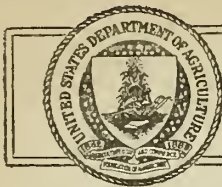
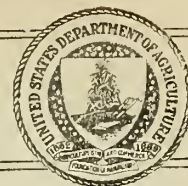


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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 10, 1935 (WEDNESDAY)

THE MARKET BASKET

by

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

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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

PEACHES

And now for peaches. Georgia peaches, Carolina peaches, and the rest that come along this time of year, in bushel baskets and by thousands of carloads. Georgia has been shipping for several weeks, and now the Carolinas are on the market, too. Peach crops in the Valley of Virginia, East Tennessee, the Ozarks, Southern Illinois, and Indiana are coming along -- also the West Coast peaches which keep the western fruit stands supplied and the California canneries busy.

The latest districts have lighter crops, but from now on, with the home-grown peaches that will keep coming, there should be plenty for breakfast, lunch, dinner or supper, and plenty more to can, dry, preserve and pickle for next winter.



That is an agreeable thought. Few fruits are more universally enjoyed than a fresh, juicy peach which has ripened on the tree. And, as we are reminded by the Bureau of Home Economics of the U. S. Department of Agriculture, this luscious fruit does its bit, also, toward a healthful diet, for peaches contain vitamin B and vitamin C and yellow peaches furnish also vitamin A. As to varieties of peaches -- white or yellow, freestone or cling -- usually there are plenty of each from which to choose.

On our side of the world, peach stones were among the seeds ordered by the Governor for the Massachusetts Bay Colony in 1629. Georgia, however, the last of the 13 original settlements, turned out to be the greatest peach-growing state of them all.

But how will you use this year's crop? Use as many as you can in that best way of all, which is the fresh peach plain, or sliced and served with cream. Slice peaches just before serving to keep them from turning dark from exposure to the air.

To make a few peaches go as far as possible, however, there is peach short-cake -- fresh slices of peach between and on top of baked biscuit dough -- or in a drop biscuit of generous size. If you are going to cook your peaches, however, you can usually delight the family with peach cobbler. Or a peach cake made with sliced peaches like sliced apples in a Dutch apple cake. Then there is peach tapioca, which is another way of making a few peaches go farther than they otherwise would.

Peaches are one of the easiest and best fruits to can or preserve or pickle for winter use. The Bureau of Home Economics gives directions:

Canning Peaches

Use only sound peaches, and for uniform results, grade them for size and the same degree of ripeness. Wash them thoroughly. To peel them, immerse them in boiling water for about one minute, or until the skins will slip easily, plunge at once into cold water for a few seconds. Remove the skins, cut the peaches into halves and discard the pits. To prevent discoloration of the fruit, drop the prepared halves into a weak salt solution containing 1 teaspoon salt to a quart of water. If you are canning a bushel or more at a time or if you are using certain firm varieties



of cling-stone peaches, you may need to peel them with lye-solution instead of water.

Peaches may be packed raw, but you get a better pack if the fruit is first simmered 4 to 8 minutes. Do not cook the peaches until they are soft. Pack them at once, placing the halves pit side down in overlapping layers. Fill up the containers with hot sirup, seal them, put them in boiling water. Process them - i.e., keep them boiling for 15 minutes, if you live in an altitude of 1000 feet or less. At higher altitudes increasing the processing time 20 percent (3 minutes) for each additional 1000 feet; i.e., 18 minutes at 2000 feet, 21 minutes at 3000 feet, 24 minutes at 4000 feet and so on.

The sirup may be thin or medium as desired. Put in one cracked peach pit for every quart of sirup, boil for five minutes, and strain.

To peel peaches with lye, prepare the solution in an agateware or iron kettle, never aluminum. Use $\frac{1}{4}$ pound (4 ounces or about 4 level tablespoons) of granulated lye of a standard brand in 2 gallons of water. Heat to boiling, and while it is actively boiling immerse the peaches in a wire basket. When the skin is loosened and partially dissolved (usually in about 30 to 60 seconds), remove the peaches, wash them at once in running water if possible, until skin and lye are removed. Rinse thoroughly or the fruit will darken. If still water is used, rinse the fruit in a fresh supply after washing off skin and lye.

Peach Preserves

Peel the peaches, cut them in halves and remove the pits if they are free-stones, or cut the flesh from the pits if they are clings. To each pound of prepared fruit use $\frac{3}{4}$ or 1 pound of sugar. Combine sugar and fruit in alternate layers and allow to stand overnight to extract juice. Heat slowly to boiling, stirring as the fruit heats. Or prepare a sirup using $\frac{1}{2}$ cup water and $\frac{3}{4}$ or 1 pound of sugar per pound of fruit. Add the fruit and boil rapidly. Cook until the fruit is tender and clear. Pour into hot sterilized jars and seal.


Pickled Peaches

8 pounds peaches	8 two-inch pieces stick cinnamon
4 pounds sugar	Cloves
2 quarts vinegar	


Select firm white peaches, preferably clingstones. Wash them well, remove the thin skin with a sharp knife, and stick 2 cloves into each peach. Cook the vinegar, cinnamon and sugar together for 10 minutes, or until the sirup is fairly thick. Add the peaches, cook them gently until tender, but not broken, and let stand in the sirup overnight. In the morning drain the sirup from the peaches and pack the fruit into sterilized jars. Boil the sirup rapidly until thick and pour over the peaches in the jars. Seal, label, and store in a cool place. Allow the pickled peaches to stand several weeks to develop flavor before serving.

Peach pickle vinegar may be used in various ways for flavoring. It is good on grapefruit, or on melon balls, and in French or mayonnaise salad dressing in place of lemon or vinegar.

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 17, 1935 (WEDNESDAY)

THE MARKET BASKET

by

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

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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
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

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

CANNING SUMMER VEGETABLES

Canning fruits -- and tomatoes -- so they will keep is comparatively easy for anybody who knows anything about canning. Canning vegetables, however, is quite another story, according to the Bureau of Home Economics of the U. S. Department of Agriculture. If you have put in the hot hours of midsummer days canning fresh sweet corn, and then have had to throw away precious quarts of your product when you opened some for dinner some fine day in winter, you know how this is. Cream style corn, especially, is difficult to can so that it will keep. Often there is trouble keeping lima beans, peas, succotash, asparagus, spinach, or okra.

Why? The answer, nine times out of ten, is in faulty "processing." This step in your canning operations comes after you have packed the cans. Even though



you heated the food thoroughly before it went into the cans and packed it boiling hot, as the Bureau of Home Economics advises for all foods, and considers absolutely necessary for non-acid vegetables -- even then, to be sure of killing the bacteria and other organisms which might cause the food to spoil, you heat the filled cans again. This final heating of the food in the cans is called processing.

There are different ways of processing. For fruits and tomatoes, set the cans, after they are filled, on a rack in boiling hot water and keep them there until they are boiling hot all through. But this water-bath method is not recommended for corn or beans or peas or any other non-acid vegetable. To can these you must have more than boiling temperature, and the only way you can get it is by holding steam under pressure -- which means you need a steam pressure cooker.

The Bureau of Home Economics goes so far as to say that if you do not have a steam pressure cooker you might better dry your corn and beans and peas and okra than try to can them. These foods are harder to sterilize than acid foods. One reason is that bacteria which are killed at boiling temperature when they are in acid foods can live in boiling temperature in non-acid foods. Another reason is that some non-acid foods have such a dense structure or such a pasty consistency that heat penetrates them very slowly. It takes a long time to heat such foods as corn and beans clear through. And, if your vegetables are not rightly "processed", they spoil. The bacteria, molds, etc., in the food, unchecked or only partly checked, get in their work, unknown to you, perhaps, until you open the can to use the contents. These bacteria may even produce a kind of spoilage that is very dangerous to health.

The steam pressure cooker gives you the high temperatures you need for processing the non-acid vegetables. It is a strong kettle with a heavy lid that can be clamped down to hold in the steam, under pressure sufficient to produce the right temperature. It is provided with a pressure gauge, an air outlet with a pet cock, "



and a safety valve. You put your jars or your cans of vegetables in the cooker on a rack over just enough boiling water to make steam, clamp down the lid, and regulate the pressure and the temperature according to directions which come with the cooker.

If there is a thermometer on your cooker, as is highly desirable, it will show, for example, about 240 degrees (Fahrenheit) when your pressure gauge registers 10 pounds, and about 250 degrees when the pressure is 15 pounds. But if you have no thermometer on the cooker, the only way you can tell the temperature inside is by the pressure gauge, and this gauge must not be allowed to get out of order. It should be tested by a master gauge, certainly at the beginning of the canning season and oftener if possible. (If you do not have a master gauge, or cannot borrow one, inquire of the nearest home demonstration agent, or of the manufacturer of the cooker.)

The processing time must be carefully regulated for each vegetable by a reliable time table based on scientific experiments. The time varies with different vegetables. Corn, lima beans and peas need much more time than snap beans or asparagus, for example. A little more time is needed for any food in glass than in tin.

A pressure cooker for canning costs something like \$8 to \$15 depending on the size and the model, but this is probably not as expensive as the loss of your time and labor and the product itself, to say nothing of the possibility of illness in the family from using a spoiled can. Certainly if you have a good garden and much food to can, a cooker is a good investment, the more so if you can share the cost and the use with a neighbor or two, or in some club or canning center.

Pressure cookers for home canning hold from 3 to 8 quart jars, 5 to 20 pint jars, or 6 to 19 No. 2 tin cans.

The Bureau warns against oven canning for your vegetables, especially.

It may seem as if you could get temperatures high enough for anything in an oven -- and you can get the air in the oven up to 500 degrees. But the food inside the cans goes little if any above the boiling point, and may not be even as hot as that at the center of the can. So oven canning for non-acid vegetables can not be relied on to make them keep or to make them safe.

Full directions for canning the non-acid vegetables are contained in "Canning fruits and vegetables at home", prepared by the Bureau of Home Economics and published as Farmers' Bulletin No. 1471 of the U. S. Department of Agriculture. This bulletin can be obtained on request to the Department.

Meantime the Bureau offers directions for canning whole-grain corn, instead of cream style, which is none too satisfactory a product, besides being hard to sterilize.

Canning Whole-grain Corn

Use only tender sweet corn which has been freshly gathered. Shuck, silk, and clean carefully. Place in boiling water and leave 4 to 5 minutes at simmering temperatures. Cut from the cob deeply enough to remove most of the kernels without objectionable hulls. Do not scrape the cobs. Add 1 teaspoon of salt, and 2 teaspoons of sugar to each quart of corn, and half as much boiling water as corn by weight. Reheat to simmering, and pack into containers at once. Process immediately. C-enameled cans or plain tin may be used. At 240° F., the processing time is as follows: No. 2 cans, 50 minutes; No. 2½ cans, 60 minutes; No. 3 cans, 65 minutes; pint glass jars, 60 minutes; quart jars, 70 minutes.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 24, 1935 (WEDNESDAY)

THE MARKET BASKET
by

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

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

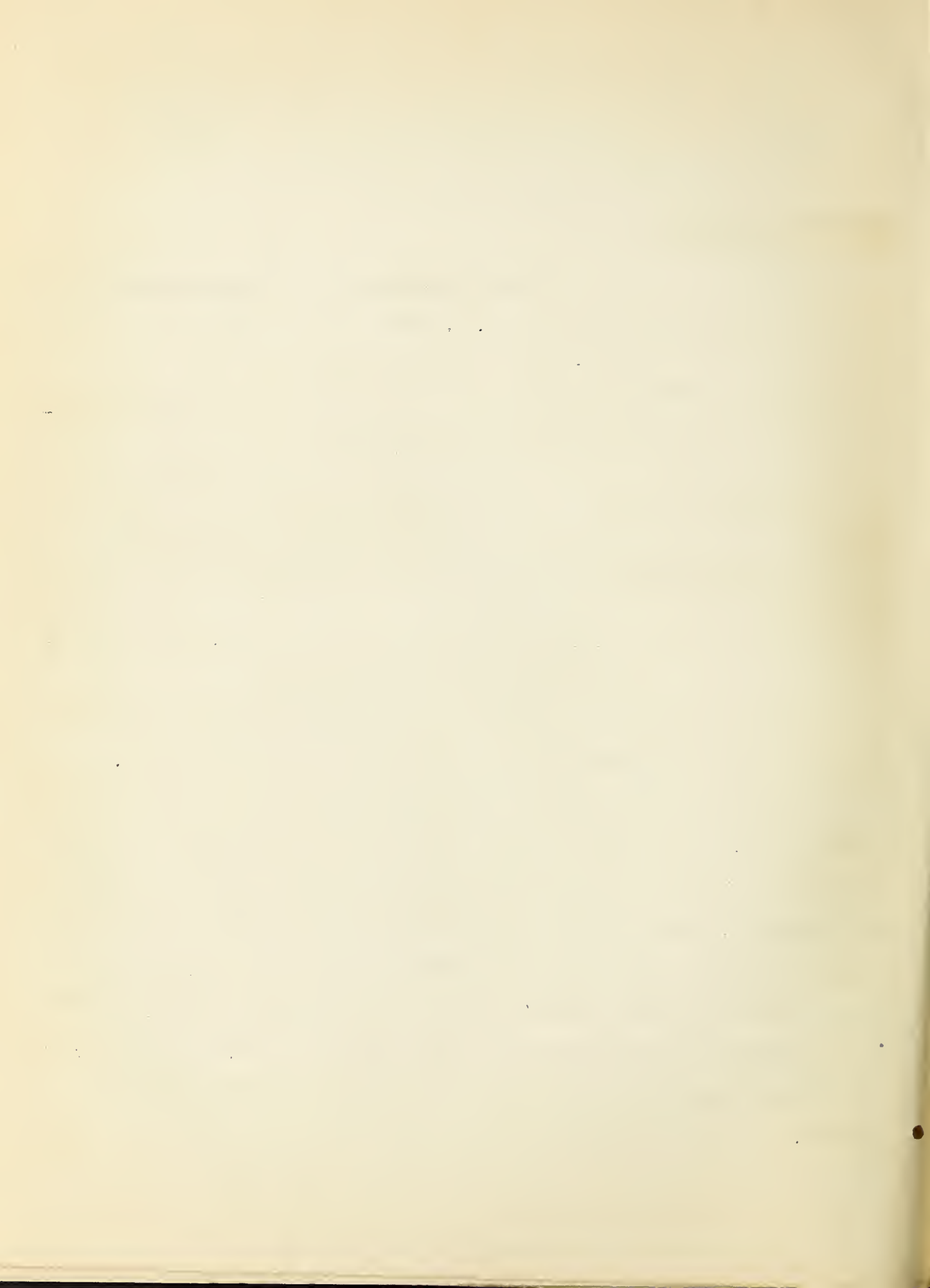
Two to four times a week --

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

GOOD USES FOR SOUR MILK AND SOUR CREAM

In midsummer heat there is likely to be more sour milk and sour cream than at other seasons. Fortunately these are foods that fit the summer appetite.

Sour milk and sour cream are good foods at any time. They should not be too sour, of course. Use them at the right stage. But sour milk, says the Bureau of Home Economics, has all the fine food values the same milk had when sweet, and these values are, for the most part, the kind that are not easily destroyed by cooking. So you get them in biscuits or cookies made with sour milk, or in delicious muffins or waffles, gravies, sauces or pies made with sour cream, as well as in the ice-cold buttermilk that is so refreshing on a hot day. As for the lactic acid bacteria that cause the souring, they merely help along the process of digestion.



Many dairies sell buttermilk, some of them manufacture it. They do this by "ripening" raw or pasteurized milk, skimmed or unskimmed, with "starters", which really are cultures of lactic acid bacteria. The curd is then stirred until it breaks into fine particles, as when churned.

Then there is clabber -- smooth, tender and jelly-like when the milk is in the early stages of souring. Clabber is a favorite for breakfast down on the farm. Or for supper. Or between meals for children with a little soft sugar and cream. The youngsters, remembering Little Miss Muffet, may call it "curds-and-whey".

Sour cream is more of a luxury than sour milk, and even a few spoonfuls, are useful. It takes only a little to whip into horse-radish sauce for meat or fish. Nor does it take much to make a spoonful or two of whipped sour cream to add to a bowl of soup or to give flavor to a sauce or gravy.

Some city stores sell delicious sour cream, at just the right stage of sourness, to serve as salad dressing -- just the thick sour cream, by itself. Try this on a salad of chopped raw vegetables -- cabbage, cucumbers, radishes, and young onions, or what you will. And try it with cottage cheese, pouring it over the cheese to make it richer, smoother, and more tasty.

Sour cream muffins or waffles are famous for their richness and flavor and a delicate brown crust that makes them particularly tempting. The sour cream takes the place of the milk in the usual recipe, and supplies some of the shortening -- all of it if the cream is rich enough. Cakes and cookies are excellent when made with sour cream.

Sour cream gravy is another luxury, especially with fried chicken. But, lacking sour cream enough to make the gravy, add even a little to milk gravy, or add it to the white sauce with creamed chipped beef. Another suggestion: make a little gravy from the fryings of fried tomatoes, using sour cream in that.



With vegetables -- snap beans and spinach especially -- a sour cream sauce is good. Make the sauce with the cooking liquid from the vegetable, and after it is thickened and seasoned, add the cream, then add the cooked vegetable, and heat slowly in the sauce for a few minutes. To season this sauce, use chopped onion and chopped parsley browned in butter, and if you like the "sweet-sour" flavor use a tablespoon each of vinegar and sugar.

Fish baked in sour cream is a treat when you have enough sour cream. Use fillets of haddock, halibut, or some other dry meated, non-oily fish. Put the fillets in a well-greased, shallow dish or pan, salt them, and put them in a very hot oven for about 5 minutes. Then add sour cream to cover the fish, sprinkle dry bread crumbs over the top, and bake at moderate temperature until the fish is tender and the crumbs are brown. Veal chops may be cooked in this sam way -- pan-broiling first, however, then baking in the sour cream, to make them richer and give them more flavor.

Fermented milks, either in liquid form or made into cheese, have been a standby of the human race from early times. There was no way to keep milk sweet in those days -- and so the people made a virtue of necessity. They deliberately made milk sour in ways to suit their taste. In southeastern Europe, in the Caucasus region they made and still make their "kefir" by fermenting the milk of sheep, goats, or cows. The horsemen of the Russian and Siberian steppes make their "kumiss" by fermenting mare's milk. Then there is the "yogurt" of the Turks, the "matzoun" of the Armenians, and the other forms of fermented milk made by the peoples of the Balkans, Sardinia, India and Egypt. These are made of goat's, buffalo's, or cow's milk.

Other kinds of sour milk sold today for special purposes -- acidophilus milk, for instance, and Bulgarian sour milk -- are specially prepared from pure

cultures of two different organisms of the same group, *Lactobacillus acidophilus*, and *Lactobacillus bulgaricus*. Pure cultures of the Bulgarian bacillus are sometimes added to manufactured buttermilk to improve the flavor and texture and prevent separation of the curd from the whey.

Ginger Cake with Sour Milk

1/3 cup fat	1 scant teaspoon soda
1/2 cup sugar	1/2 teaspoon salt
1 cup molasses	1 teaspoon ginger
1 egg	1/2 teaspoon cloves
3 cups sifted soft-wheat flour	1/2 teaspoon cinnamon
2 teaspoons baking powder	1 cup sour milk

Cream together the sugar and fat. Add the molasses and beaten egg. Sift the dry ingredients together twice and add to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350° F.) for 30 to 40 minutes. Serve hot with cream cheese or whipped cream.

Sour Cream Pie

1 cup sugar	1 cup sour cream
1/2 teaspoon cinnamon	1/8 teaspoon salt
1/2 teaspoon cloves	2 tablespoons vinegar
2 eggs	Pastry
1 cup seedless raisins	

Mix the sugar and spices, add to the beaten eggs with the raisins, cream, salt, and vinegar, and beat well. Pour the mixture into a deep pastry-lined pie pan, add the top sheet of dough, and bake in a moderate oven (350° F.) until the crust is golden brown.

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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 31, 1935 (WEDNESDAY)

THE MARKET BASKET

by

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

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Two to four times a week --

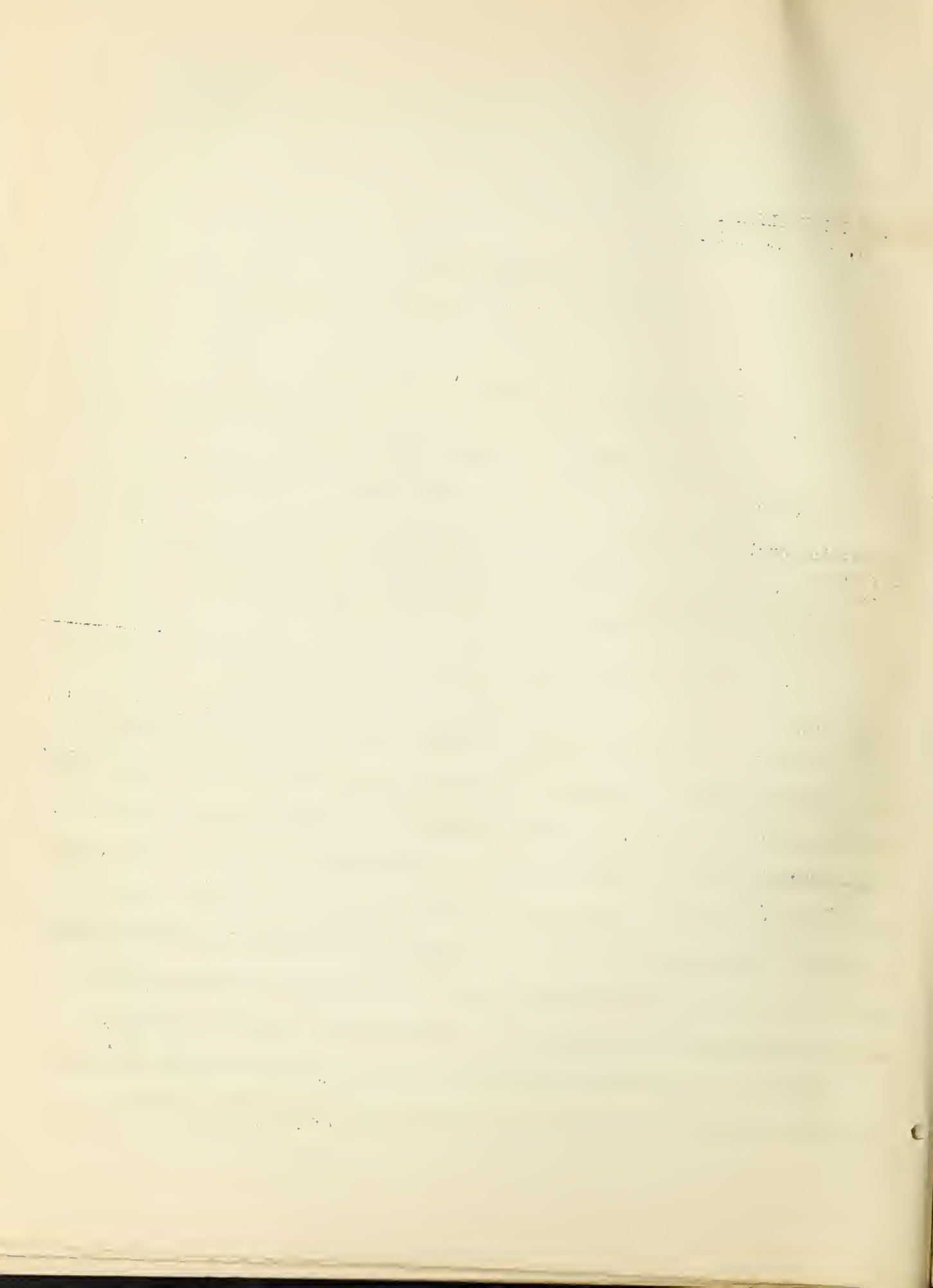
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MELONS

We are in the midst of the melon season. It is a long season, fortunately, and we shall probably be enjoying cantaloups and watermelons for many weeks to come, with honeydews and honey balls as well. Melons grow in many sections of this country, and the crops in different latitudes succeed each other over a period from May well through October. California ships more than half the market supply of cantaloups, and Georgia tops the list for watermelon shipments. But melon growing is an important business in more than 20 States, and there are countless small patches which furnish a home supply and often melons for road-side markets.

We find more good sweet cantaloups in market now than we used to find, says the Bureau of Home Economics of the U. S. Department of Agriculture, thanks to



progress in methods of handling and shipping, and thanks also to Government standards for grading melons for growers and dealers. The growers have found in their own experience, as demonstrated by experiments of the U. S. Department of Agriculture, that cantaloups can be allowed to mature on the vines and still be shipped long distances if rightly handled. A vine-ripened melon is of course far sweeter and better than a melon picked green, as they used to pick cantaloups for shipment. And now the Government grading service, available to all growers and dealers who want it, furnishes standards of quality by which a large proportion of the shipments are judged and graded for ripeness, size, shape, and other quality characteristics before they reach the retail market. By this process the poor-grade melons are for the most part eliminated, and most of those that come to market are U. S. Grade "U. S. No. 1."

Cantaloups are harder to ship safely than watermelons, and the distances for them are longer, too, as a rule -- from California, Colorado, and the Southwest to the East coast, and from the Southeastern States north and westward. But even cantaloups can be and should be left on the vines, the Department experts say, until they are ripe enough to be picked "on the half-slip" for long-distance shipment in refrigerated cars, and to be picked "on the full slip" for markets near enough for the consumer to get the melon within 48 hours from the time of picking.

When the cantaloup is fully mature the stem separates from the melon under pressure of your thumb, leaving a clean, cup-like hole. These are "full slip" melons. When they are a little less mature only part of the stem comes off so easily, and these are the "half-slip" melons. If they are cooled at once and shipped under refrigeration, the "half-slip" melons from California are generally right for eating for 36 to 48 hours after reaching the Eastern markets.



To test a cantaloup when you buy it, feel for the soft spot at the blossom end -- not the stem end. This soft spot usually indicates ripeness. Experts pick a ripe cantaloup also by its yellowish color.

Cantaloups, by the way, are muskmelons -- just as we used to call them. So are honeydews and honey balls, as well as such "winter melons" as the Casaba and the Santa Claus or Christmas melon, known also as the Persian melon. The honey ball is a cross between the honeydew and the Texas Cannon Ball, a well-known variety of muskmelon. The "Rocky Fords" we hear so much about are not a distinct variety, but are a type of muskmelon called "Netted Gem", varieties of which have been developed in the famous Rocky Ford, Colorado, melon-growing region.

Our word cantaloup, or cantaloupe, as you please, the common market name for muskmelons, comes from "cantalupo", the Italian name for melons which, as a matter of fact, we do not grow in this country. They take their name from the Italian Castle of Cantalupo, which was the first place in Europe where these melons were grown -- from seed which were said to have come from Armenia. Muskmelons are believed to be natives, originally, of tropical Asia.

Watermelons grow wild in tropical Africa, where they have been used as food for countless generations. "The most surprising plant in the South African desert", wrote the explorer Livingstone, who found, in rainy years, "vast tracts of the country literally covered with these melons". Like muskmelons, watermelons spread rapidly in the New World from seed brought over by the early explorers -- as early as Columbus, apparently. Indians as well as the white settlers began to cultivate them, and they were growing in New England within ten years after the Mayflower landed, and in the Mississippi Valley before Father Marquette arrived.

The familiar long dark green watermelon is the Tom Watson variety, which is by far the commonest market watermelon. Other favorites are the Stone Mountain or

Dixie Belle, a round green melon; the Irish Grey and other grey or striped melons.

Watermelons are cut from the vines, not picked or pulled, and there should be a good piece of stem left on. But they should not be cut until reasonably ripe, and this the trained eye can tell by the color -- the light background color, especially on the under side of the melon, near the ground. This color, which is pale greenish white in the immature stages, turns yellowish white as the melon ripens. Watermelons do not have to travel so far to market usually as cantaloups do, nor are they so perishable. They are shipped in ventilated box cars, or by truck or boat, without refrigeration.

To judge watermelons as you buy them in the market, the only sure way, according to the experts, is to "plug" the melon, which, of course, is not always allowable. But Mr. W. R. Beattie, senior horticulturist in the U. S. Department of Agriculture, who has sampled thousands of watermelons, says he has found these things to be true: "A good melon has a clean, bright exterior; creamy yellowish-white background color showing under the outside green; a good plump stem, and no indications of decay or sunken spots on the stem, or darkening around the stem". And he adds, "Never try to test a melon by pressing on it. That ruins the sales value of the melon, and isn't a good test. But I do sometimes 'thump' them", he admits. When they go "pink" they're green; when they go "punk" they're ripe.

