

Hints for Homemakers

by SONDRA REID

Dishes to Balance the Food Budget

Are you wondering what happened to your food budget this week? A roast that costs more than you had planned on and a few of the extras that please the family can put quite a dent in your food allowance.

If you are in an economy-minded mood, take an-



Sondra Reid

other look at the variety meats—heart, tongue and liver — when you shop. They are mighty good eating and will ease the budget squeeze.

Beef, pork, lamb and veal hearts are all excellent foods whether judged from a nutritional standpoint or fastiness.

STUFFED HEART

- 1 beef heart
- 2 cups soft bread crumbs
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. sage
- 2 tbsp. chopped onion
- 1/4 cup chopped celery
- 1 egg, beaten
- Water
- 1/4 cup flour

- 1 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. fat

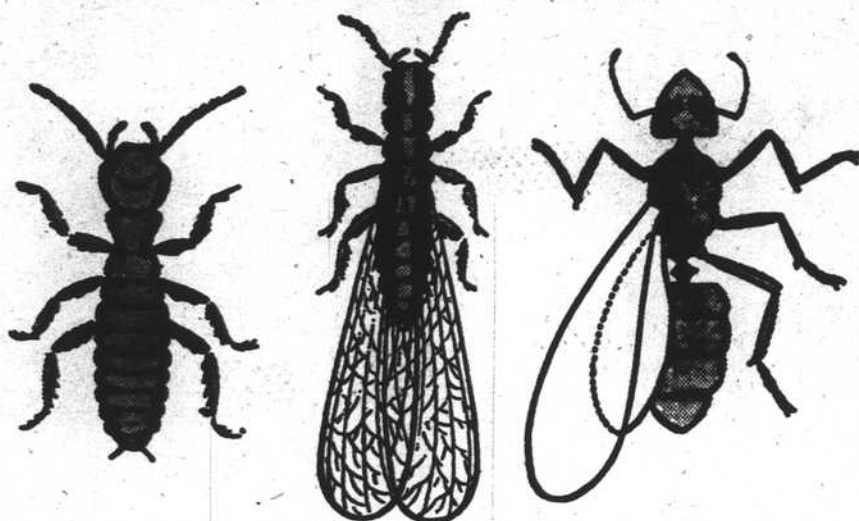
Wash beef heart and remove the hard parts. Combine bread crumbs, salt, pepper, sage and onion. Mix in celery and egg. Combine well and add just enough water to make a slightly moist stuffing. Fill the heart cavity with stuffing and sew or skewer the heart to hold the stuffing inside. Dredge the stuffed heart in a mixture of the flour, salt and pepper. Brown on all sides in the melted fat. Add 1/4 cup water, cover and bake at 300 deg., 3 to 3 1/2 hr., or until tender. Add more water if necessary. Makes 4 servings.

LIVER MELANGE

- 2 tbsp. flour
- 3/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. garlic salt
- 1/2 tsp. paprika
- 1 lb. beef liver, sliced
- 2 small onions, sliced
- 3 tbsp. fat
- 1/4 cup water
- 14-oz. can sliced potatoes, drained
- 1-lb. can cut green beans, drained
- Salt

Combine flour, salt, pepper, garlic salt and paprika. Dredge liver in seasoned flour. Brown liver and onions in fat. Pour off drippings and add water, potatoes and beans. Season vegetables lightly with salt. Cover and cook over low heat 15 min. Makes 4 to 6 servings.

Treat Termites Rough



Left to right, wingless worker termite, winged termite and winged ant.

The best way to keep termites out of the house is to treat the soil around the foundation with chemicals. One of the most effective termite killers is chlordane. It kills termites on contact, has remained effective for over 14 years in government tests, and is non-injurious to grass and shrubbery. If you are building a new house, plan to treat the soil underneath the foundation before it is laid.

If your house is already built, there are two methods of constructing your termite barrier. The first method involves digging a trench around the house against the foundation about 12 inches wide and 12 to 15 inches deep (deeper if you have a basement). Then you mix chlordane with water and pour two gallons per foot of depth into every five feet of trench. As you refill the trench you mix the chlordane solution with soil and it is replaced. Afterwards you spray the solution in crawl spaces or over any exposed soil in basements.

The second method is called soil "probing" or "injection." It involves the use of a pipe to force the chlordane solution under pressure into the soil surrounding the house. This system has proved to be highly effective and much easier and faster than trenching. It is done by a professional or the job may be accomplished

with an inexpensive soil injector that is available in hardware stores, garden shops, and building supply stores.

The injector has a transparent chamber into which you drop the prescribed number of chlordane cartridges. Then you close the chamber, attach the garden hose, and push the injector tube into the ground about six inches from the foundation. When the water is turned on it dissolves the cartridge and forces the chlordane solution into the ground. The process is repeated a foot from the first injection, and so on around the house. If the house has a crawl space the procedure should be repeated inside the foundation walls. Finally, use the injector to spray along the outside of the foundation and in crawl areas.

Tests have shown that this method will leave a wall of "poison" around the house that will kill termites on contact for as long as five years and sometime longer. And not only does it keep termites out, but it is also effective in getting rid of termites which may have already infested the wood. Termites never nest in the house. They must return to the soil about once every 24 hours to obtain fresh moisture. When they come in contact with the chlordane it kills them.

Ross Insecticides Inc., Des

Moines, Iowa, who have developed the soil injector say a good procedure to follow in protecting the house from termites is to inspect it thoroughly about every six months. Remove any trash or scrap lumber that is touching the foundation. Trim shrubbery so that it does not come in contact with the structure. Look for small mud tubes running from the ground up the foundation to the wood siding or into holes in the foundation. It is better to keep termites out than to try to get rid of them. Treat the soil around and under the house.

What do termites look like? Subterranean termites, the most common and destructive variety in the U. S., look somewhat like ants. The most easily recognized difference is that their bodies aren't "pinched in" at the "waist" the way ants are. Although termites are active all year you probably will not see any in the open except in the early spring when they are swarming. Then the ones you see will be brown or black with long whitish wings. These are the reproductives, the ones which lay eggs and start new colonies.

But the ones which do the damage are the white, wingless "worker" termites. They are seldom seen because they live and travel underground.

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