

Hints for Homemakers

by **SONDRA REID**

TEST of PEACH RIPENESS

Q. How can I select ripe peaches?

A. The best indicator of ripeness is the ground color of the peach, not the "blush" or degree of redness. As a general rule, look for peaches with a whitish or yellowish ground color; only a few varieties are all-over red. A green ground color indicates that the peach was immature when picked and will not ripen well and will lack flavor.



Sondra Reid

Ripeness is a prime measure of quality.

Q. What other factors indicate a top-quality fresh peach?

A. Soundness is another measure of peach quality. Sound peaches are fairly firm and free from bruises and have fresh-looking skins. A peach with a shriveled skin was

most likely picked green and is not fresh. It will never ripen well.

Q. How can one determine how many peaches to buy?

A. The following guide will prove helpful: Two pounds will yield 4 half cup servings or one 8-inch up-side down cake or a 9-inch pie. One bushel (50 pounds) of peaches will yield 16 to 25 quarts of canned or frozen peaches.

Q. When should one handle or store fresh peaches in the home?

A. As soon as you reach home with peaches, sort them for ripeness. Store the fully ripe ones on the coldest shelf of the refrigerator, spreading them in one layer to prevent bruising. Allow the firm peaches to remain at room temperature (75-80 degrees F.) away from the sunlight. If you buy peaches in large amounts, sort them daily and use or refrigerate the fully ripe ones immediately.

CULTURED PEARLS in DEMAND

Budget-minded men should be happy about the news that American women spend millions of dollars each year on deceptive beauty devices.

One of the most recent fakes to be accepted is the middle-priced simulated pearl, such as those manufactured on the Island of Majorca, Spain.

Last year the United States femme fatale spent more than \$2,000,000 on Majorca pearls. The price of the real thing would have been 10 times as much. Daniel Bennett, president of a U. S. import firm started importing the pearls five years ago, and despite being one of the most expensive simulated pearls on the market, the retail sales volume increased some 25 per cent each year. He thinks their acceptance is related to a general trend toward the use of synthetic products which, because of scientific and engineering achievements, "look like the real thing."

He described how the pearls are made. "A small nucleus is dipped nineteen times into a chemical solution," he said. "After each dipping, the pearl is baked and hand polished. They come out looking and wearing like a cultured pearl."

Bennett compared the success of the pearl imports to Nylon hose and silverplate.

"Nylon stockings at first were a substitute for silk stockings. Today, few stores sell silk stockings. Silverplate, too, was a low-cost substitute for sterling silver. But today silverplate is accepted and has just as much status as sterling," he said.

Paperback Cookbooks Popular

MANY homemakers like the simply-bound paperback cookbooks of favorite recipes gathered from other homemakers, because the dishes included are nearly always tasty and easy to prepare. Often such recipe collections are offered by school, church, or charity groups as money-making projects.

An example is the "Pine Grove Cookbook," compiled by parents of the youngsters attending Pine Grove Pre-School of Chicago. Their goal is to raise money to provide "scholarships" for children whose parents are unable to pay the tuition.

Recipes in this little book are representative of the varied national backgrounds of people of the inner city, although many of the foods are as typically mid-20th century mid-western as anything else. Among the more unusual recipes are baked eggplant salad, country corn bread, blue cheese batter bread, Hungarian bisquet, nalesniki [thin Polish pancakes], homestead eggs, Spanish rice for 12, and beef ragout Bordeaux.

For a copy of "Pine Grove Cookbook," send your name, address, and \$2.50 to the Pine Grove Pre-School, 2817 Pine Grove av., Chicago.

"Our Best to You" is a favorite recipe collection published by the Chicago chapter of Beta Gamma Upsilon, a charity group working to help worthy causes. Recipes are from members of the organization throughout the country, although the editing was done by the Chicago chapter.

The result is intriguing, for it would seem that every recipe submitted was accepted. This means there are several recipes for brownies, for example — two using one method of mixing and five using another. An ingenious idea is that of listing each recipe's ingredients separately, followed by any special directions for that recipe. One set of general directions follows each group of similar recipes.

This is true for apple cakes [three recipes], bean salad [seven marinades], and frozen pumpkin pie [three fillings]. It's a style that makes comparison easy and one that might well be adopted by other cookbook authors.

Many of the book's recipes are quite simple, but there are some unusual ones, including curried shrimps with green rice ring, Chinese pepper steak, and Hungarian beef roast.

To order "Our Best to You," send \$3 with your

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Creamy lime-avocado ring mold filled with a sea food salad is pretty as a picture and just as colorful. It's a buffet salad from a favorite recipe book called "Our Best to You."

name and address to Miss Audrey Paul, 6221 N. Kenmore av., Chicago, Ill. 60626.

A new paperback cookbook, called "Second Helpings," is a sequel to "Elegant but Easy," both written by Marian Burrow and Louis Levine. The first book was

"picked up" by a book company after the authors had printed several editions. The second book also is being published by the authors and may be ordered for \$2 from Second Helpings, 72 Spring Glen Terrace, Hamden, Conn. This book's recipes with a gourmet tinge include grass-

hopper pie, Lebanese pineapple, mocha mousse with praline sauce, avocado olive mold, sour cream shrimp curry, and baked chicken with Cumberland sauce. Each recipe is marked as to how many days in advance it can be prepared and also as to its freezability.

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