

# Are Your Food Habits Changing for Better or Worse?

As the family income increases, more of the budget allowance for food is spent for flavor. The so-called adequate diet—the amount of food of the right kind to promote growth and health—is usually a colorless and flavorless one, when only the minimum amount is expended. With more money we are very likely to buy foods which will brighten up our meals in both looks and taste.

This is an excellent change in some ways. Fruits and vegetables are full of flavor and it is wise to include these nutritious articles in our menus. On the other hand, as taste becomes more critical, sometimes healthful foods are given up. Whole cereals and dark breads disappear from the table when there is all the more reason for them to be eaten because usually with a better income, comes more leisure. Leisure, unfortunately, often leads to less exercise rather than more, and this tends to cause constipation.

The gradual changing of food habits is not a modern one by any means. In the middle ages the monasteries were the only places of protected quiet in turbulent times. In consequence, peaceful arts were cultivated, such as agriculture, horticulture, and stock raising. Men of refinement took refuge behind these walls and eventually the coarse fare was superseded by "softer" living.

In the sixteenth century in Europe the merchant class began to rise to a position of social importance. Its food became more refined, and many good foods were abandoned as too common.

Today our diet is altogether too lacking in coarse foods. We eat bread made from bolted flour; we eat vegetables, so young and tender that they have not developed enough cellulose to furnish roughage. We strain our soups and eat foods which require little, or no, chewing.

What is the result? We are becoming more addicted to medicine—rather than trouble to use our teeth for chewing. It is not only that we need coarse food for regulating the body processes, but the very act of chewing brings the blood to the teeth and keeps them in a healthy condition.

The science of nutrition is teaching us the value of some of these scorned foods. For the sake of their teeth, give children whole grain cereals which require chewing.

Serve vegetables, such as celery, spinach and cabbage. Use bran as a cereal and in recipes. The old-fashioned bran which was decidedly unpalatable has been superseded by an appetizing product which has been cooked, crumbled and toasted. This is an excellent protective food. It furnishes roughage, and is rich in the minerals which our menus are prone to neglect.



# How to Make Delicious Strawberry Jam in 15 Minutes

"Looks Better, Tastes Better and Actually Costs Less Than When Made by Old Boiling-down Method"—Ann Proctor.

You can do it easily—with never a failure. And the result will be the most delicious strawberry jam you ever tasted—at less cost per glass than ever before.

A nationally-known jelly maker has found the way to extract pectin, a substance found in some fruits in varying amounts which makes the juice "jell" or set when boiled with sugar, and then to refine and concentrate it for convenient use in every home. So wonderful is this product, called CERTO (Surejell) that in only three years' time

over 5,000,000 million women have adopted its use.

All jam and jelly making with CERTO is as simple as "two and two make four." Anyone who will follow a simple CERTO recipe can now make any kind of jam and jelly in a few minutes at minimum expense. No more long hours over a hot stove to boil-down your jelly—no more spoiled batches of fruit and sugar because your jelly will not "jell." Tears and disappointments, a common experience at jelly making time, are now changed to smiles and enthusiasm. The new CERTO method eliminates all the worry and all the failures, takes less work and gives superior quality.

The illustrations show how easy it is—just three simple steps. Note that you boil the fruit and juice only one minute with CERTO—not the long, boiling-down method formerly used. Jelly is therefore made of the juice that used to be boiled away. That's why CERTO makes one-half more jam or jelly with the same amount of fruit or at less expense per glass. That is also why your jam and jelly

made with CERTO has a superior color and flavor. More sugar is used in the CERTO method simply to make jam or jelly of the fruit and flavor that used to be boiled away. The amount of sugar in each

glass is the same in both methods. Make a lot of jam and jelly for your family this year. Start in now with strawberries. Everybody loves strawberry jam. No home ever has too much of it. As a spread on bread, etc., or on ice cream, puddings, or fruit salads, nothing is more tasty. Get some fully-ripened fruit, the kind with the best flavor, and use this recipe for

### STRAWBERRY JAM

Crush about 2 quarts ripe berries in separate portions, so that each berry is mashed. This allows fruit to quickly absorb the sugar during the short boil. Measure 4 level cups (2 lbs.) crushed berries into large kettle, add 7 level cups (3 lbs.) sugar and mix well. Use hottest fire and stir constantly before and while boiling. Boil hard for one full minute, remove from fire and stir in 1/2 bottle (scant 1/2 cup) CERTO. From time jam is taken off fire allow to stand not over 5 minutes by the clock, before pouring. In the meantime, skim, and stir occasionally to cool slightly. Then pour quickly.

Use same recipe for Raspberry, Blackberry or Dewberry Jam.

Remember CERTO is pure fruit pectin—the concentrated pectin so highly endorsed by magazine and newspaper cooking editors, government authorities and food experts. CERTO contains no gelatine or preservative, and jam or jelly made with it keeps indefinitely. Any grocer will supply you with CERTO and a recipe book attached. Get some now while strawberries are plentiful. You'll be happy when you use CERTO.



1st

Bring fruit and sugar to a boil

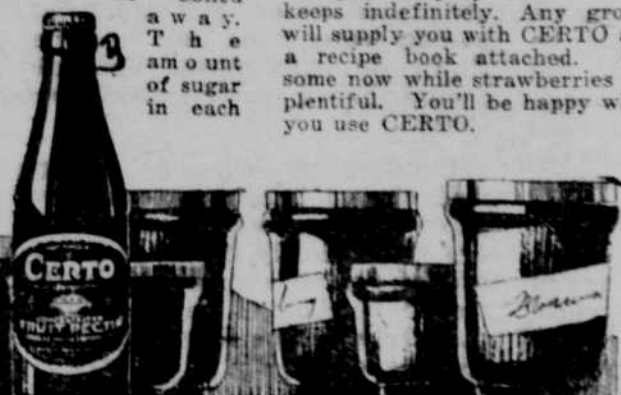
2nd

Boil one minute and add Certo



3rd

Skim and pour



# Picnic Luncheon Suggestions



JUNE, the first month of summer. June, the month when everyone who enjoys the great outdoors takes advantage of every opportunity to have an outing of some kind, such as picnics, hikes and auto tours.

It's fun to plan these outings. Where shall we have the picnic? What shall we wear? And, last but not least by any means, comes the subject, "the eats."

This subject brings suggestions from every member of the family, from Dad down to little Billy, who is at the age to know what he likes best. In discussing the "eats" you talk about the best kind of sandwiches, salads, pickles or olives, cakes and cookies, but how about the dessert? Shall we take some kind of sauce or ice cream?

Of course, everybody agrees the ice cream would be a real treat as a dessert for the picnic, so the ice cream is ordered from their dealer to be packed for the occasion. It costs a little more, but they all agreed that it would be worth the additional cost.

The following is what they thought was a real picnic lunch; also the recipes telling how the various foods were prepared:

- Fried Chicken
- Sandwiches
- Eggs—hard boiled, deviled
- Cookies
- Potato Salad
- Ice Cream
- Coffee

**Fried Chicken**—Select a nice milk-fatted chicken or chickens of a nice size suitable for frying. Dress, clean and cut up. Dip in egg and roll in cracker crumbs, well buttered. Then proceed with frying in the regular way.

**Sandwiches**—Have sufficient slices of well buttered bread to be eaten with the fried chicken. Chopped cheese and pimento moistened with salad dressing. Lay on leaf of lettuce trimmed to bread, cover with mixture, lay on top slice. Cut diagonally to make two triangular halves.

**Deviled Eggs**—Remove the shells from hard-boiled eggs, cut in halves and remove the yolks. Work into the yolks sufficient olive oil, lemon juice and a little dry mustard to form a smooth paste, season with cayenne pepper and a little salt, and return to the whites.

**Hard-Cooked Eggs**—A few hard-cooked eggs are very tasty with a picnic lunch. It is convenient to carry them, too. Just use a one-dozen egg carton. The carton will be handy for serving, also.

**Potato Salad**—Here is the recipe for potato salad.  
1 large onion 1 tablespoon drippings  
3 potatoes 1 teaspoon salt  
3 tablespoons sour cream 1teaspoon sugar  
1/2 cup vinegar

Cook sliced onion in drippings until soft but not brown, add vinegar cream and seasonings, let boil up, stir well. Potatoes should be cooked and cooled, then diced or sliced. Pour hot dressing over them, cool. This recipe serves four.

**Cookies**—A recipe for oatmeal cookies:  
Butter—1 cup Flour—2 cups  
Sugar—1 cup Soda—1 teaspoon  
Eggs—2, beaten Cinnamon—1 teaspoon  
Milk—1/4 cup Salt—1/4 teaspoon  
Oatmeal—2 cups Raisins—1 cup

Cream the butter, add the sugar gradually and work until creamy. Add the well-beaten eggs, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoonful onto a buttered pan. Bake.

**For Your Coffee**—If you like cream in your coffee a baby can of evaporated milk is handy and convenient. It adds the "just right" flavor to the cup of coffee.

**For Dessert**—Any flavor of ice cream that you like. Ask your dealer to prepare it for you, and the cream will keep frozen until you are ready to use it. The cooling, delicious ice cream is a delicious sweet that is very acceptable as a dessert for any picnic.

