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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

Thursday, February 3, 1944

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In 3 Hlw*  
QUESTION BOX: A

How store foods in refrigerator?  
Soya grits in vegetable soup?  
Rugs from wool scraps?

ANSWERS FROM:

Home economists of the U.S.  
Department of Agriculture

--ooOoo--

Today's mail bag brings questions on the right way to store perishable foods in a refrigerator, adding soya grits to vegetable milk soups; and on making rugs at home. Home economists and extension workers in the U.S. Department of Agriculture supply the answers.

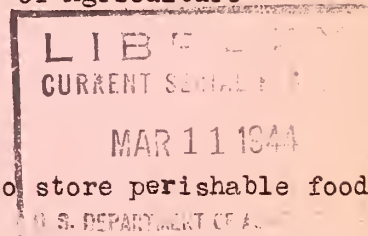
The first letter-writer asks: "What is the right way to store each of these foods in an electric refrigerator: Milk, meat, eggs, fish, leftovers, and salad materials?"

The home economists say that milk, cream, and raw meats are especially inviting to bacteria that cause spoilage. So keep milk, cream, and raw meats in the coldest part of the refrigerator, where the temperature is not over 45 degrees. Under the freezing unit and directly beside it are the coldest places.

Speed milk and cream to the refrigerator as soon as you have wiped off the outside of the bottles. Creamed dishes and desserts containing milk and eggs also spoil easily. They need a cold spot when you have to keep any of them from one day to the next.

Remove the store wrappings from meat. Place the meat in the covered meat container, if your refrigerator has one, directly under the freezing unit. If you haven't a meat container, wrap the meat loosely in oiled paper and store in a part of the refrigerator where the temperature is 40 to 45 degrees.

Handle ground meats with special care and use them quickly, because they tend to spoil readily. Grinding them up has exposed much more surface to airborne bac-





teria. Use variety meats like liver, kidneys, hearts, brains or sweetbreads, the same day you buy them. Protect cooked meats, leftover foods and cheese dishes from drying out by covering them with a loose wax paper, or by putting them in refrigerator dishes with tight-fitting covers, or using bowl covers or squares of waxed paper held on by rubber bands.

Wrap fish in waxed paper, both for its own protection and to prevent fishy odors in the refrigerator. Never hold uncooked fish longer than a few hours, unless you put it in the freezer and keep it frozen.

Covers are important for milk, butter, and other foods of delicate flavor, to protect them from odors and flavors from other foods. Keep the paper cap on the milk bottle, and leave butter in its original wrapping. You might even put the package into an extra wrapping of waxed paper or in a closely covered dish.

If you must store vegetables and fruits with decided odors in the refrigerator, protect other foods from them or put them high in the box, so that the rising air stream moving toward the cold unit crosses them just before it reaches the frosty cells, which will take up the odors. Put all vegetables in the refrigerator in covered containers, and if you wish to chill such foods as melons, put them on the top shelf.

Provide a covered ventilated pan for salad greens and succulent fresh vegetables like celery, lettuce, endive, radishes, cucumbers, and salad carrots. Wash parsley and put it in a tightly covered jar in a cold part of the refrigerator, and it will stay fresh for days.

From cold food let's jump to hot soups. The next letter asks: "Could I add soya grits or flour to vegetable milk soups such as potato or carrot, to make their nourishing enough for a luncheon main dish?"

Yes....the nutritionists of the U.S. Department of Agriculture include thick and filling soups and chowders among school lunch main dishes, and soya can make them more nourishing. As potatoes are extra plentiful just now, the potato soup



or chowder is a good one to plan.

Soya-potato soup is very simple to make. The home economists give these directions: Cook 5 cups of diced raw potatoes and 4 thin slices of onion in 3 cups of boiling water until soft. Boil down the potato water, or add water, so that you have 2 cups. Rice the potatoes and onion. Moisten half a cup of soya grits or flour with half a cup of the potato water. Then add to the riced potatoes and potato water, with 4 teaspoons of salt, 3 cups of milk, and 1 tablespoon of fat. Bring to the boiling point. Stir in a fourth cup of chopped parsley and the soup's ready.

Our last letter is from a woman who wants directions for making hooked or braided rugs. She says she has a lot of colored woolen scraps on hand.

In most states, the extension home furnishing specialist has gathered considerable information on making various kinds of rugs at home, preparing the material, and so on. For most of the rugs you cut the pieces into inch-wide strips, sew them end to end, and roll into balls. When you have enough, braid or crochet the strips into a long strand, and then sew the strand or braid round and round by its edges to make a flat oval or round mat as large as you want it. Some states have free illustrated bulletins with designs for hooked, braided, and other types of rugs. Write to your state extension service to get this information.

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