

# Gleanings of Import

## For Left-Overs of Meat and Sausage.

Run bits of meat through the grinder. Add to thick cream sauce and serve for breakfast with baked potatoes, or pour over slices of toast.

When there is but little of left-over sausage, ham, bacon or other meat, mince it and add to scrambled eggs or omelets. It will improve the



flavor. Or combine the left-over bits of meat and use them in bean or pea soup. It becomes hearty enough for the main supper dish.

Rice or macaroni cooked with tomato gains richness and flavor by having even a tablespoonful of minced meat added to it. Rice may be cooked with cheese and tomato just as macaroni is prepared with them.

## As to Shrimp.

The first attempt to can shrimp was made by G. W. Dunbar, of New Orleans, in 1867. His efforts did not meet with success until 1875, at which time he devised the bag lining for the cans. In 1880 a factory was started at Biloxi, Mississippi, and from that time to the present the majority of all the shrimp canned has been put up in these two cities.

It is only within the last ten years that the canning of shrimp has assumed considerable importance, but it is still limited to about a dozen places in Louisiana and Mississippi. A cannery was started in Texas, but failed to secure a regular supply, and the oyster canneries in Florida could not secure enough to make it profitable to prepare to receive them.

The early supply of shrimp was obtained from Barataria Bayou, or Lake, which gave the distinctive name, Barataria shrimp.

## Another Way to Open a Can.

To most women the opening of a can is about as distasteful as fooling with electricity; they're constantly afraid of being hurt. If a can is opened properly, practically all danger is eliminated and a smooth edge is obtained from which the contents may be removed in their entirety if desired. This is especially desirable in opening cans of pineapple, salmon, asparagus, or wherever the entire contents are wanted intact.

To open a can properly, first remove the label and lay the can on its side with the seam up. Insert the can opener directly next to the seam and just near enough to the top to allow free operation of the opener. After the opener is inserted, stand the can on end and, holding it firmly, work the opener away from the seam until you have cut entirely around the can.

It is then possible to turn back the entire top and remove the contents. The smooth edge left by opening the can in the above manner makes the emptied can desirable for sundry uses about the house or garage, or the cans may be saved until spring and used for starting tomato plants, and such things.

# Care of Food In the Home

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or other material itself, or in the crevices of the box or container used in storage. Such infested food materials should be destroyed promptly and the containers thoroughly washed and scalded before a new supply is stored.

To anyone knowing the scientific facts in each case the presence of a chance meal worm in the cereal is a cause for far less concern than are flies lighting on food. The worm has spent its life in the cereal, feasting on it alone, while the fly is covered with filth picked up in its promiscuous visits.

## Parasites of Food Animals

Meat sometimes harbors animal parasites, such as the tapeworm and trichina. The microscopic larvae of these parasites

## Vitamins and Jazz.

A food authority said recently:

"Last summer some friends invited me to go with them to a famed jazz orchestra concert. The night before we went to a movie and it so happened that the same jazz orchestra played there. We all enjoyed it immensely, but the next day when we went and it turned out to be the same program, it fell flat for everyone of us. That is the way of jazz. If this had been a Beethoven symphony, the repetition would have been thoroughly enjoyed.

"The staples, such as bread, meat, and potatoes, are the symphonies in our foods. We have them every day and many of us more than once a day. The jazz, however, in our food, things that carry the vitamins, such as pineapples, peaches, cherries, and tomatoes, we would not want repeated quite so often."

## What Do You Know About Canned Fish?

Canned fish is an aid to good living. With a few cans of sardines, lobsters, oysters or other sea foods in her cupboard, the housewife has at her command the wherewithal for a delicious entree, a wholesome and substantial luncheon dish, or the material for a dainty little supper which may be prepared at the very smallest outlay of time or labor. Canned fish, packed during seasons when fish are the finest and most plentiful, are more economical and often more satisfactory than fresh fish.

## Senator Copeland Praises Salmon.

Dr. Royal S. Copeland, United States senator from New York, in a syndicated newspaper article, pays the following tribute to canned salmon:

"For everybody except persons inclined to overweight, salmon is a desirable food. It is richer in protein than almost every form of meat. This means that as a builder of tissue it is almost unsurpassed. Everyone of us who works and every growing child must have building material to replace waste and to supply the necessary body requirements. For these purposes protein is needed. A quarter of the weight of the salmon you consume is solid building material, protein."



ONE of Mother's big problems today is to keep the little ones in pretty, new frocks. All children like something different, something the other little girls haven't seen. Wouldn't you like to be able to change the color of the old dresses at will—or add a little touch here and there, making the garments look like new? Now comes

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Fast-Dyes or Tints  
Never before has there been offered to you a guaranteed method of fast-dyeing woolen, cotton, linen, silk or mixed fabrics or of tinting them in the most delicate pastel shades. It costs only 15 cents a cake and you will be pleased and surprised with the certainty of results. You simply can't go wrong if you follow plain directions. Twenty-four shades to choose from—brilliant fast colors to pastel tints.

White RIT removes the old colors—thus giving a new opportunity to fast-dye or tint in any shade you may choose.

15 cents is the price of New Improved RIT. Your local Drug, Department or Notion Store will supply you. Prove its value today.

*Never Say "Dye" Say Rit*



*Give 'em all they want!*

Watch them go for these Graham Crackers! Fresh and fine, golden-brown in color, Flavor that pleases their eager young appetites. Wholesome nourishment that keeps their growing bodies fit. ITEN'S Graham Crackers—of course!

Give them all they want—with milk, butter or jam. For that everlasting appetite of healthy childhood—at noontime, after school and between meals—you'll find ITEN'S Graham Crackers just the thing. And they're good for children.



Always ask your grocer for ITEN'S Graham Crackers by name. Get the genuine in the half can and be satisfied all ways.

