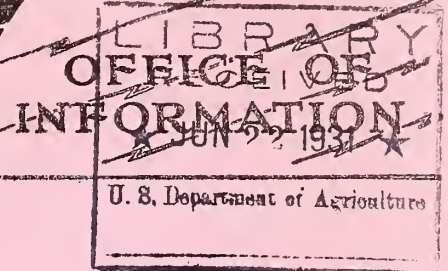


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HOUSEKEEPERS' CHAT

Wednesday, July 1, 1931.

(NOT FOR PUBLICATION)

Subject: "Safety First on the Fourth." Information approved by the Bureau of Home Economics, U.S.D.A.

Bulletin available: "Cooking Beef According to the Cut."

This morning, first thing, I heard Betty Jane calling to Uncle Ebenezer, who was out doing a little work in the garden before breakfast.

"It's only three days until the Fourth."

"That's right," said Uncle Ebenezer. "And mind you make it a glorious Fourth. Girls and boys who are really patriotic go in for safe and sane celebrations on Independence Day."

That conversation reminded me of our chat today and some ideas I have about the right kind of a holiday for the youngsters. There are ways and ways for Americans to celebrate their national liberty, but the least intelligent way is to provide the children with dangerous explosives and send them out to enjoy themselves. Isn't it strange that parents, who protect and look after their children carefully all the rest of the year, break over on this one day and allow--or even encourage--their children to step straight in the face of danger.

Did you ever see a father in a group of Fourth of July merry-makers show five-year-old Junior how to set off a cannon cracker and then, in spite of his protests, insist that Junior shoot another off himself? While father shows his friends how he teaches his son courage, Junior may lose his eyes or his arms or be seriously burned.

The National Safety Council says that many children are killed and hundreds injured by explosives even before the Fourth each year. Fireworks should never be used except by experts and they are especially hazardous in the hands of small children.

Tom Jackson, the owner of a store down our street who does a good business each year in selling fireworks, said the other day in his comfortable, easy-going voice, that he felt all this talk about the dangers from fireworks was exaggerated.

"We haven't had any of these injuries or deaths or fires in this neighborhood. And the children have had a lot of fun every year shooting off crackers and sky rockets and everything else. Why I don't see how kids would enjoy themselves at all on the Fourth if they couldn't have fireworks "

I told Tom that our neighborhood had just happened to be lucky so far. The figures collected about the results of celebrations all over the country tell a different and very serious story. Did you know that more Americans have lost their lives celebrating Independence Day than were lost in the Revolutionary War? The statistics about the deaths don't tell the whole story either. There have been nearly two and a half times as many injuries as fatalities during the last 14 years and many of these injuries resulted in permanent disability. You would be surprised what terrible damage has often been done by the popular fire-cracker and the so-called "harmless" sparkler.

To answer Tom's question about how children can enjoy this day if they don't have fireworks, we suggest picnics, parties or short trips, planned with the children in mind. To make this day a real occasion, different from any other day in the year, the historical and patriotic aspects of it should be stressed. At picnics and parties, flags and other red, white and blue favors may be used. Candies and flowers may carry out the same color scheme. For special diversion, there are many historical games which children always enjoy. Guessing games or alphabet games featuring the Revolutionary Period will please the older children who have studied history. Then, as I said, there are interesting trips to take the children on. Why not drive out to some historical spot nearby, have lunch and afterward tell the children the story of the events which took place on the very ground where they are now picnicking. If parents will enter the fun, and plan ahead for it, the children are sure to enjoy themselves and the absence of firecrackers will not be noticed. Many cities now have evening exhibits of fireworks run by experts, and these, of course, the children will enjoy immensely.

If the older boys in your family are permitted to have their own fireworks, there are some important precautions to be observed. Here is a list of seven precautions that I'm sure will interest you because they are given by the National Safety Council:

First. Don't shoot Roman candles off near crowds of people.

Second. Follow instructions carefully in the shooting of sky rockets.

Third. Never store a large supply of fireworks in one place. There is danger of the whole supply exploding at once.

Fourth. Don't carry fireworks in your pockets. Many severe burns have been caused that way.

Fifth. Don't play with gun powder, railroad torpedoes and rifle and shot gun cartridges and shells.

Sixth. Be careful where you throw small torpedoes. Flying gravel from them has been known to put eyes out.

Seventh, and most important of all. If an explosive of any kind does not go off promptly, do not run up to see what is the matter until a long time has elapsed. Perhaps the most serious injuries have been caused by delayed explosions.

Now it's menu time. A midday meal for the children. Grownups also invited, of course. Like all our Wednesday children's menus, this one will also suit father, mother, aunts and uncles. No special fussing for the children's food required, if the meal is planned with them in mind.

Are you ready for the menu? Has everyone a pencil? Then we'll start. Broiled Beef on Onion Rings; Creamed Potatoes; Green Beans Buttered; Raspberries; and Sponge Cake.

The recipe for the broiled beef is in your beef leaflet. And the beef leaflet is with all your other bulletins on your special kitchen book shelf. What? The title of the leaflet? The name is, "Cooking Beef According to the Cut," and the leaflet is free for the asking, and contains recipes for using both the tender and also the less expensive cuts.

I'll read the recipe.

2 cups of ground lean raw beef	1 tablespoon of chopped parsley
1/4 cup of ground suet	3 tablespoons of butter or other fat
1 cup of soft fine bread crumbs	2 teaspoons of onion juice
7 strips of bacon	1/2 teaspoon of salt
7 slices of Spanish onion, cut 1/2 inch thick	1/2 teaspoon of pepper, and 1 tablespoon of water

That's quite a long list. Eleven ingredients. Did you get every one? (Repeat.)

Lay the slices of onion in a buttered shallow baking dish. Pour over them 2 tablespoons of melted butter, sprinkle with salt and pepper, add the water and cover closely. Bake them in a moderate oven for 30 minutes--or until tender. In the meantime, cook the chopped parsley in 1 tablespoon of butter and then combine it with the beef suet, crumbs and seasonings. Knead this mixture until thoroughly combined. Now, mold into seven flat cakes and wrap each with a slice of bacon. Place each cake on a slice of onion in the baking dish and broil under direct heat. Five minutes for each side. Baste occasionally with the drippings. Serve at once from the baking dish.

If it is not convenient to broil the meat cakes by direct heat, you can pan-broil them in a hot skillet and serve on the onion slices.

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Tomorrow: "Suggestions for the Well-Dressed Traveler."

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