Do you Know What's In a Can?

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MANY A company dinner has been spoiled by a can of peas. It is usually left to the housewife to open a can of peas expecting to find nice juicy little peas and discover that it contains some rather mushy or over ripe peas. The housewife who has been experienced in buying peas knows that the most expensive foods are not always the best. This variation makes the purchase of canned goods a household problem which every housewife must consider. For this reason the largest peas are packed first, second, and third grades according to quality. Only three grades are in general use for vegetables, rather than the five or six grades which are used for fruits. The first grade consists of very tender, prime vegetables of uniform size and quality, carefully prepared and packed in a clear liquor. In the second grade the stock may be less uniform in size and of poorer quality and may be slightly mashed or broken. The third grade consists of wholesome and nutritious material that falls below the qualifications for the first and second grades. This means that first grade "telephone" peas are of much better quality than third grade "extra sifted" allo though the former are much larger in size.

The price is not fixed according to the size of the peas but according to the quality or grade, and perhaps, the demand. For this reason the largest peas are not always the cheapest nor the smallest the most expensive. Alto though the size of the peas is indicated on the can label, the quality is not indicated in any way except that a brand put out by X firm may mean the first grade packed by that firm.

The difference in price may be an indication of quality but it is not always to be depended upon. Any housewife knows that the most expensive foods are not always the best. This variation makes the purchase of canned goods a household problem which every housewife must solve for herself. A little care in collecting data on the different cans opened, will, in a very short time, give her some valuable information which will enable her to buy just the size and quality of fruit or vegetables that she wants, and to buy them more economical ly than before.

Canned goods can always be purchased at a great saving if there is a definite use planned for each can purchased. A much cheaper grade of peas can be purchased for creamed peas, pea timbres, soup or for any dish in which other materials are used to improve appearance and flavor. The saving of five or ten cents on the cheaper can might mean a saving of the very fine "petit pois" for use at a company dinner.

Buying with a definite purpose in mind results not only in a saving of money but in a greater satisfaction. Mrs. Jones prefers the flavor of a cheap grade of apricots because the syrup is not so heavy and the fruit is more of the real apricot flavor than does the fruit in the expensive cans. This cheap grade of apricots would not do to serve for a dessert because of the difference in price, but Mrs. Jones has found that she can save twenty-five cents and have a much better dish by using them in sherbets, gelatine dishes and other places where their poor condition is not noticeable.

For escalloped corn and fritters most people prefer the "whole grain" corn which has separate and distinct kernels, rather than the "cream corn" which has a heavy creamy stock. A small amount of high grade corn is packed on the cob and slices to use in special dishes. It is very much worth while to know certain varieties and to ask for "Golden Bantam" corn if you prefer that to the white variety or for "Sweet Wrinkled" peas if your family is partial to the sweet or sugar pea.

Many women who carefully estimate the number of pounds of steak or roast beef for their particular family pay little attention to the different sized cans of peaches or tomatoes which they purchase. A can of tomatoes may contain too much for one serving for the family but not enough for two. In that case it would be better to buy a larger size which would contain enough for two meals.

The most common sizes of cans for fruit and vegetables are the 1, 2, 2½, and 3 cans. The exact measure of the contents of the different cans varies some what but is found to be approximately:

1 cupful in a number 1 can.
2 cupfuls in a number 2 can.
3 cupfuls in a number 2½ can.
4 cupfuls in a number 3 can.

In other words a number 2 can contains approximately a half pound of green peas, a number 3 can a quart. With these general measures in mind it should not be hard to determine the best size to buy for the number to be served.

THE IOWA HOMEMAKER

Do You Know What's In A Can?

By BLANCHE INGERSOLL

SANDWICHES FOR LUNCH

1) Bread and butter
2) Lettuce
3) Nut
4) Boston Brown Bread
5) Rib-eye steak

Cut the Boston brown bread and white bread into sandwich slices of uniform thickness. Spread with butter and alternate the brown and white until six slices are used. Top with the crisped crusts and slices as ordinary bread.

6) Date sandwiches

Make a filling of one-half cup of stoned dates, one-half cup of English walnuts, chipped fine. Rub the two into a paste with one-half cup of sweet cream. Spread between slices of buttered bread.

7) Fudge sandwiches

Make fudge, beat until creamy. While soft, spread between thin slices of but tered bread.

8) Pimento cheese sandwiches

Make a filling of one-half cup of cream cheese and one-fourth cup chopped pimiento. Add salad dressing.

9) Peanut butter sandwiches

(10) Chopped egg with salad dressing

(11) Chopped chicken or ham with salad dressing.

Cottage cheese sandwich

Celery Orange Nut-raisin cookies

Rice pudding

Minced ham sandwich Lettuce sandwich

Graham bread and butter sandwich with celery

Baked custard Two apples

5 Chopped egg sandwich

Bread and butter sandwich

Stewed prunes stuffed with nuts

Milk

Graham has more mineral value than white bread.

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Graham has more mineral value than white bread.
In many cases it is more economical to buy the larger sized cans. Figuring on the basis of cost per can, the larger can may be cheaper although the initial cost is more. For example a small 6 ounce can of milk sells for 8 cents, while the tall, or 16 ounce can, sells for 16 cents. Figuring the cost per once, the milk in the tall can sells for one-fourth of a cent less than the milk in the small can. By purchasing one tall can of milk for 16 cents the purchaser will have a clear gain of 4 ounces of milk or two-thirds the contents of the small can.

Numbering one gallon cans, are very convenient to use where a large number of people are to be served. Opening a large number of cans with a can opener is no easy task. It is much easier to open a few gallon cans than a dozen number 3 cans.

It is easier to estimate the number of servings which can be obtained for any given sized can if one has some idea of the number of slices or stalks contained in the can. The housewife can obtain this data if she will take a moment to note the number on the can and the number of pieces or stalks contained in the can. The number of pieces or stalks will naturally vary with the different sizes and grades. For example, in a number 2½ square can of asparagus there are usually 20 stalks, mammoth size, 30 stalks large size, 40 stalks medium size or 50 stalks small size. If the can contains tips instead of stalks the count will run about one-third more for each size.

A general knowledge of what is in a can will result in an actual saving in dollars and cents. Moreover, the satisfaction which will come with the ability to order canned goods so that you will get what you want, will be a liberal reward for the time spent.

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La Chambre D'Ami" in An Iowa Home

By EDA LORD MURPHY, Associate Professor of Home Economics

This phrase, which the French use to indicate the guest room, implies a number of things not included in our matter-of-fact English. It seems to imply that a room has been especially prepared for one's friend the guest; prepared, with loving care and thought.

One thinks of the times in the average home, when this preparation has been made with characteristic American rush and hurry. While brother goes to the station to meet the visitor (and drives home by the longest route according to orders) mother and daughter run to the room that can most quickly be transformed into "the guest room." By removing father's dress suit, mother's best gown, sister's party dress and summer hats, and by dumping the contents of the top bureau drawer into a sheet, the room can be made at least presentable. Some one runs to the bathroom to gather an armful of crumpled towels and hang up a few fresh ones and the average hostess in the average home feels fairly virtuous and proud of her quick service.

This is to be the true story of a guest room—not in France, not even in Wisconsin—but right here, in our own Iowa. It is the story of the kind of guest room that might be found in any of our homes if only we had the same ideas of hospitality.

It is quite impossible to separate the story of the guest room from its owner—the hostess. For she considers the guest room one of the means to the great end of making her friend welcome and happy. To be sure it is only one of the means, for if possible she meets the train, even if it arrives late at night as trains with guests sometimes do, and knows that some time she must be expected for the time spent.

The adjoining bathroom is found to be bare, except for hangers and a comfy bathmat (costing a dollar per square yard). There are assorted towels, smooth or rough, there are small, new bottles of lotions, large or small. In the medicine case there is a bedspread, (costing a dollar perhaps, but a luxury never the less). There are assembled towels, smooth or rough, large or small. In the medicine case there are small, new bottles of lotions, new jars of creams, small packages of toothpastes and powders, tooth brushes, dental floss, a scrubbing brush and soap of all kinds. It was like the entrance to a doll's beauty parlor and inspires one to use finger tips and the rotary motion.

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The bureau proved to hold no less an interesting collection of comforts than the medicine cabinet. There were pins, white, black, colored, safety and invisible, powder, perfume (of an obviously exquisite sort) toilet paper, and all the things one plans to have in her week end bag. But more touching than any of the pins and perfumes was the fact that the bureau drawers were empty. Thats the beauty of it—she wasn't glad to be here.