



## Storage of Foods

Part Two of

### "Care of Food in the Home"

**S**UCCESSFUL care of food in the home depends very largely on whether there is a good storeroom, suitable containers and an ice box or some other means of keeping foods cool.

#### Storerooms.

The pantry, cellar, or other rooms where food is kept should be clean, cool, airy, dry, screened against flies and other vermin, and free from musty or other disagreeable odors.

If the cellar must be used as the chief storage place for food, a dumb-waiter on which supplies can be lowered and raised soon pays for itself in time and strength saved.

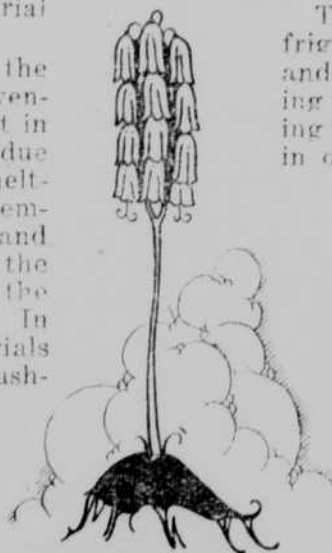
The liberal use of whitewash and unslaked lime in the cellar helps to keep down micro-organisms and undesirable odors. Since the bottom of the cellar is the coolest part, foods often keep best if set on the floor, provided it is clean and dry. If the floor is damp and tarthy, a layer of clean bricks may be arranged under the food. If there is a furnace in the main part of the cellar, it is generally too warm and dry for the winter storage of fruits and vegetables, but a storeroom can oftentimes be partitioned off and so ventilated that the temperature is kept constantly cool. A cool room in a dry cellar is also a good place to store canned foods.

In a cool, dry climate food may be successfully kept in an air shaft extending from the cellar or the lower floor of the house to the roof and equipped with a door opening into the kitchen or pantry and wire or perforated shelves of convenient height. Both ends of this shaft should be secured.

#### Containers.

The choice of proper containers for foods prevents much deterioration and waste. As a general thing each food is best kept in its own closed container. Dry foods may be stored in glass, earthenware, metal, wooden or specially treated cardboard or paper containers, depending on how carefully they must be protected from air, light and vermin. For moist and watery foods the choice of containers is more limited, for not only must leakage be prevented but the effect of acids on some metals must be considered. A container that has no cracks or seams in which dirt or micro-organisms may lodge and that can be thoroughly washed and aired before fresh supplies are stored in it, is in many cases preferable. Labeling food containers plainly saves time when preparing meals and helps to prevent the wasteful and sometimes harmful accidents that happen when one material is mistaken for another.

The food containers used in the refrigerators should be convenient in size, washable, as light in weight as possible so that undue quantities of ice will not be melted in cooling them to the temperature of the refrigerator and fitted with covers to prevent the food from drying out and the escape or absorption of odors. In fact, all foods and food materials that are to be used without washing, such as butter, cheese or sugar, should be wrapped or kept in covered receptacles, whether stored in the refrigerator or in the pantry, cellar or any other place.



#### Special Means of Keeping Foods Cool.

Under ordinary household conditions and where ice is obtainable, the refrigerator is generally the best means for keeping foods cool. When ice is placed in the refrigerator it begins to melt by absorbing heat from the surrounding air. This air becomes colder and heavier, settles to the lower part of the refrigerator, while the warmer air rises, gives up heat by coming in contact with the ice, and in turn becomes chilled and sinks to the bottom. These currents of air come in contact with the food, absorb heat from it and so cool it.

On the continuous and rapid circulation of cooled air in a refrigerator, then, in large measure depends its value as a storage place for foods. All spaces for the passage of air from the ice chamber should be kept open. It is a mistake to wrap the ice in paper or cloth. Such a covering retards the circulation of air and insulates the ice from the rest of the refrigerator.

Each article placed in the refrigerator contains a definite amount of heat that will melt a definite amount of ice. Hot foods should, whenever possible, be cooled to room temperature before being put into the refrigerator. Also, there is no excuse for using ice to chill such things as the thick paper wrappings of parcels from the market, the tops of carrots, or the outside leaves of lettuce, which will all be discarded later.

Furthermore, ice is melted to no purpose when vegetables and fruits that are to be prepared almost immediately are placed in the refrigerator only to be taken out again after a few minutes.

The coldest place in the refrigerator should be reserved for the most perishable foods such as meat and milk. This is usually just below the ice chamber, but it can easily be located with a reliable thermometer. Such a test may also show that no part of the refrigerator is as cold as was supposed and therefore that too great dependence should not be placed on it as a storage place for highly perishable foods. In order to check the growth of micro-organisms effectively, the temperature of the refrigerator should be at least 50° F. and preferably less. Tests conducted by the United States Bureau of Standards show that in order to maintain such a temperature the household refrigerator of medium size should have on the top and sides 1½ inches of insulating material and three inches on the bottom. Large refrigerators need thicker insulation than this.

The main object in using a refrigerator is to save food, not ice, and real economy consists in having well-insulated walls in keeping the ice chamber well stocked, in opening the doors only when necessary and for as brief a period as possible and in putting nothing into the refrigerator that does not, so to speak, pay its way.

The refrigerator should be kept scrupulously clean. Only clean food, clean ice and clean containers should be put into it, and any food spilled should be wiped up immediately with a clean,

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## What Do You Eat for Breakfast



By MARY I. BARBER

What do you have for breakfast? Breakfasts are said to mean many things to many men. The choice ranges from the simple coffee and rolls to the breakfast that could be a dinner if the fruit were served for dessert rather than for a first course.

The important thing is to start the day right with a breakfast which satisfies your individual requirements. A cup of coffee and three doughnuts may not hurt a man doing physical work, but it may not only start the day wrong for the desk worker, but it may end his day wrong also!

Children should be encouraged to eat a substantial breakfast. It is usually well to begin with fruit because this will often stimulate a sleepy appetite. Next comes the cereal—and school children usually prefer a ready-to-eat cereal, such as cornflakes. This type of breakfast food is especially good in warm weather. The busy housewife has only to put it into the cereal bowls. Berries or bananas can be served in the bowl with the cornflakes, and this saves both time and service. Eggs in some form, bran muffins or toast, and a beverage will complete the meal.

Do you know that one egg will supply about one-tenth of the iron your body needs for a day? Wheat bran is also a good source of iron, so with an egg and a bran muffin for breakfast, you have a good beginning to which the iron from vegetables and fruits can be added during the day.

We are giving you a recipe for bran muffins and several eggs. There are many interesting ways to cook eggs, yet the housekeepers serve them in the same way over and over again.

#### Buttermilk Bran Muffins

- 2 tablespoons butter
- 2 tablespoons lard
- ¼ cup sugar
- 1 egg
- 1 cup buttermilk
- 1½ cups crumbled bran
- 1 cup flour
- 1 teaspoon baking soda
- ½ teaspoon salt

Cream shortening and sugar together; add egg, buttermilk and bran; then flour, sifted with soda and salt. Fill muffin pans three-fourths full and bake in a moderate oven (370° F.) for 20 minutes.

#### Baked Eggs

Put one teaspoon of melted butter in each individual baking dish. Break one or two eggs into each dish. Sprinkle with salt and pepper, and place a small piece of butter on each. Bake in a moderate oven until eggs are firm.

Tomato sauce may be poured over the eggs before they are baked. Or the eggs may be covered with white sauce and grated cheese.

#### Eggs With Sausage

Cook one-half cup of sausage meat with one-fourth of a chopped onion. Add six eggs which have been beaten, and seasoned with salt and pepper. Cook slowly, stirring constantly until the eggs are thick. Serve on slices of buttered toast.



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