

Women's Page



from the KELVIN KITCHEN by Joan Adams

(EDITOR'S NOTE: If you're having any trouble with your pickling this month, write to Jonan Adams in care of this newspaper, enclosing a self-addressed, stamped envelope, and she will be glad to advise you personally.)

IT'S TOMATO TIME

It's really half past tomato time. Bushels and pecks of this luscious vegetable now flood markets and stores with pools of orange-crimson and Chartreuse green. And what a tale the price tags have to tell! Tomatoes are cheap! They are ripe and ready for every use, red for

the table, green for the pickle jar. One of the arts of housewifery is to suit the means to the ends, and make the most of today's economical buys for tomorrow's thrifty store. So let's be lavish with tomatoes, using them for canning and pickling and making place for them on the menus from day to day.

We can measure their goodness by two counts: flavor and healthfulness. What is more relishful than the taste of tomatoes? It has the faculty of altering subtly under different methods of preparation. Some who had never known tomatoes before would hardly guess that the piquant chilled juice which bids us "good morning" at the breakfast table shares identity with the smooth, bland flavor of the cream soup that evening for dinner.

From the health standpoint, tomatoes are a potent, concentrated source of the important vitamin C, and excellent source of vitamin A and a good sources of vitamins B and G. By way of review, vitamin C is the element which maintains teeth and bones and protects the body against scurvy; vitamin A is the anti-infective vitamin, promoting resistance to disease, as well as growth and vigor. Drink plenty of tomato juice when you feel the first sniffles of a cold this season. Use it liberally in the children's meals, now and when they're starting to school.

Little green tomatoes are in great demand for relish, pickles and picallilli, and red ones are for chili. Full, ripe tomatoes are refreshing at table, stuffed with meat or vegetable salad, on the warm fall ways; in cool weather, they will be more appetizing baked stuffed and served on a round of toast. Green tomato pie, tomato toast or tomato with dumplings, are good supper dishes. Have you ever made tomato sauce for meat loaf by following the white sauce recipe, using strained tomato in place of milk? A tomato cocktail is made with sieved ripe tomatoes and finely chopped onion, celery, raw carrot, cabbage and green pepper. It is seasoned with salt, pepper and one-half teaspoon of sugar and served chilled in cocktail or sherber glassees, with a dash of French dressing, horseradish or mayonnaise on top.

Be careful that the tomatoes you get are really a buy. They should be globular or heart-shaped, with glossy, smooth skins of bright color. When cut crosswise, they should show well filled seed cavities and thick, meaty walls. Beware of angular, ribbed scarred tomatoes. Those destined for the pickle pot should be merely small green editions of good, ripe tomatoes. By the vegetable time-table, tomatoes take 60 minutes to bake in a hot (450 degree) oven; 35 to 40 minutes to boil or steam, and 10 minutes by steam pressure with a pressure of 15 pounds.

TOMATO RELISH

One peck of ripe tomatoes chopped and drained, 2 cups chopped cel-

ery, 6 onions (medium sized chopped), 2 ounces white mustard seed, 1 quart cold vinegar. Can without cooking.

CHILI SAUCE

4 quarts chopped and peeled tomatoes.

2 cups chopped onions.

1 cup chopped sweet red pepper.

1 cup chopped green pepper.

1 small hot, red pepper.

2½ cups vinegar.

3 tablespoons salt.

½ cup sugar.

1 tablespoon white mustard seed.

1 teaspoon cinnamon.

1 teaspoon allspice.

Combine the vegetables, salt and sugar, and cook until the mixture begins to thicken, then add the vinegar and spices, and cook until the mixture becomes a thick sauce. Pour into hot jars and seal immediately.

SPICED GREEN TOMATOES

5 pounds small, green tomatoes or larger tomatoes, sliced medium thick.

9 cups white sugar.

1 teaspoon whole cloves.

1 tablespoon stick cinnamon.

1 teaspoon whole all-spice.

1 table spoon white mustard seed.

2 cups vinegar.

Wash tomatoes, but do not peel. If small, prick them slightly. Combine sugar, vinegar and spices; bring mixture to the boiling point and pour it over the tomatoes. Add tomatoes and cook until clear. Seal in clean hot jars.

COYOTE HITS 'HOT WIRE'

When lightning struck the McGill-Ruth power lines near Ely Sunday during the rainstorm, somehow power was shot into the telephone line running between McGill and Ruth, interrupting service. At one point the lightning struck a pole on the wires of the telephone line, charged with power, dangled close to the ground. A playful coyote pup, nearly full grown, evidently saw the sparks jumping from the line, and becoming curious and playful, jumped among the wires. When found by the repair crew, the hot wires had burned three legs off the animal and singed the hair from its head, the power having killed the coyote instantly.

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
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A Code for Child Health

While the industrial codes we read about may come and go, be popular or unpopular, a code for child health will always be a requisite of successful parenthood. Let us review the elements out of which such a code should be made.



I believe most parents would list first: the quart of milk daily, taken in different forms; two or more vegetables, with at least one the green leafy variety daily; some fresh fruit; meat, fish and eggs; and bread and butter.

The amount of sleep is important; restful, quiet sleep. The young child should have an afternoon rest in addition. Fresh air and sunshine must be in the health budget in liberal allotments. And the diminished sunshine of winter calls for one of the fish liver oils as a regular item in the code.

Be sure that the child's right to playtime is honored. Let nothing interfere with this natural heritage. Permit some time every day when the child may do as he pleases. Consider seriously the annual health examination by your family physician and dentist. Insure against smallpox and diphtheria. There are the routine daily health habits such as cleanliness and elimination to be added to the code. Finally do everything possible to bring happiness to the child and to make him feel secure and safe. Give him companionship; laugh with him; encourage his confidences.

Next week Dr. Ireland will write about Health Protection.

Satin Gleams For Fall Evenings



The lovely gleaming lustre of satin is with us again. For several seasons the dull lustreless crepes were smart, now fashion has opened her arms again to satin. A lovely gown of seraceta satin has a low placed flounce and a slit skirt. A separate little shoulder capelet makes it perfect for informal evenings.