

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

homemakers' chat

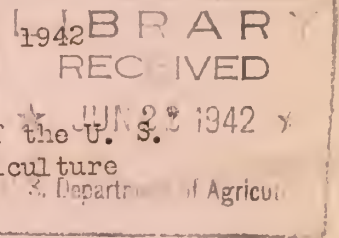
FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT
OF AGRICULTURE



1.9
In 3 Hh

Thursday, June 25,



QUESTION BOX:

How store extra milk? :
Meals on meeting days? :

ANSWERS FROM:

Home economists of the U. S. Department of Agriculture
U. S. Department of Agriculture

---oo0oo---

All the questions in the mail today bring problems for the home economists of the U. S. Department of Agriculture. The questions are the result of wartime changes in our way of living, and the need of conserving what we have. Take this first letter about new milk problems. The letter says:

"Our milkman now delivers milk every other day to save tires. I have difficulty storing the extra day's supply in our refrigerator. We use 4 quarts a day so receive 8 quarts at a time. But on the milk shelf beside the freezing unit there isn't room for eight quarts. And the lower shelves in the refrigerator are too close together for tall bottles of milk. I have some low broad glass jars which fit on the lower shelves, and have been pouring the extra milk into those. But I believe milk doesn't keep so well if it is poured out of the original bottle into something else. I've been gradually training my family to drink more milk, and don't want them to go backward by buying less. Have you any suggestions?"

The home economists say that if you scald the broad, low containers and lids each time you use them, you can pour the milk into them safely. But if this makes too much extra work, why not take out the second shelf below the freezing unit? You can use those refrigerator dishes that fit one above the other for storing other foods in the high space left beside the milk bottles. Some refrigerators have ^{storage} divided shelves. With these, half of the shelf can be removed, and this gives ample / space for the extra bottles.

By planning quantities closely in preparing meals you might be able to cut

down the number of left-overs which usually take up so much space in a refrigerator. Don't store anything in the refrigerator that will keep outside of it.

Many people in cities, especially those living in apartments with small refrigerators, are buying the second day's supply of milk at the grocery store; or buying their milk in rectangular paper containers that take up less space and can even be laid on their sides.

Here's another question brought up by the need of saving tires and gasoline.

"To save driving family cars on different days, our community has worked out a plan for having all the usual meetings on the same day -- home demonstration club, 4-H club, farm bureau, first aid classes, and fire drills for the men and boys. So whole families can come in and make a day of it. We have a community hall where families can gather between meetings and have basket meals, but the hall has no refrigerator or stove for cooking. Can you suggest some menus for these basket lunches and suppers that we eat in the hall?"

Just now, the home economists point out, it's a good time to plan the simplest of all carried lunches -- sandwiches. Perhaps some of you heard the Secretary of Agriculture on the radio the other day, when he said that homemakers could help the wheat storage situation by using more breads of every kind, in fact, by doing more home baking and using flour in other ways. The Secretary suggested trying some of the now enriched flours, or whole wheat flours. This country has lots of wheat this year, but not enough places to store it safely.

If the members of your family will be eating their basket lunches at different hours, you might pack individual lunches. Also plan separately for the second meal away from home, if you're staying late, because you'll want to put the things that keep best into those sandwiches. Ham, corned beef, cooked bacon, and other smoked meat fillings are good keepers, also American or Swiss style cheese, peanut butter, fruit butter spreads, or preserves.

For the first meal, or lunch, you can have meat sandwiches of cold cuts of roast meat, meat loaf, cooked sausage of various kinds, hard-cooked eggs, mashed cooked seasoned navy or soybeans, or a salad filling such as lettuce and tomato. You can vary the sandwiches with different seasonings,-- catsup, mustard, salad dressing, minced onion, horseradish, or pickle.

In case you want to make these meeting-day meals a little out of the ordinary and not too much like the usual school lunches, you could have a few individual meat pies or turnovers, or frankfurters in rolls for the early lunch, bread and cheese for the main feature of the second meal.

To balance the day's meals you will want some vegetables and fruits. Since you have no place to cook, you can use raw crisp vegetables. You might have carrot or turnip sticks, cucumber sticks, raw cabbage in wedge-shaped pieces, whole or quartered tomatoes, celery, spring onions, radishes, slivers of green pepper. In warm weather vegetables keep nicer this way than as filling in sandwiches.

Have fruit for dessert, if you can -- pears, apples, plums, large berries, grapes -- whatever can be eaten from the hand. If your meetings come ahead of the fresh fruit in your garden, there are still dried fruits -- raisins, apricots, prunes, etc.--that are very convenient to eat out of the hand. Fruit turnovers made with canned fruit are good and easy to handle.

That's all the questions for today. More coming next week.

###

The first part of the document discusses the importance of maintaining accurate records.

It is essential to ensure that all data is properly documented and stored.

This process involves regular audits and updates to the system.

The second section covers the various methods used for data collection.

These methods include surveys, interviews, and focus groups.

Each method has its own strengths and weaknesses, which must be considered.

The third part of the document addresses the challenges of data analysis.

One major challenge is the large volume of data generated.

Another challenge is the need for specialized software and tools.

Finally, the interpretation of results can be a complex task.

It is important to use statistical methods to draw valid conclusions.

The fourth section discusses the ethical considerations of data research.

Researchers must ensure that their work is conducted in a responsible manner.

This includes obtaining informed consent from participants.

It also involves protecting the privacy and confidentiality of the data.

The fifth and final part of the document provides a conclusion.

It summarizes the key findings and offers recommendations for future research.

The document concludes that data research is a vital tool for understanding the world.

By following best practices, researchers can maximize the value of their work.

The document is intended to serve as a guide for anyone interested in data research.