

About Your Home

By FRANCES BELL

All good cooks are conscious of flavor. However, there are good cooks who ignore a very important factor when planning meals. The often overlooked factor is texture.

Imagine eating a meal of mashed potatoes, creamed chicken, split pea soup and custard. While each dish may taste delicious, the whole effect would be monotonous texturally.

The French and the Chinese rate texture in foods as high as flavor. Yet Americans, as a whole, seem to be unaware of how textures can add piquancy and appeal to meals.

Texture-wise cooking involves three things—preparation—combination of different textures in various dishes in the menu—combining different textures in one single dish.

The preparation of foods for cooking regulates the length of time they must be cooked—thus the flavor and texture. For example, Frenched string beans cook much faster than string beans merely broken. Because of this—they lose less flavor and crispness.

The interplay of textures in the

various dishes of a menu can be achieved correctly by combining the fibers of meat, the smoothness of vegetables and the firm, crispness of a salad.

Combining various textures makes for a very interesting and appealing dish. The Chinese are outstanding in this type of cooking. Crispness and creaminess are the two major texture-contrasts found in Oriental cooking.

WHO KNOWS?

1. How many articles does the United Nations Charter contain?
2. How many graduates of West Point are there?
3. What color is saffron?
4. What prominent German defeated Adolf Hitler in the 1932 presidential election?
5. Which was the 23rd state to be admitted to the Union?
6. What country has no railroads?
7. How is a heliograph message sent?
8. For what Roman emperor was the month of August named?
9. What is a poult?
10. What is an ammeter?

THE ANSWERS

1. 111.
2. 18,491, of whom 12,764 are still living.
3. Yellow.
4. Paul von Hindenburg.
5. Mainz on March 15, 1830.
6. Iceland.
7. With a mirror, utilizing the sun's rays.
8. Caesar Augustus, first Emperor of Rome.
9. A very young turkey.
10. An instrument for measuring electric current.

Improper Lifting May Cause Injury

Thousands of persons each year suffer sprains, strains, hernias, and other injuries caused by improper lifting. This is pointed out by C. W. Overman, county farm agent for the State College Extension Service, who adds that correct lifting should be practiced until it becomes a habit.

Records of the National Safety Council show the most common causes of lifting injuries are: lifting and lowering with the back muscles; insecure grip or footing and unsafe placing of hands or feet; using quick, jerking, twisting, or awkward movements of the body; obstructed vision, unstable loads, or inadequate control; insufficient help or failure to use mechanical aids.

The body is a mechanical system of levers and hinges, activated by cables just like many machines. Nature intended each bone joint and muscle for a specific purpose. When they are overloaded or used improperly, injuries are invited.

It is a common practice to bend at the waist when reaching down to grasp an object. Lifting in this position places a severe strain on the sensitive back and abdominal muscles. Always bend your knees and keep back straight when it becomes necessary to lift.

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critical eye. Rearrange the work to eliminate or reduce the amount of lifting required. When possible, use simple and safe mechanical aids, such as rope hoists, wooden skids, hand trucks, or inexpensive conveyors.

Sounds True

The economically-minded young bride was about to leave her first baby. She phoned her husband, then frugally took a bus to the hospital, reaching the entrance just in time to meet her husband arriving—in a taxi.

Sunday School Lesson

(Continued From Page Seven) will be added. Christ is the Way." Frederick F. Shannon declares: "Any man who reads his Bible, without going beyond the written words to the Saviour of whom they tell, is

simply a pharisee living two thousand years later than his religious ancestors in old Jerusalem. Study your Bible; commit it to memory; teach it to others; feed upon it morning, noon and night. But, always remember, because very good people sometimes forget it, that the supreme purpose of the Bible is to bring you into first-hand, heart-to-heart, spirit-to-spirit communion and fellowship with God." (These commentaries are based on the International Uniform Sunday School Lesson Outlines, copyrighted by the International Council of Religious Education, used by permission.)

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