE MARKET BASKET
By
Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --
Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --
Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or cheese

HOME-CANNED TOMATOES AND VITAMIN C

Have you, lately, in the course of much conversation about vitamins, heard some discouraging words about your home-canned tomatoes or tomato juice? If so, don't let it worry you, and don't let it keep you from putting up all the tomatoes or tomato juice you can use, says the Bureau of Home Economics of the U. S. Department of Agriculture. You may prefer to can the tomatoes and "make" the juice when you open the can, by straining out the seed; or you may like to can the juice in the first place. You get a good product either way, and tomatoes and tomato juice, home-canned or factory-canned, are among the most economical foods you can put on your pantry shelves, especially valuable in winter.

Tomatoes are valuable for many reasons, but the reason with which we are concerned at the moment is vitamin C. This vitamin, which is one of the necessaries

of life and good health, is not hard to obtain if you have plenty of fresh fruits and vegetables right along. You get it especially in oranges, grapefruit, lemons, cantaloupes, watermelons, raw cabbage, and greens of different kinds, as well as tomatoes. But it does not stay with you as other vitamins do. Relatively little is stored up in the body to be used as needed. Therefore you must have a continuous supply, and this becomes more difficult when fresh fruits and vegetables are out of season.

That is where tomatoes come in so nicely. Most foods lose more or less of their vitamin C when they are cooked or canned, for this vitamin is usually destroyed by heat, especially heat in the presence of air. Not so tomatoes, however -- or rather, not so much so. The acidity of the tomato prevents for the most part the loss of vitamin C which occurs in the non-acid foods when cooked. And tomatoes, either as tomatoes or juice, are a cheap enough food to be relied on as a regular part of the diet all the year.

It is true, however, that the method of cooking has something to do with the vitamin values you get from tomatoes or any other food. According to the Bureau of Home Economics, short cooking keeps down the loss.

In canning the same thing is true. So when you are putting up tomatoes or tomato juice, if you would preserve the maximum vitamin values, use the hot-pack method, but do it in a way to reduce the processing time as much as possible. Of course, if you want the tomatoes to be whole in the cans, you will have to use the cold-pack, with much longer processing time. But there are few occasions when whole-canned tomatoes would serve any purpose not served by the ordinary canned tomatoes.

Directions for canning tomatoes and tomato juice, according to the Bureau of Home Economics recommendations, follow:

Tomatoes

Select firm, ripe tomatoes, free from spots and decay. Put into trays or shallow layers in wire baskets and dip in boiling water for about a minute, according to ripeness. Remove and plunge quickly into cold water for an instant. Drain and core and peel promptly.

For a hot-pack, cut the tomatoes in quarters, heat just to boiling, and pack hot. Process 5 minutes in boiling water.

For a cold-pack, after draining, coring, and peeling, as above, pack the whole tomatoes into jars or cans as closely as possible. Fill the can with thick tomato sauce or with the juice of other tomatoes, season with 1 teaspoon of salt per quart. Process quart and pint glass jars for 45 minutes in boiling water. Process No. 2 and No. 3 plain tin or sanitary or R enameled cans for 35 minutes.

Tomato juice

Select firm, ripe tomatoes, deep red if you can get them, and fresh from the vines. Wash them well and cut them into pieces. Leave the skins on, but cut out the cores and all green, or moldy, or decayed parts. The green parts make the juice bitter, and even a few bad spots may injure the flavor of the whole batch of juice or may cause it to spoil.

Handle the tomatoes in small lots and work fast. Don't try to make more than one or two gallons of juice at a time. If it has to stand, it loses flavor and vitamin value. After the tomatoes are cut up, simmer them just enough to soften them. Don't let them boil. Then immediately press the hot tomatoes through a fine sieve, to take out the seeds and skins. Measure the juice, and for each quart add 1/2 to 1 teaspoon of salt. (Or leave the salt out, if the juice is for a baby or an invalid on a salt-free diet.)

To pack in glass jars, heat the juice quickly just to boiling -- to 190 degrees Fahrenheit, if you use a thermometer. Don't let it cook for an instant

longer than you can help. Then pour the hot juice into the hot sterilized jars, fill them up right to the top, and seal at once. No processing is necessary for tomato juice in glass jars. Set the hot jars aside to cool, out of drafts.

If you are using tin cans, the method is a little different. Heat the tomato juice just to the simmering point. Stop it before it comes to the boil. Pour the hot juice into the tin cans until they are full, seal them, and immediately process for 5 minutes in a boiling water bath, counting time when the water actually boils, not before. After processing, cool the tin cans of juice at once in running water.

Store tomato juice in a cool place, and if it is in glass jars, put these in a dark cool place, for light has a bad effect on color and flavor of tomato juice.

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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 29, 1934 (WEDNESDAY)

THE MARKET BASKET

by
Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or cheese

FRUITS FOR THE FALL MONTHS

"The principal difference between Englishmen and Americans," said a Right Honorable British statesman who was traveling in this country, "is that Americans eat their dessert at the beginning of a meal and Englishmen eat theirs last." He meant, of course, our first-course melon or grapefruit or grapes, or fruit cocktail, and the English fruit dessert. Not that we do not have fruit desserts, but you do find fresh fruit, stewed fruit, or the compote a far more common dessert in other countries than with us. Of course, if it comes to a question of who consume the most fruit in the long run, we might get the medal, because we do use so much fruit at breakfast, and in cocktails and salads at other meals, as well as in desserts.

This applies, however, of a lavish table. Fruit may not be so plentiful in homes where somebody has to count every penny that goes for food, especially

city homes which cannot grow any fruits of their own. It is a good thing, then, and timely, says the Bureau of Home Economics of the U. S. Department of Agriculture, to look at our fruit prospects just now.

For most of the country, the summer fruits are gone, but cantaloupes are still with us, and grapes are just arriving, a big juicy crop from the Ozarks. It is fall apple time, too, but this is a poor apple year, except in the Far West. It is a better-than-average year for pears, however. And bananas, at this writing, are cheaper than usual. So there we have a fair list of fall fruits.

Cantaloupes are good and also plentiful this year because there has been so much sunshine and dry weather, on which melons thrive and grow sweet, if only the vines have moisture enough for their roots. Rocky Fords will be coming on the markets all through September, and there should be plenty of home-grown melons, too, throughout the North Central and Eastern States.

The home-grown melons should be vine-ripened, therefore sweeter and better than any others, if the temptation to pick them green has not proved too great for the melon grower. Right there, by the way, is a pointer for us on choosing cantaloupes in market. No good cantaloup , says a Department fruit specialits, has the stem or any bit of stem left on it. A ripe melon comes off the vine almost at a touch, leaving a smooth place where the stem was attached. If the stem is still there, or any part of it, or if you can see evidences of its having been cut out or off, you may know the cantaloup was picked too soon. Also, a ripe cantaloup is almost certain to have a yellowish ground color under the network on its outer surface. You cannot depend on the so-called test of pressing the stem-end with your fingers. A ripe melon will yield to the pressure of course, but so will one that was picked green and is going "soft."

This is a good year for grapes, though a poor one for apples. Grape buds form in the spring, on wood that grows during the spring, so the cold weather that

killed many apple buds last winter did not hurt the grapes. Ozark grapes are the first on the eastern markets, the earliest of the native American grapes except some in the South that are not shipped in great quantities. Later will come the Michigan, New York, and other northern grapes, all of them slipskins, and most of them Concords. California and the West Coast produce the European grapes, many for wine, many for the table, and there will be plenty of all kinds this year.

We eat fruit because we like it, of course; but there are other reasons for doing so, reasons both aesthetic and physiological. Surely no food is more beautiful or enticing than a bowl of ripe fruit. But fruits have certain nutritive values--some fruits more than others--and they serve other purposes in the diet. They have a delicate fiber which gives a desirable kind of bulk in the digestive tract, and although they may seem acid to the taste, they are, with a few exceptions, alkaline in their reaction in the body.

And this fact is important. Normally the body is slightly alkaline, and to keep it so calls for a balance between the foods that have an alkaline reaction and those that are acid-forming. That is to say, bread and cereals, meat, fish and eggs, which are acid-forming, should be balanced by vegetables and fruits, which are alkaline in their reactions in the body.

Eat your fruits raw if you would get their full food value, says the Bureau of Home Economics and eat plenty of them. The food values are so diluted (fruits are more than nine-tenths water) that it takes a good deal in fruit bulk to yield enough of the minerals and vitamins they contain, though the content of sugar is considerable. Cantaloupes, watermelons, grapes, bananas, and yellow peaches are fair sources of vitamins A, B, and C. In fact, you get vitamin C in all fresh fruits. And you get a fair amount of iron from grape skins--which you may not eat fresh, but which are crushed and squeezed for grape juice, grape jelly, grape marmalade, and so on. All told, the protective food values of the fruits are an important item in a well-balanced diet.

RECIPES

Fried Bananas

6 ripe bananas
1 egg
1/2 cup flour
3/4 cup milk
1 tablespoon sugar
1/2 teaspoon salt
Dry sifted breadcrumbs
Lemon juice

Select ripe bananas, remove the skin, scrape off the stringy fibers, and cut the bananas in half lengthwise. Dip the pieces of banana into the batter made from the egg, flour, milk, sugar, and salt, and roll them in the breadcrumbs. Fry the bananas until golden brown in shallow fat, drain on paper, keep hot, and squeeze lemon juice over them just before serving.

Grape Pudding

1 quart stemmed Concord grapes
1 cup water
1 cup sugar
1/4 cup quick-cooking tapioca
1/4 teaspoon salt
1 tablespoon lemon juice

Cook the grapes and water for about five minutes and press through a sieve to remove the skins and seeds. Add the sugar, tapioca, and salt to the grape juice and pulp and cook for 25 minutes in a double boiler. Add the lemon juice and let the pudding stand until cold. Serve with top milk.

Ginger Pears

Pare the fruit, remove cores and cut into small pieces. For each pound of fruit use 1/2 to 3/4 pound of sugar, 1 or 2 pieces of ginger root, and 1/2 lemon thinly sliced. Combine the sugar and the fruit in alternate layers, and allow to stand overnight to extract juice. Heat slowly to boiling, stirring constantly. Add the ginger and the lemon rind, which has been cooked until tender in a small quantity of water. Boil rapidly until somewhat thick, taking care to prevent scorching. When the fruit is clear, tender, and a rich amber color, fill into sterilized jars and seal. This is a good way to preserve Kieffer pears.

Grape Conserves

Wash, drain, and remove grapes from stems. Slip off skins and keep separate from pulp. For each pound of grapes use 1/2 pound sugar, 1/4 cup seedless raisins, 1/4 orange, 1/4 cup nuts, 1/4 teaspoon salt. Remove seeds from orange and chop finely. Chop nuts fine.

Cook the pulp about 10 minutes, or until seeds show, press through a sieve to remove seeds. To the pulp add the sugar, raisins, orange, and salt. Cook rapidly until the mixture begins to thicken, stir to prevent sticking. Add grape skins and cook 10 minutes, or until somewhat thick. Stir in chopped nuts and pour at once into hot sterilized jelly glasses. Cover with melted paraffin.