Light Housekeeping

By LULA MACKAY

There is no doubt about it, you do save money when you do your own laundry in your own automatic washer. But do you save enough to make it worth your time? Last week the U.S. Department of Agriculture discussed the costs of today's laundry-at-home projects, and here's some of the facts the Department came up with.

First, you must consider the original cost of the appliance — plus cost of the credit, (if you purchased on time) and repairs. Everything must be considered when computing costs: costs of detergent, softener; bleach, and unit cost of fuel and water.

The average life of a washer is about 10 years, and an electric dryer about 14 years. Five percent of the cost of appliances divided over the number of loads per year provides for average maintenance costs.

Estimated cost per load of laundry done at home in the Washington area is, if you do three loads per week, about .73 per load. The larger the number of loads you do the less cost. If you do 10 loads per week, the cost goes down to about 41 cents per loya.

Homemaking: The next time you have to decide whether to serve your wine chilled or at room temperature, you might decide on the basis of how good a wine you have.

Taste, it seems, is at its peak when the liquid is near or slightly below body temperature. So, you can mask the taste of alesser quality of wine bf chilling it. On the other hand, chilling a good wine is likely to lessen the taste.

* * *

Fashionette: You will be paying more attention to bags and belts this spring. The belts and bags are following the boots image.

Mostly shoulder strapped, they're ing every size and shape. They range from a tiny pouch to a giant carry-it-all and have lots of hardware, fringe and chains.

The belts go from the skinny to wide-wide, with loops and grommets and big buckles.

What's New? Recipe cards are the latest for the woman in the kitchen. The cards, which include everything from appetizers to main dishes to desserts, are brightly colored, coated and oversized. Fifty-two in all, they are marked to double as playing cards.

Beauty Bit: If you want to do something for your skin and help ecology along at the same time, switch to pure castile soap. It's not full of those water-polluting phosphates, and it's the gentle cleanser for your skin that leaves it soap and water fresh and clean without a dry taut feeling.

Pure and gentle enough for sensitive skin, baby soap cleans without adding to one of our biggest problems.

* * *

Kitchen notes: These days budget-minded homemakers bent on feeding their families well are taking advantage of midweek specials on meats.

Government reports show that in spite of current prices, families are still consuming a fair share of this excellent body-building food. Next to that All-American favorite, beef, pork still ranks second in popularity.

Small wonder that fresh pork makes such a big nit with shoppers, since it's available in a wide variety of forms — chopped or cubed, steaks or chops.

Even the prices can shoulder ⁹ or rib roasts, bone-in or boned (not to mention cured and smoked pork).

sometimes be "made to order." on days when you wish to spend less on meat, turn down a rib roast for a less expensive shoulder roast. From the lower shoulder there is the pork picnic, and from the upper the Boston butt. The Boston but alone can provide a family with meat for several meals: A roast for the first meal, boneless steaks for a second, and why not a meat-stretching cubed pork dish for the third.

It's true, weekly "specials" play an important role in meal planning. But another reason given for the increased public demand for pork is the leaner, more attractive product now on the market — with less fat, fewer calories, and more protein. In fact, one serving of pork supplies the average adult with about one-third of his Recommended Daily Allowance for protein.

Economy Meals

"Orange juice esmart" to serve nutritious, flavor-drenched orange juice at breakfast time!

And aren't you all the smarter to keep fresh, canned, frozen, or fresh-chilled orange juice on hand for instant between-meal snacks that supply quick energy and wipe out mid-afternoon droop with lively color and taste. No empty calories here!

Drinking orang ejuice is a fresh, natural way to get your daily requirement of Vitamin C, nature's top cold-fighter. Don't forget that Vitamin C. can't be stored by the body, so you need some every day, advises the U.S. Department of Agriculture's Consumer and Marketing Service.

* * *

Simple, and simply scrumptious, orange juice variations are made by serving the juice in combination with milk, buttermilk, ice cream, sherbret, or ginger ale. Orange juice is in plentiful supply, so have fun inventing your own variations.

But you can have your orange juice and eat it, too. For example, Orange Mayonnaise, made by thining one cup mayonnaise with three tablespoons orange juice concentrate, adds a distinctive new accent to cole slaw or chicken salad.

Then there's Orange Peanut Butter Favorite: gradually add orange juice concentrate to an equal amount of peanut butter, beating until smooth. Serve this mixture on raisin or white bread, and you'll see it's aptly named.

* * *

Here's a menu for a day's good eating, using orange juice and other foods that are abundant and moderate in price:

BREAKFAST
Tangerine-Grapefruit Medley
Scrambled Eggs
Biscuit with Butter or Margarine
Milk
Coffee or Tea

LUNCH
Grilled Ham and Cheese Sandwich
Carrot Sticks
Applesauce
Milk

DINNER
Meatloaf
Mashed Potatoes with Onions
Mixed Vegetables
Frozen Orange-Rice Pudding
Milk
Coffee or Tea

Frozen Orange-Rice Pudding makes an extra special dessert with an attractive marbled effect and "tree-ripe" orange sweetness:

Use one and one-third cups water, one-half teaspoon salt, two-third cup uncooked white rice, one-half cup milk, one-half cup beet or cane sugar, one-half teaspoon vanilla, one-half pint whipping cream and one-half cup frozen concentrated orange juice.

Put the water, salt and rice in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat as low as possible. Cover the saucepan with a lid. Leave over this low heat for 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes. Immediately remove lid and stir in the milk, sugar and vanilla. Cover and allow to cool.

When the rice has cooled, stir to make the mixture creamy. Whip the cream until thick. Fold the rice into the whipped cream. Immediately place in a freezing tray. Stir the frozen concentrated orange-juice through the rice-whipped cream mixture with circular motions to make swirls of orange juice through the rice mixture.

Place in the freezing compartment of the refrigerator until frozen. If desert becomes too hard, remove from freezing compartment to soften slightly before serving. If desired, garnish servings with fresh orange sections.

Makes 12 servings.

MUND set to open new restaurant

MUND (Model Urban Neighborhood Demonstration) Development Corporation, the economic arm of the MUND project, an OEO funded anti-poverty project has announced that negotiations with Gordon's Fish N' Chips had been completed and the new Carry-Out Restaurant is slated to open around March 15.

The new establishment, formerly called Sea Host Restaurant, is located at Maryland and North Aves. and is owned by the MUND Development Corporation.

Gordon's Fish N' Chips is a group of new eat-in carry-out restaurants managed by Stanley Gordon, owner of Gordon's of Orleans St., a Maryland renowned seafood restaurant.

"This new operation will give us a chance to help develop local business entrepreneurs," said Mr. Gordon.

Councilman Robert Douglass, chairman of the Board of the MUND Development Corporation said:

"Besides the tremendous help in the business area that we will receive from Mr. Gordon, we will also serve some of the best seafood in the area, and Baltimore is a seafood town.

The MUND Development Corporation is a neighborhood corporation that aids business and coordinates economic development. It has a Board composed of residents from the demonstration area.

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Pantry Pride HOT LINE
Q. Why oh why do I have to take my stove apart every time I cook macaroni. It never fails but the pot boils over and I have a mess on my hands, on my stove too for that matter. any suggestions?
Macaroni Stopper
Dear Mac,
Try pouring oil on troubled waters. Literally. When cooking macaroni add one tablespoon of oil to each two quarts of cooking water. This will keep the macaroni from frothing over. As an added bonus, it will also prevent the macaroni's sticking to the pot. Marilyn
Q. Are there any easy ways to make spinach for a very beginning cook? I mean other than just boiling a frozen package, of course. New Bride
Dear New Bride,
This one is good enough to even try on company. Take 3 10 oz. packages of frozen chopped spinach, 1 package of dry onion soup, 1 pint of sour cream. Cook the spinach according to directions and drain; add dry onion soup mixed with sour cream. Pour into baking dish, cover and bake at 350 degrees for thirty minutes. You ll get eight servings and probably requests for seconds.
Once you've got this down you may want to go on to greater heights — creamed spinach. Wash 2 lbs. of spinach allowing water to cling to leaves. Cook for 2 minutes adding no water. Then add 1 cup milk. Combine ½ tsp. salt, 2 tbsp. flour and ½ cup cream, add to hot mixture. Cook until thickened. Add butter. Serves 6.
Either recipe should turn your friends green with envy. Marilyn
Pantry Pride HOT LINE
Q. Nowadays dessert should be as easy as apple pie but it isn't for me. I've simply no time to bake after getting home from work and my family is tired of store bought cakes and pies. What can I do in this dilema? Martha Campbell
Dear Martha,
You said it yourself. The answer is as easy as apple pie. Try warming that store bought pie and serving it with ice cream. It ll make a difference especially if you're busy all the time. Marilyn
Q. Is there an easy way to serve crabmeat? I see it on food shelves at the market but I've never tried it? Carol Canton
Dear Carol,
Crabmeat can be a real grabber at a cocktail party. It's so simple to prepare. Open the can two always begin that way) and drain the liquid. Mash the crabmeat with a fork. Prepare a shrimp sauce using ketchup and red horseradish to taste. Add the crabmeat and serve with crackers.
Your guests will really grab at this one. Marilyn
Q. Every now and then I feel like making a vegetable that is not frozen or canned. They always look so interesting at the market. Are they very difficult? If they are, I will stick with frozen or canned.
Mrs. R.B. Golden
Dear Mrs. Golden,
Cauliflower looks the most intriguing to me and is really quite simple to prepare, so there s no way out for you.
Cut off the tough end of the stem and remove the leaves. Then soak in cold salted water, head down for fifteen minutes, and drain. Place a trivet in a deep saucepan with a closely fitting lid add boiling water to barely cover the bottom of the pan. Place the cauliflower on the trivet and cover the pan. Steam the cauliflower for 15 or 20 minutes until it is tender but firm. Then drain and place in a serving dish and sprinkle with buttered breadcrumbs or chopped nut meats. Marilyn
Pantry Pride HOT LINE
Q. A lot of my friends are good cooks. When they exchange recipes they don't always give the oven temperatures. They say bake it in a slow, moderate, hot or very hot oven. I hate to ask them so I'm asking you instead. What do those terms mean?
Miss Gail McCurry
Dear Miss McCurry,
In this day and age when almost all ovens are marked it does seem unusual to use such terms rather than being specific.
Slow oven ... 250 to 325
Moderate oven ... 325 to 400
Hot oven ... 400 to 450
Very hot oven ... 450 to 500
The way they used to tell how hot an oven temperature had become was to sprinkle flour on a pan and place it in a heated oven. If the flour turned a delicate brown in 5 minutes the oven was slow, if it turned a medium golden brown the oven was moderate, if it turned a deep dark brown the oven was hot, if it turned a deep dark brown in 3 minutes the oven was very hot.
So much easier today, isn t it Marilyn

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