

## WARTIME HOMEMAKER

### HOW TO STORE PERISHABLE FOODS

By the HOMEMAKING SPECIALISTS of the General Electric Consumers Institute

Advice from the General Electric Consumers Institute is not to overload your refrigerator with products that do not require cold temperatures at the expense of having your essential greens etc., spoil. But if you do find a little extra refrigeration space there are many foods which may be stored there to be kept especially fresh and flavorful in the hot weather.

Passed on to you from the Institute is some sound advice about proper care, preparation and storage of perishable foods for refrigeration which will help prevent the loss of vitamins and edible appeal.

#### Fresh Fruits

Tender-skinned fruit (peaches, pears, plums, etc.) should be spread out on lower shelf of refrigerator to prevent bruising.

Store berries in a shallow dish on lower shelf of refrigerator or in moist-cold fruit drawer. Do not wash or cap berries until ready to use.

Do not store bananas in refrigerator; they should stand at room temperature.

Fruit and vegetable juices should be covered and stored in refrigerator to conserve vitamins.

Do not chop or crush fruits until ready to use. If chopped and allowed to stand they lose too many vitamins.

Store quick-frozen fruits in freezing unit only for short periods of time; serve as soon as possible.

By Charles F. Thomas.

Ever try to guess the height of some tree or building?

Here's an easy method you can use that takes almost all the guess out of it. Forest rangers use it some times when they are in the field without surveying instruments.

First select some object whose height you wish to judge. This can be a tree, a telephone post, or anything similar.

Then equip yourself with a small ruler and stand facing the object now hold your arm straight out from your shoulder, parallel with the ground. At the same time hold the ruler upright in your hand.

After this, sight to the top of the ruler in line with it. Then sight to the bottom of the object and place your thumb where this line crosses the ruler.

Finally measure the distance between the spot where you were

#### Fresh Vegetables

Remove spoiled leaves from lettuce, cabbage, etc., and wash well under cold running water. Store in refrigerator vegetable pan, if available, or wrap in waxed paper or a damp cloth.

Reduce bulky vegetables to their edible portion before storing, to save space. Place in vegetable pan or in a cellophane bag and use as soon as possible to prevent vitamin loss.

Wash, drain and store cooking greens in vegetable pan or cellophane bag in refrigerator. Give them plenty of room to prevent bruising.

#### Butter and Other Fats

Store all table fats in covered dish in your refrigerator. Store on shelf next to freezer compartment away from foods with strong flavors and odors. (Your post-war refrigerator may have a Butter Conditioner which will keep your butter at spreading consistency and free from foreign flavor.)

Return all fats to refrigerator immediately after use. Keep cooking fats in refrigerator, not standing on range.

#### MISCELLANEOUS

EGGS—Place eggs in moist-cold compartment, if available, or in covered dish. Improperly stored eggs will not "stand up" when fried or beaten, and will absorb flavors. Do not wash eggs before storing.

CEREALS—Keep cereals crisp and fresh by placing them in general storage compartment of refrigerator.

DRIED FRUITS—Store in general storage compartment.

COFFEE—Coffee will stay fresh longer if kept in a jar in the refrigerator.

BREAD—Bread stays fresh longer, especially in hot, damp weather, if kept carefully wrapped in general storage compartment of refrigerator.

OPENED CANNED GOODS—Opened canned goods may be stored in the original cans without harm to flavor, appearance, or nutritive content. The opened can should be covered to prevent absorption of other flavors and odors, and retain vitamin content.

standing and the bottom of the object.

With this done get out a pencil and paper and write down the following formula:

Height of object equals distance from object times height on ruler divided length of reach.

Now substitute your measurements for the term on the right-hand side of the equation. "Distance from object" is the distance from the spot where you are standing.

height on ruler is the number of inches from the top of the ruler to the place you marked with your thumb. Length of reach is the distance from your eyes to the ruler in your hand as your arm is held straight out from your shoulder.

HERE'S HOW IT WORKS

For example, suppose you had the following measurements:

Distance from object equals 100 ft.

Height on ruler equals 6 inches

Length of reach equals 22 inches

Then, substituting in the formula you would get:

Height of object equals 100 ft. x 6 inches divided by 22 inches.

Before you do anything else tho, change all the measurements expressed in feet into inches. This is extremely important. You can do it easily by multiplying the number of feet by 12, which is the number of inches in one foot. This means that

## EMPEROR:

### His Background

Their authority re-established with the overthrow of the military governors in 1868, the Japanese emperors, supposedly descended from the sun goddess, have exercised their mythical power for the unification of the country to facilitate its imperial development.

With the overthrow of the shogunate shortly after Admiral Perry opened the door of Japan to the outside world, the simple island people, previously owing strict allegiance to the military clan, easily transferred their blind obedience to the mikado.

The present mikado, Hirohito, is a puny, nearsighted man of 44. He is called the 124th emperor of Japan by the Japanese court authorities. When he ascended the throne in 1926, he chose the word "Showa," meaning "enlightenment and peace," to describe his reign.

Many political experts believe that personally Hirohito wanted peace, but as the puppet of the military clique had to go along with their designs. Actually he wields little real power. His actual "reign" began in 1921, then as prince regent he ruled in his father's stead. He was married in 1924 and is the father of one son and three daughters.

### RECONVERSION:

#### Next Job

With World War II finished, and with the nation's great armament production due to be slashed, interest mounted in the government's program for switching industry back to a peacetime basis and providing continued high employment.

Shortly before the cessation of hostilities, President Truman called in War Production Board Chairman Krug to go over plans for speeding up reconversion to prevent a large-scale rupture of the country's economy after V-J day.

At the meeting, it was determined that the WPB was to conduct a vigorous drive for the expansion of production of materials in short supply to meet all demands; limit manufacture of articles requiring scarce materials; establish effective control over material stockpiles to prevent speculative hoarding that would endanger the stabilization program; provide priority assistance to break bottlenecks that might impede the switch back to civilian goods, and allocate scarce materials for lower priced articles to keep costs down.

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## ANY BONDS TODAY?

By Kay Kyser

Illustrated by Ed Reed



"I knew I should have gotten more War Stamps."

in the make-believe case the distance from object, which is 100 feet, would become 1200 inches.

So you would have:

Ht. of object would be 1200 inches x 6 inches divided by 22 inches—equals 7200 inches divided by 22 in.

equals 327 inches.

In other words, the height of the object would be 327 inches. But you don't want your answer in inches, so divide by 12 and it comes out.

Height of object equals twenty-seven and one half feet.

### WHEN CHILDREN GET OLD-AGE AND SURVIVORS INSURANCE BENEFITS

Old-Age and Survivors Insurance benefits are now being paid every month to about 1049 boys and girls, under age 18, who live in the Asheville area. In the whole state of North Carolina there are some 13,500 youngsters who receive these monthly payments as provided by the Social Security Act for children, under age 18, of deceased wage earners. In many cases, the mother also gets benefits.

D. W. Lambert, manager of the Asheville office of the Social Security Board, said today that the widow of an insured worker, regardless of age, is eligible for benefits if she has, in her care, his children, stepchildren, or

talk with the manager or his assistant. If it appears that benefits are payable, the claimant will be given help (if it is requested) in filling out his papers and in obtaining any evidence that may be required in connection with his claim.

The Asheville office, which serves 17 counties of Western North Carolina, is located at 203 Flatiron Building.

Our idea of stopping wars would be to put the price of wood so high nations couldn't afford to run around with chips on their shoulders.



A sign reads, "Should the dairy be too busy to give you sterilized milk, move the bottle past-your-eyes."

Why should red-bugs worry an old "sour puss". Everything else gets under his skin.

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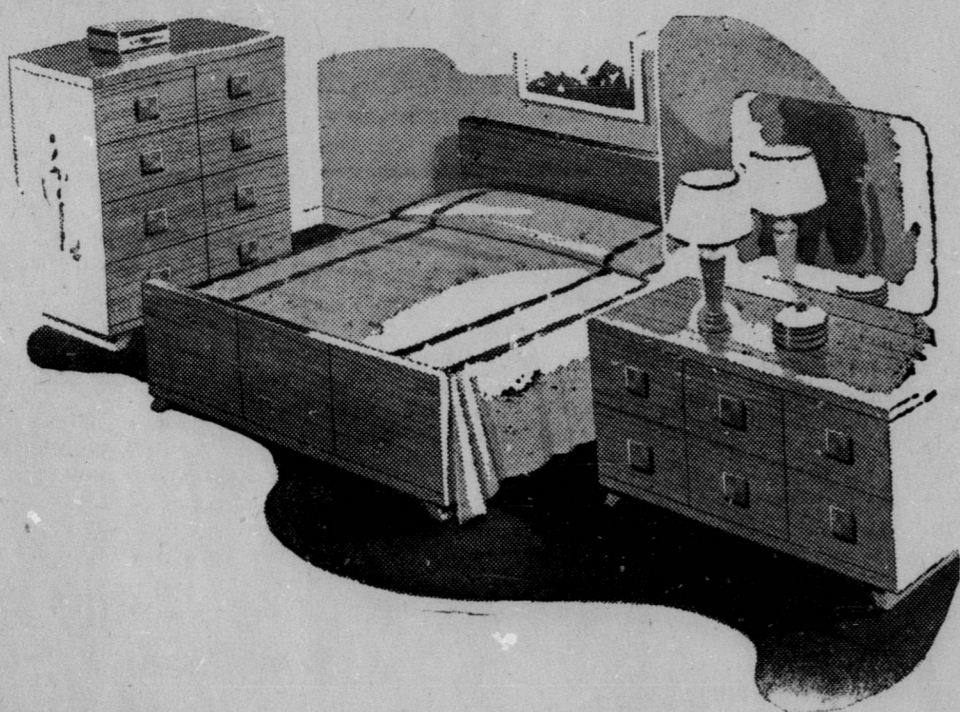
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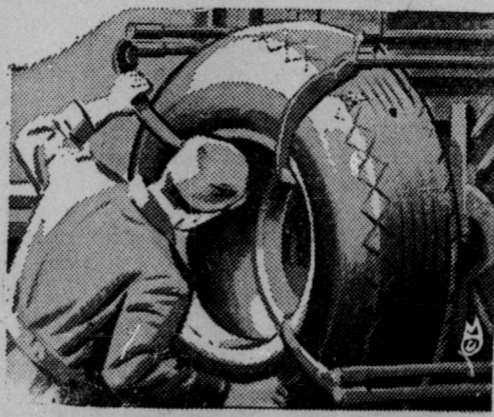
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