

## Miss Rokahr Gives Tips on Plumbing for Financial Leaks

by Barbara Apple

**I**F sister is spending too many dollars on silk stockings or borther is literally burning up gasoline for the old Ford, the Family Financial Council should enter into the discussion and not only offer suggestions as to solutions but also assume responsi-

### TODAY

Today the air is sharp and cold.  
Surely, but what of that?  
All people know  
That Mother Nature's slightly  
old  
And she must have her spats.

—Karlyne Anspach.

bilities in solving these problems. This is the belief of Miss Mary Rokahr, extension economist in home management, of the United States Department of Agriculture, Washington, D. C.

A deep drawer, a desk or a business shelf makes a good business center in the home. In this particular place should be kept all papers of importance to the transactions of family business affairs. If the papers are filed with some system, they will be located more easily when they are needed.

Worrisome items of family expenditure—sis's hose and brother's car—if kept in record form will show the leaks in spending. Complete household accounts are worth keeping and analyzing.

**T**O help children learn the use of money is to give them a lifelong gift. They should be given an opportunity to make their own spending decisions, to learn how to buy wisely, how to live within their income, and how to cooperate with family spending plans.

"Be an intelligent consumer," Miss Rokahr pleads. "Study values and make a record of the brands you buy, how long the article wears, and the service it gives. Carry a small notebook in your pocket or purse for this purpose. Wise buying may increase the purchasing power of every dollar you spend by 25 percent."

Once a year make an analysis of your home business, Miss Rokahr suggests. If you have not kept records, estimate where the money came from, where it went, and what the home furnished toward family living. Base

your next year's plans on the results you achieved in the past.

Set goals for accomplishments. This might include the amount of food and fuel your home should furnish toward family living. For some families this is impossible; for others it includes as much as 75 percent of the total value of family living. In the latter case the cash income should be used for items that cannot be furnished from the home, such as education of the child-

### New Englanders

## Bake Beans for 10 Hours

by Dorothy Acklin

**Y**ES, the large restaurants and hotels serve almost the same food all over the country. But what do the ordinary people (the butchers, bakers and candlestick makers) eat in Maine, Utah, or Mississippi?

Would you feel perfectly at home if you sat down at the table of a New England fisherman's family some Saturday evening? What would you have to eat?

The most important thing on the menu would be baked beans, not the kind you have when you open a can from the store and add brown sugar and some bacon strips and then put in the oven for half an hour, but real baked beans. Dr. Elizabeth Hoyt, whose home is in Maine, described to me the method of preparing the "beans that made Boston famous." The beans are put in an earthen-ware pot with the water, placed in the oven, and baked with a slow heat for 10 hours.

Dr. Hoyt explained that this method began back in Colonial times when the only ovens used were those built beside the fireplace and thus heated by the fire. Often the beans were put in at night and left to bake all night and part of the next day. It became the custom to serve them on Saturday evening and that custom still exists today.

Indian Pudding might also be served. Did you think Indian Pudding was some crude mixture eaten by the Indians? Dr. Hoyt assured me that it is a very palatable dish made by adding 3 tablespoons of cornmeal, 3 tablespoons of molasses, 2 eggs, a little salt, cinnamon, and nutmeg to 1 quart of scalded milk. This mixture is turned into an earthen-ware dish and

ren, clothing, medical service and home improvements.

According to Miss Rokahr, the home economics extension staff in the United States numbers about 1,700 home economics trained women. These include state administration leaders, assistant county home demonstration agents, and subject matter specialists in nutrition, clothing, home management, child care and training, home furnishing, marketing and home industries.

The best future for students interested in extension work lies in home management and child care and training, Miss Rokahr believes. Home management will develop in economics of the household, including financial planning and household accounts.



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baked for four hours. It is then eaten with milk or cream over it.

The meat for the meal would probably be fish. Lamb is eaten frequently, pork and beef occasionally. But fish constitutes the greatest amount of the meat supply. The New Englanders store fish in their homes for the winter as we do potatoes in this part of the country. "Every family puts in 40 to 100 pounds of salted fish depending on the size of the family," Dr. Hoyt said.

One thing which might prove a disappointment to you if you were going to live in New England is the fact that fried chicken is seldom prepared. Chicken might be stewed or roasted but not fried. Dr. Hoyt did not know of a reason for that peculiarity.

Piping hot grapefruit—that's the latest!

It is prepared in this way. Remove seed and core. Section in the usual manner. Then pour off the excess juice. Dot generously with butter and sprinkle with brown sugar. If you desire, a dash of nutmeg may be added. Place under a broiler and cook until browned.