

SELLING FRUITS BY POUND HAS ADVANTAGES

Quality of Commodity Often Can Be Judged by the Weight.

The custom of selling fruits and vegetables by the pound is becoming nation-wide. For some time the Western states have found this method of marketing to be most practical.

The weight of many fruits and vegetables is an aid in determining the quality of the commodity, too. Small heads of lettuce or cabbage are heavy if solid and firm through the center. Heavy oranges and grapefruit are sure to be juicy. Fresh products are heavier than wilted ones. Also fewer large apples and potatoes fit into a measure than small ones, often making half a bushel of potatoes weigh less than its prescribed number of pounds.

List for Calculating

The following list will help you in calculating the amounts needed when buying by the pound:

One pound of asparagus will serve three persons.

One pound of green beans (about one quart) will serve four persons generously and can be made into six average servings.

One pound of shelled lima beans (less than a quart), four persons.

One pound of beets (about five medium sized beets), four persons.

A medium sized head of solid cabbage weighs about three pounds and serves six or seven persons.

One pound brussels sprouts, six persons.

One pound broccoli, four persons.

One medium sized, well trimmed head of cauliflower weighs about one and one-half pounds and will serve four persons.

Four rather small tomatoes weigh one pound and will serve four persons.

One pound of rhubarb, after being stewed will serve three persons. Two pounds are needed for the average pie.

One pound of fresh spinach should serve three persons but if the stems are heavy two pounds may be needed.

One pound of peas in the pod (about one quart) yields about one cup, shelled—if the pods are well filled. Allow two pounds for four persons.

Mushrooms and Potatoes

One pound of mushrooms will serve six persons if the mushrooms are served on toast.

Three or four potatoes of average size weigh one pound.

One peck of potatoes weighs 15 pounds.

If asparagus and beets and brocoli and rhubarb are bunched for marketing it's an easy matter to have the market man weigh the bunches. Then you can reckon quite accurately just how much you will need. Naturally individual appetites and preferences are a gauge in determining how much should be provided. The method of cooking and serving has much to do with the amount purchased, too. Creamed vegetables go farther than plain buttered ones and fruits put into puddings will make more servings than the fruit as is.

Hamburg Pie

1/2 pound ground round steak
1 good sized onion
2 tablespoons fat
2 cups canned tomatoes
1 teaspoon salt
2 teaspoons chili powder
1 cup cornmeal
4 cups water

Make a mush of the cornmeal and water, adding 1 teaspoon salt. Melt fat in frying pan, add onion cut in thin slices and cook until brown. Add meat and stir over fire until cooked.

Then add tomatoes, salt and chili powder and cook five minutes longer. Put a thin layer of mush in a well greased baking dish or deep pie dish. Add a layer of meat and tomato mixture and cover with more mush.

Continue layer for layer of mush and meat until all is used, making the last layer of mush. Bake in a moderate oven for twenty minutes and serve from baking dish.

Radishes au Gratin

3 Cups round red radishes
2 Tablespoons butter
1/2 cup flour
1/2 cup milk
1/2 cup water in which radishes were parboiled
1/4 Teaspoon salt
4 Tablespoons grated cheese
4 Tablespoons buttered bread crumbs

Wash radishes carefully and cut off root and stem. Cook in boiling salt water for 15 minutes. Drain from water, saving four tablespoons for sauce. Put radishes into a buttered baking dish and cover with sauce made with butter and flour cooked together with milk and radish water added. Sprinkle top with

Put radishes into a buttered baking dish and cover with sauce made with butter and flour cooked together with milk and radish water added.

Sprinkle top with crumbs and grated cheese and put into a moderately hot oven to melt cheese and brown the top. It will take about 20 minutes. Serve from baking dish.

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A YOUNG MAN WALKING IN THE RAIN



HOT BREADS IN HIGH FAVOR FOR FAMILY NEEDS

Prunes Add Flavor and Food Value: Go Well With Fresh Milk.

Fluffy and light prune muffins, crispy cornmeal sticks, served piping hot with fresh butter, and milk to drink!

These are good-tasting accompaniments for family or guest meals. Serve them with fruit salad or tuna fish salad for lunch, with creamed chicken, Ham Supreme, or Shrimp a la Newburg for dinner.

With bacon, or ham and eggs, they are good breakfast specials that the whole family enjoys.

Hot breads are easy to stir up in a jiffy and they are always good if kitchen-tested recipes are used and baking temperatures are accurate. Hot breads, with plenty of fresh butter and tall glasses of fresh milk, are always a favorite and wholesome lunch for the children.

Easily Digested Fat

Fresh butter has an imitable flavor. It is an easily digested fat and an excellent source of vitamin A, which is necessary to growth and good nutrition for children and adults.

The delightful flavor of fresh milk is excellent with crispy hot breads and butter. Besides, milk furnishes a large part of the day's dietary requirements, including important minerals and vitamins.

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