

For Release Not Before
Saturday, Aug. 16, 1941

PROPER ATTITUDE
AT MEAL TIME IS
IMPORTANT IN HOME

"Have respect for your meals"--in other words, come to the table on time, clean, in good humor and with a good appetite; eat invisibly and inaudibly," says Miss Catherine Bryden, State College of Washington home economist.

The meal hour, especially the evening repast, is emphasized as the one time during the day when the entire family should get together. Parents and children may eat luncheon and breakfast together, but at best these meals are hurried. The father must get to work and the children must not be late for school. On the other hand, the dinner hour should be more leisurely and an outstanding event in the family life. It provides for family companionship, for a training table of health and for certain important social graces.

Human relationships begin in the home and the first factor to consider is consideration for the rights and feelings of others. If late for meals, it means the inconvenience of others. When one appears at the table untidy, critical, and cross, the meal is spoiled for others as well as for the individual.

"Children should be heard as well as seen." The art of conversation begins at the family dining table, and young people should be encouraged to take part in table conversations in a courteous and intelligent manner.

If foods are served which a member of the group does not like, he should not be persuaded to eat it. But all remarks which would spoil the dish for someone else should be forbidden. The best jokes and the funniest stories collected during the day should be saved for dinner hour. Meal time should be a happy time for good family relations and for good digestion. Serious digestion upsets result from unpleasantness at the dining table.

The place to learn table courtesy is at the family table, and the secret of table courtesy is "invisible" eating. Eating is not an attractive process, and if meal time is to be one of real pleasure, how to manage table equipment and follow customs of society should be learned. Table manners should be so much a part of the person, that they can devote almost their entire attention to the social part of the meal.

H O M E M A K E R S B R I E F S

State College of Washington

According to dairy specialists, milk and other dairy products need a refrigerator temperature of 45 degrees or even colder. Milk should never be allowed to freeze, however.

* * *

For every ounce of chocolate called for in recipes, one-fourth cup of cocoa is needed for substitution. Because chocolate has some fat in it too, about one-half tablespoon of some well-flavored fat for every one-fourth cup is added.

* * *

A thorough soaking once a week rather than a sprinkling more often is the best way to keep a garden properly watered. Working the surface of the soil as soon as it is dry enough will conserve the moisture and keep the ground from baking.

* * *

If chicken is fried in shallow fat, these points should be kept in mind. First, a thick skillet is best. Second, a half inch of meated fat in the bottom provides enough fat so that there is some up around each piece of chicken. Fourth, if the fat smokes, the chicken is going to scorch before the inside is done.

* * *

When food/^{is}processed in glass jars, a head space is left at the top to allow the food to expand. One-half inch of head-space in all jars except those containing starchy foods like corn, peas, and lima beans should be left. The starchy foods require one inch because of greater expansion.

* * *