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HOUSEKEEPERS' CHAT

Friday, December 9, 1932.

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(FOR BROADCAST USE ONLY)

Subject: "Holiday Shopping." Information from the Bureau of Home Economics,
U.S.D.A.

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Even in an economy year like this, holiday shopping may be tiresome and tedious or it may be interesting and pleasant, all depending on how you go at it. So often just a few little things make all the difference.

Take feet, for example. Cousin Susan declares that her feet can spoil the best day in the world. Certainly feet can have considerable effect on a job like shopping where you spend long hours standing and walking in crowded stores and on the street. So, before you start out on any shopping trip this year, I suggest that you think of your feet. Treat your feet well and they'll repay you in comfort. High heels may look smart and stylish, but when you go down town to select toys for the children and other gifts to suit your friends and your pocketbook, then is the time for low heels and sensible toes. Even the smartest woman finds it difficult to keep her mind on shopping or to make wise choices when her feet are uncomfortable. So, take a cool foot bath in the morning before you set out, and take a warm, soap-and-water bath with a cool rinse at the end of the day's shopping. You'll find that your feet will carry you around twice as easily when they're treated this way. Foot baths every day may take a little extra time, but they add a good deal to the comfort of life. Fresh stockings every day and powder in shoes help if your feet are inclined to perspire.

Now as to the business of shopping itself. Early shoppers get their reward. And they don't have to wait until the next world for it either. When the stores are less crowded you have a better opportunity to look over the stock and the prices and decide what you want. Then, the stores often offer special values just to encourage early shopping. If you arrive before the crowd and before the goods are all picked over, you'll be more likely to make a good buy and perhaps pick up a Christmas bargain here and there.

Most women can spend hours and days at shopping if they go at it in an aimless way, "just looking" without any definite idea of what they want. You can start out in the morning and spend all day looking at the displays and wondering vaguely if this powder puff might do for Susie or if something else would be all right for Aunt Jane. This haphazard kind of shopping is a fine way to waste a lot of good time and effort. So, the busy housekeeper, who hasn't much time to spare will profit by a well-planned shopping campaign.

One of my friends, who is a very successful shopper, tells me that she works out her campaign this way. First, she spends a morning going through the stores, just getting ideas and prices and jotting them down in her little notebook. Then she goes home and works out her expense plan or Christmas budget, deciding roughly the amount she wants to spend and how she wants to divide it. For example, she makes a list of each member of her family and writes beside each name several

gift possibilities. When next she goes shopping, she carries this list with her and follows it as she buys, instead of picking up things hit or miss.

Some day next week, we'll talk over buying presents for the children. So much money goes to waste on wrong presents for children--gifts that aren't suitable for the child's age, size, or interests, or gifts that break easily or disappoint him in some other way that every thrifty shopper needs to spend special thought on buying wisely for the youngsters.

Just now, though, let's forget Christmas and consider the pressing question of what to have for supper tonight--a menu for a good Friday supper. The main dish is a new one, so new that I've never even mentioned it before. Baked creamed oysters for the main dish. Then, crisp hot potato chips to go with the oysters, or French fried potatoes, or even just plain fried potatoes. Stuffed olives to add color and flavor to the plate. Salad made of chopped or shredded cabbage, diced pineapple and chopped nuts served on lettuce with boiled salad dressing. And coffee. No desert needed.

Once more let me repeat that Friday supper menu. Baked creamed oysters; Potato chips or fried potatoes; Stuffed olives; Cabbage, pineapple and nut salad; and Coffee.

Now if you'll get your pencils out of the drawer, I'll give you this new recipe for baked creamed oysters. Lots of ingredients--eleven of them, to be exact. Here they are:

1 quart oysters	3 tablespoons butter
1/2 teaspoon salt	3 tablespoons flour
1/8 teaspoon pepper	1/2 cup milk
1/8 teaspoon nutmeg	1/2 cup cream
1 teaspoon minced parsley	1/2 cup buttered bread
1/2 teaspoon onion juice	crumbs

I'll repeat that list. (Repeat.)

Look over the oysters carefully to remove any pieces of shell, then simmer for a few minutes in their own juice, drain. Cut the oysters into medium sized pieces, add the salt, pepper, nutmeg, parsley and onion juice. Prepare a cream sauce of the butter, flour, milk and cream, and cook about 5 minutes stirring constantly. Mix with the oysters and seasoning. Put in a baking dish, cover with the crumbs and brown quickly. Serve at once.

Monday: "Breads for Low Cost Meals."

