Seasonal vegetables main-stays of meals

By VIRGINIA McLUCKIE
Food Economist

It is time to use s[illegible]onal winter vegetables a[illegible] and utilize proces[illegible]rms even if the te[illegible]ture outside is not [illegible] of winter chill, say [illegible]ginia McLuckie, Food Economist, Baltimore Office of the Department of Markets, University of Maryland.

Root vegetables are important winter vegetables, potatoes, onions, rutabagas, group of vegetables.

White potatoes are one of the main-stays of our diet as we use them for any meal of the day, prepared in plain or fancy ways. Production of fall potatoes is estimated at one per cent less than 1970's record crop.

The 1971 crop was harvested from 22,600 fewer acres but the yield per acre was a record high 235 hundred weight. The winter and spring crops for 1972 are expected to be less than 1971 because of lower acreage planted and growing conditions. Right now potatoes are in good supply.

The best quality potatoes are firm, smooth, well shaped, free from cuts, blemishes and decay. Look for fairly clean, washed potatoes. At home sort the potatoes using any with defects first, then store them in a dark, cool, place where there is some air circulation. Think of the potatoes in sizes of four potatoes per pound, boiled in the jacked or pared or baked as having about 100 calories.

Rutabagas are a vegetable we see in the produce bin and pass it up because we are not very familiary preparing it or may never have tasted its flavor. Top quality rutabagas are well formed, reasonably smoothe and firm and heavy for their size. They are characterized by a round yellow body with a wide deep purple mantle. The moisture is retained in the fine yellow flesh by a waxing process which extends the market life to six to eight months. Rutabagas are easy to cook. They may be peeled then boiled, baked, pan-sauted or pressure cooked in small or large pieces. One pound of rutabaga, diced and cooked makes 2½ cups or four generous servings.

As for canned vegetables, prices for most items were firm to strong at the time of the price freeze. Some items are currently at ceiling levels. With a moderate supply expected this season firm prices are expected to continue. Supplies are smaller for snapbeans, beets, sauerkraut, and pickles. Total supplies of green peas, sweet corn and tomato products are moderately larger.

Excluding potatoes, the total supply of the seven major frozen vegetables is expected to be slightly smaller than a year earlier. Stocks on hand for the No. 1 frozen vegetagle potatoes are up fourteen percent and most of the tonage is in French fries.

Fruit best buys lists include juice oranges, grapefruit, Temple oranges, apples, D'Anjou pears, bananas, canned pears, canned applesauce and dried prunes.

To make Lemon Rutabaga sticks, you will need two cups (1 pound) rutabaga sticks, one tablespoon butter, one teaspoon finely chopped onion, one teaspoon lemon juice, and two teaspoon parsley (optional).

Cook rutabaga sticks in a small amount of boiling salted water until crisp-tender. Drain and add remaining ingredients. Toss to coat. Makes 4 servings.

When exiting from a car on a road with heavy traffic, always try to use the door on the curbside.

Remove black shoe marks from tile and linoleum with a small piece of cotton saturated with furniture polish.

Party honors Mrs. Steele

Mrs. Dorothy M. Steele was given a birthday party at her Coleherne Rd. home, Saturday evening.

Those present at the celebration were:

Messrs and Mesdames John Holmes, William C. Hardy, Reginald M. Jones, Charles L. Johnson, Vernell Pulliam, Jerome Wiggins, Jack Johnson;

Mesdames Lelia A. Harrison, Goldie Young, Vyola V. Usher, Juanita Dates, Jerome Berry, Eleanor J. Dashiell, Beverly Jennings, Allister Lawson and Roberta Hall; Misses Machele Steele, Vera E. Hawkins, Ruby L. Gill, Wanda C. Johnson, Marcella Usher, Gwendolyn Bracey, Brenda Cooper and Mary E. Minor;

Corey Jennings, Perry Jennings, John Servance, William H. Johnson, Jesse A. Means, Pernell Leake, L. E. Royal, Edgar O. Mason.

Daniel Etheridge, Walter Fleming, Andrew Montgomery, Franklin White, Theodore W. Savage Jr., Clarence L. Ross and Charles Moore.

Out-of-town guests were Mesdames Loree C. Tanksly, Camden, N.J.; Nella Bare, Jamaica, W.I.; Clarence Brooks, Washington and Earl Powell, Washington.

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Light Housekeeping

By LALA MACKAY

With January having been designated as "Alcoholism Information Month," each person would do well to remember that at least one in every 20, and probably one in every 12 people over the age of 18 is an alcoholic. One in every eight Americans is a potential alcoholic. Alcoholism is not an illness like measles or a cold which can be caught overnight. It is a slowly developing, progressive disease. There is no hard and fast line between casual drinking and alcohol dependency, nor between alcohol dependency and alcoholism.

While it is difficult to define exactly when a person has become alcohol-dependent, there are warning signals with which anyone who drinks should become familiar. These include the development of a firm and predictable drinking pattern and a distinguishable increase in the amount of alcohol consumed within this pattern.

In addition, there are a number of other signs to be on the lookout for with the increased consumption of alcohol.

These include the individual who:

Used to have just one or two drinks to relax at the end of the day and now has three or four;

Finds increasing pleasure in drinking at lunch and does it more frequently;

Used to drink to be sociable or to celebrate and now drinks to induce sleep or because he is worried or depressed;

Notices he is drinking more this year than last;

Used to drink at cocktail parties but now drinks before the party as well.

Beauty bit: If you tired of the weekly, or bi-weekly chore of shaving your legs — if you're really fed up with the little knicks and styptic pencils — why not try waxing your legs?

* * *

Waxing isn't really new, in fact, it's rapidly gaining in popularity because even though it may take longer than a razor it lasts for three, four, or even five weeks at a time and that's sort of worth the little extra effort.

Your best bet, if you're new to the process, is to buy a dipilatory kit made by a reputable cosmetic company, whose name and product you're familiar with. The kit should contain wax, a pan to melt it in and after-waxing creme.

Reading the instructions carefully — and then try a small tip many models use, who have to keep their legs in a grade A shape all the time. Before you apply the wax, liberally dust your legs from ankle to thigh with baby powder to keep a little protective barrier between your skin and the wax. The powder will smoothe your legs and help to cut down the sting when you pull the wax off.

The process might, indeed, take a little longer and the wax may be a bit more uncomfortable than a razor, but you'll never have ugly razor cuts to contend with and best of all, you'll only have to wax ten or so times a year. And when you get right down to it, who could ask for more?

What's new? A handy proof laundry marking pen has been introduced and the manufacturer says it will ease the washing burden for women.

The pen lays down a sharp, vivid, long-lasting mark that stands up to repeated washings and resists dry cleaning chemicals. It offers a fast, permanent and water-proof way of marking clothing with names, making the sorting problem easier after the wash is dry. It is helpful also in marking curtains and camp clothing.

Recipe of the Week: Mix delicate pears with pungent gingerbread for a rich and delicious Pear Upside Down Gingerbread.

The recipe requires one and one half cups drained sliced pears, a tablespoon melted butter, a fourth cup firmly packed brown sugar, tablespoon grated lemon walnuts, a half cup chopped walnuts, a half cup softened butter, a half cup sugar, two cups sifted flour.

Also a fourth teaspoon salt, a teaspoon soda, a teaspoon cinnamon, three-fourth teaspoon ginger, a fourth teaspoon nutmeg, a half cup Carnation evaporated milk, two tablespoons preserved pear syrup, a tablespoon vinegar and a half cup light molasses.

Drain pears. Reserve syrup. Arrange pear slices on bottom of buttered 9x9x2-inch pan. Combine one tablespoon melted butter and brown sugar. Sprinkle brown sugar mixture, lemon rind and walnuts over pears.

Cream half cup butter until light and fluffy. Add sugar and beat until smooth. Sift flour, salt, soda and spices together. Add dry ingredients and evaporated milk alternately to butter-sugar mixture. Add remaining ingredients.

Beat on low speed of electric mixer for two minutes or until mixture is well blended. Pour batter over pear slices. Bake in moderate oven (375 F.) 35 minutes. Invert on serving platter. Serve warm.

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