

Sweet Potatoes Differ from Yams

A sweet potato is a sweet potato, and a real yam is a yam, but most shoppers don't know the difference. True yams are grown mostly in North Africa and are rarely, if ever, seen in the United States, advises Mrs. Josephine Lawyer, District Consumer Marketing Information agent.

There are really two types of sweet potatoes sold in this country—the dry and the moist. There are a number of varieties of each and the Food and Drug Administration permits some of the moist varieties to be labeled "yams."

Good sweet potatoes are smooth, well-shaped, firm, and of bright appearance. Only the experts can distinguish between the moist yam-type and the dry, mealy-type from the outside appearance. So, rely on your retailer when you have a preference.

MOST SWEET POTATOES are dipped in a harmless dye to improve their appearance at the produce center.

Maturity is not a factor in sweet potato quality, Mrs. Lawyer explains. In fact, they don't mature. If left in the ground in tropical areas, the tuber continues to grow. Sweet potatoes which have undergone a curing process keep quality longer than uncured potatoes.

Consumer acceptance of instant white potato flakes has encouraged researchers to develop sweet potato flakes. So far, these have been commercially tested in 15 restaurants in Cleveland and New Orleans.

OF 3,496 CUSTOMERS interviewed, 90 per cent of those in Cleveland and 80 per cent of those in New Orleans thought the recipe made with instant sweet potato flakes "very good." Perhaps the future will bring this new potato product to your favorite grocery store.

In the meantime, buy only the amount of sweet potatoes you plan to use within a week, and enjoy using them with any meat or poultry dish.

No 'Rhubarb' In Plan for Prepackaging

Michigan rhubarb growers will take advantage of a new scientific "package deal" this coming spring. And it should mean a considerable savings to growers.

The story actually began a few years ago in Macomb County where agriculture and asked if they could design a system whereby some of the shipping bulk involved in transporting rhubarb could be eliminated.

The Macomb County Cooperative Extension Service staff called on Michigan State University's packaging researchers in the College of Agriculture and asked if they could design a system whereby some of the shipping bulk involved in transporting rhubarb could be eliminated.

Crepe Fashions Return to Scene

The designers deserve every woman's praise for the exciting fabric textures this season.

Crepes have made a re-entry after some years of absence from the fashion picture. They help interpret the graceful, drapable silhouette. They range from crinkled mossy types to the sheerest worsted look.

The wide, wide ribs provide texture interest whether it be the large rounded rib of an otoman or the wide, flat rib of a corduroy.

SHIMMERING, SHINING and blistering surfaces make new textures through the new-looking cloques, bark effects and metalase.

The glitzy can be achieved through the new strip yarn of polyester, metallic or cellophane yarns.

The soft luxurious look of velvets and velveteen brings fresh interpretations through cut and embossed surfaces.

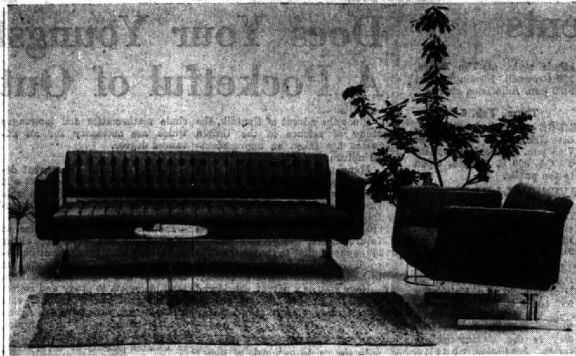
AT THAT time, whole rhubarb was being shipped around the country in wooden crates. Growers had to foot the bill for the entire cost of transportation. About 30 per cent of the total shipment was actually waste.

It didn't take long before the MSU researchers came up with the idea to prepackage the rhubarb before shipment. The result was the elimination of bulky crates, rhubarb butts and leaves and nearly all the rest of the wasted weight in bulk.

Furthermore, the prepackaging doubled the shelf life of the rhubarb.

Since the new packaging system will not get its first official test until this spring, growers can't quite be sure about the exact benefits of the new system. But there is little doubt that transportation and handling costs will be cut considerably.

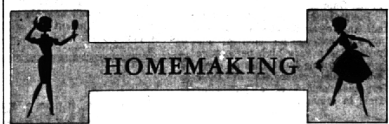
Arthritis lives with one out of every five families. Michigan sufferers number more than 528,000 men, women and children.



Contemporary Product of Birmingham

Leather and steel shape up in a design by Hugh Acton of Birmingham introduced at Chicago's merchandising show this month. The sofa and chair have complete steel frames with mirror-finish steel. They are upholstered in all leather and foam rubber. The chair back swivels according to the posture of the person using it. Acton lives at 585 Brookside and has furniture design studios at 136 Brownell.

6-D THE BIRMINGHAM (MICH.) ECCENTRIC Jan. 30, 1964



Cooking Secrets

ALMOND CHICKEN CASSEROLE

1 8-oz. pkg. noodles
2 tsp. butter or substitute
1 c. thinly sliced celery
2 tsp. flour
1/4 tsp. dry mustard
1/4 tsp. salt
1/2 tsp. black pepper
2 1/2 c. milk

2 tsp. Worcestershire sauce
1 c. grated American cheese
2 c. diced cooked chicken or turkey
1/4 c. diced pimento
1/4 c. diced green sweet pepper
1/2 c. buttered soft bread crumbs
1 c. roasted almonds, diced

Cook noodles in boiling salted water until tender. Melt butter, add celery, cover and cook over very low heat 10 minutes. Blend in flour, mustard, salt and pepper.

Add milk and Worcestershire sauce and cook and stir until thickened. Stir in cheese, chicken, pimento, green pepper, well-drained noodles and half of almonds. Turn in shallow baking dish and sprinkle with crumbs and remaining diced almonds.

Decorate with whole almonds, either natural kernels or blanched, if desired. Bake in hot oven (400 degrees F.) 15 to 20 minutes. Serves 5 to 6.

Recipe from Grace Brownell
Birmingham Woman's Club cookbook

FOLLOW CHECKLIST FOR DRIVING EASE

Special Winter Care Guards Your Family's Transportation

Years ago, folks had it easy when it came to transportation maintenance. About all they had to worry about was washing it, putting it in a warm place at night, and feeding it a good supply of hay and oats. Now it's a bit more complicated.

While we still aren't likely to keep our means of transportation inside the house, many people

today consider their car as an important member of the family. By paying careful attention to its special winter maintenance needs, they insure themselves against loss of essential family transportation when it is needed most.

Here's a simple checklist to review with your local mechanic or service manager. He'll know which of these items need attention, and suggest the best time to take care of them:

250 Hardwoods Are Available for North America

For centuries the fine hardwoods have been used by man for distinctive cabinetry and architectural decorating.

In some cases the name hardwoods is a misnomer, for some of the softwoods are actually harder than some hardwoods. The distinction between these two broad classifications of trees is the difference between broadleaf and evergreen trees.

The hardwoods come from trees that shed their leaves in the winter. The softwoods are the evergreens which retain their needles.

THERE ARE 99,000 botanically named species of hardwoods throughout the world with some 250 available for use in North America.

The most popular hardwoods today are birch, walnut, maple, cherry, mahogany, oak and the exotic woods that include primavera, rosewood, zebra wood and many others. Often these exotic woods are seen in combination with other woods, acting chiefly as accents.

Various parts of the tree produce different grains and patterns, while all of the most used have their natural texture, color and grain.

However the wood is cut, no figures are alike. This unique "fingerprint of nature" in each cut of wood means that every piece of furniture is literally an original.

EXHAUST SYSTEM

Be sure there are no muffler or tailpipe leaks that can infiltrate your closed car with deadly carbon monoxide fumes.

IGNITION SYSTEM

Make sure your battery has enough punch and power to see you through the demanding cold-starting days ahead. See that all loose connections are tightened and worn wires replaced.

TIRES

Get your snow tires on before the likelihood of snow. If you use chains, be sure they are serviceable and have no broken or about-to-break links.

ACCESSORIES

Be certain that heater, windshield wipers, defrosters, lights, horn and turn signals are tuned to perform as they should.

GENERAL SAFETY

Have your service man put your car on the lift for a complete check of all components underneath, including steering linkage, brakes, tires, muffler, and all fluid lines and if needed—a chassis lubrication.

COOLING SYSTEM

See that it is clean and leak-tight before adding antifreeze.

Once Upon a Haddock

Once upon a time haddock was strictly for foot-resting. At best they were a functional piece in that they usually matched a lounge.

There's nothing nondescript about today's haddock. Under the

Tomatoes Are Tops In Vitamin C, A

Tomatoes are tops in vitamin C, good in vitamin A and low in calories.

Fresh tomatoes are best in nutritive value, but cooked and canned tomatoes retain a good share of their vitamins.

The Incas cultivated tomatoes for beauty and herbs. The Spanish took them home from Mexico for ornamental purposes and the Italians first introduced tomatoes to the palate.

Season Sparingly

It is wise to season sparingly. Everyone's taste is different when it comes to salt and pepper, and more can be added readily by the individual.



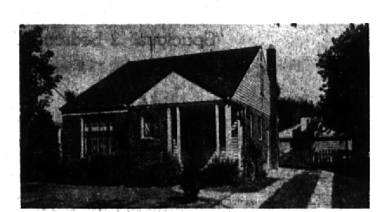
FABULOUS—AND ON LOWER LONG LAKE with your own picnic island! Five bedrooms, three baths, library, separate dining room and air-conditioned family room. Builder's own home, full of deluxe features. Sail boat and swimming raft included. You'll have loads of FUN. DON'T WAIT. \$54,900. Skating is fine.



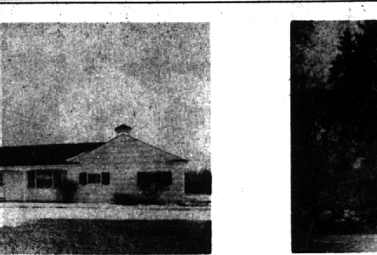
IMAGINE! Five bedroom home in Bloomfield Village only two blocks to Quanton school and offered at TRANSFER PRICE. Master suite with dressing room. 3 1/2 bathrooms, dining room, library and recreation room. NEW KITCHEN. Many extras. Call us now for an appointment. \$42,800.



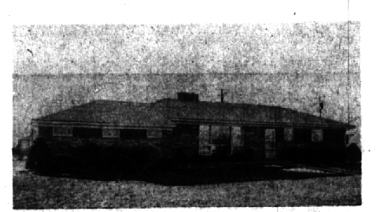
MORE ROOM . . . MORE SUNSHINE . . . MORE FUN. Live in the country, yet close-in and enjoy lake privileges on Gilbert Lake. Four bedrooms and three baths. Great recreation room in basement with fireplace and built-in refreshment bar. Wonderful closets. One bedroom is paneled and has a fireplace—Could be a den!



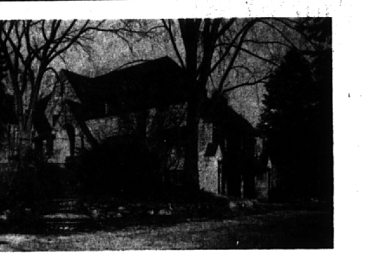
HERE IS AN OPPORTUNITY to get a good, three bedroom home with low down payment and immediate possession. Extra room upstairs for den or sewing room. Included are draperies, new carpeting, calculator and window air-conditioner in living room.



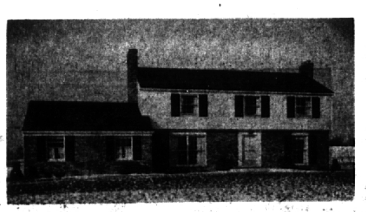
WANT QUALITY, PRICE AND LOCATION? Then let us show you this three bedroom home with the pretty kitchen. Separate dining room and excellent recreation room in basement with fireplace. HEATED GARAGE is a great luxury! \$26,900.



THIS ONE is just a year old. Owner has been TRANSFERRED, so you can have quick possession. Four bedrooms and 2 1/2 bathrooms. Dining room, family room with fireplace and excellent kitchen with built-ins. Country living but close-in. School bus at the door. Carpeting and draperies included. LESS than cost price.



COMPLETELY REMODELED—BLOOMFIELD HILLS ESTATE on two beautiful acres with GATE HOUSE. Eight bedrooms (large master suite on first floor). Oversized dining room. Florida room, library and screened porch. Recreation room with pool table. NEW kitchen with 2 dishwashers, built-in refrigerator, range and 3 ovens. TALK OF THE TOWN—YOU MUST SEE IT! \$67,500.



THIS ONE is just a year old. Owner has been TRANSFERRED, so you can have quick possession. Four bedrooms and 2 1/2 bathrooms. Dining room, family room with fireplace and excellent kitchen with built-ins. Country living but close-in. School bus at the door. Carpeting and draperies included. LESS than cost price.

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