

Laundry problems

Residual soap in the fabric of your clothes may irritate your skin when you perspire. Check to be sure clothes are rinsed thoroughly during the laundering process.

In countries where there is very strong sunlight your clothes will retain their colors longer if hung out to dry in a shady place. In the Middle East, where clothes are usually dried on flat rooftops, this is impossible, but it helps to turn colored things inside out before hanging them out.

In many countries, materials go directly from the looms into shops without being sanforized. To be on the safe side, wash all such materials and iron them before cutting them into clothes, curtains, or slipcovers. This will also assure that they are colorfast. To set the dye in fabric, wash each piece separately in saltwater.

Meats

Here are a few distinguishing characteristics you should look for when you buy meat "in the rough."

Beef — The meat should be a clear, fresh red color, with streaks of fat marbling it. The bones of young beef are porous and red. The bones of older, tougher animals are white and flinty looking.

Ham — The usual ham purchased abroad (unless it's tinned) should be soaked for at least 12 hours and the water changed frequently to get rid of excess salt.

Lamb — Colour should be light pink. The older the animal, the darker pink the meat. Mutton is red, with white and rather brittle fat. Young lamb fat is quite soft and pinkish. Goat meat, a popular substitute, is a more purplish pink, and the flesh has a stringier texture.

Liver — Calf or lamb liver is, of course, preferable but not always available. Beef or pork or even water buffalo liver can be just as good, but it has a stronger flavour and should soak in hot water for 5 to 10 minutes before cooking.

Pork — Young pork is a greyish pink colour. The meat of older animals is more rose-colored.

Veal — Meat should be of a light greyish colour. The fat should be clear, white, and firm; bones should be porous and red.

If there is any question about the safety of local meat supplies, cook the meat thoroughly. Refrigerate it and, if possible, freeze it for 10 days before using it to make absolutely certain that tapeworm larvae and trichinae have been destroyed.

Milk and Cream

Lacking your own pasteurizer, here is a simple method for preparing small quantities of raw milk: Pour the milk into the top half of a double boiler. Place it over the bottom pan, which contains water already at a boil. Cover top of pan. Continue to cook for 10 minutes while water in bottom pan boils continuously. Remove top pan and set it into bowl of ice water. Chill as rapidly as possible. Pour into sterilized containers and refrigerate.

125 ml evaporated milk plus 125 ml water = 250 ml whole milk

125 ml dried skim milk powder plus 250 ml water and 30 ml salad oil = 250 ml whole milk

To sour milk, add 30 ml white vinegar or lemon juice to 500 ml milk (either regular milk or diluted evaporated milk) and let the mixture stand for 30 minutes at room temperature before proceeding with the recipe.