

Bumper Calavo Crop Starts Food Sensation

This year, an unprecedented crop of calavos is being poured into the market and prices are gradually feeling the effect. Without doubt every homemaker will find calavos within reach of her budget this coming season.

Calavos belong to the general avocado family which is a member, botanically speaking, of the laurel clan.

Many varied names have been given this modernized fruit of tropical origin. There is a rich historical background, from the ahucatl of Aztec times, and original names from various countries such as anay, palta, and ahuaacahuatl, to the modern corruption of "alligator pear" and what was at first considered a misnomer, the avocado.

California horticulturists have produced the calavo by a long process of elimination. It has taken more than a decade, since the first introduction, of importance, into the state. Now for over ten years the growers' own organization and experienced avocado enthusiasts have been comparing varieties, eliminating some and perfecting others, gradually reaching toward a standard of keeping quality, food value and fruit flavor that is dependable.

No housewife has the time to learn the hundreds of variety names and descriptions of avocados, and the calavo stamp makes it unnecessary. It assures her that expert selection has been made for her. Out of 500 varieties grown in California at present, only thirteen qualify to be given the tiny golden stamp which labels them as the aristocrat of salad fruits.

Horticulturists who are informed on the subject believe that in ten years, considering the rapidity with which avocado groves are being "topworked" (literally changed over from poor to high grade varieties), the poorer varieties will be eliminated and only fruits of calavo quality produced.

Among other things, the tiny yellow calavo stamp insures fruit matured on the tree. Immature fruit is apt to soften unevenly, permitting spoilage and waste. Fruit oil content and the flavor which is bound up with its fullest development is certain to suffer if the fruit is picked before that highly desirable stage of ripeness or maturity is reached.

Although calavos are always matured on the tree, they must soften after picking. To judge the right stage for serving, take a calavo in both hands, and press gently with both palms, avoiding pressure with thumbs and fingers. There is no difficulty in judging if the fruit is sufficiently soft. It will yield to gentle pressure. The stage that precedes softness is one of elasticity and is not to be confused with the soft stage.

If the calavo you select is not ready to serve, it may be softened in a few days time by exposing to the ordinary temperature of a warm room. To hasten the softening process, cover with a towel or wrap each fruit separately in paper. Do not expose to direct heat.

Refrigeration will retard softening and is not advisable until the calavo is properly soft. Chill well before serving for the usual salad and cocktail recipes. Do not place on ice nor near ice coils, but rather in the warmest part of the refrigerator. If only part of a calavo is used, the cut portion may be protected from discoloration with waxed paper.

Calavos, which due to a bumper crop of vintage quality are cheaper than ever this year, have long been used in formal meals to set the note of smartness, and homemakers everywhere have also appreciated their ease of preparation and serving. More recently dietitians have turned attention to their value as a nutritious food for the tired business man or woman and for children, because of unusual mineral and vitamin content and the highly digestible fruit oil. The delicacy of flavor is appreciated by connoisseurs and goes without saying.

Book Talk Series Starts This Evening

What promises to be an exceptionally stimulating series of book talks will begin this evening, Thursday, Jan. 24, at the Lincoln School, from 8:30 to 9:30 p.m.

Mr. Nathan Levin and Mr. Corliss Anderson are to review and summarize a number of the newer books on economics, among them, Lewis Corey's Decline of American Capitalism; George Soule's Coming American Revolution; Stuart Chase's Economy of Abundance; and several pamphlets and economic reports.

If the depression has done nothing else, it has awakened the interest of all intelligent people in economics. The amount of literature published on the subject has swelled to such large proportions that it is practically impossible to keep up, unless one's entire time is devoted to it.

Hence the importance of such book talks as the Lincoln School



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These talks will not all, however, be on the subject of economics. The next one, coming two weeks from today, on February 1, at the same hour, will concern itself with fiction. Later discussions, scheduled for every two weeks until the end of the term, will include gardens, poetry, biography, philosophy, etc.

Mrs. Simons Addresses Women Voters League

Lively discussion followed the talk given by Mrs. Raymond Simons before an interested group of League of Women Voters members, last Wednesday, on the subject of "The Legal Status of Women." The members of the group are eager to hear the conclusion of the talk, and also a talk on "Pending Current Legislation," which will be given by Mrs. Simons at the next meeting, Wednesday, Jan. 30, at 10 o'clock at her home, 286 Roger Williams avenue. It is expected that most of the members of the League will wish to attend, in order to inform themselves on these questions of paramount interest.

Carroll Binder was greeted last Tuesday evening by a large and in-

terested audience when he addressed the league members and friends on the subject of "The Japanese Situation." Mr. Binder stressed the Western civilization and that of Japan. He spoke of the phenomenal rise of that country economically from a military standpoint, and in growth of population. He explained the need for expansion, which was not met by the Japanese, who preferred to remain in the mother country, in spite of a welcome from other lands under Japanese control.

He pointed out the fact that most of the wealth of the country is in the hands of eight families, the members of which had little regard for the health or welfare of the worker. The standard of living of the working man is pitifully low, which enables the Japanese to undersell the nations where the workman earns a living wage.

The Japanese have an inordinate pride of race and a secure feeling of the greatness of their destiny. They are willing to do anything possible to help in the progress of their country considering personal desires of minor importance when interfered with the major one of national development or prestige. Their relationship with the United States should be a rather pleasant one, as their interests are comple-

mentary, rather than antagonistic. They are a friendly, hospitable people, courteous and kindly. It will be interesting to watch their attempt to fulfill their high destiny—Contributed.

Local Men to Serve as Officers of N. S. Veteran Employees Club

E. A. Nevins and Elmer Brown, both resident of Highland Park, were elected secretary and treasurer, respectively, of the Veteran Employees 25-Year Club of the Chicago North Shore & Milwaukee Railroad, the North Shore Line, at the annual dinner held in the Karcher Hotel, Waukegan, last Saturday evening. Other officers chosen for the coming year are: President, John Gartley of North Chicago; vice president, Jesse S. Hyatt of Libertyville; directors, J. W. Simons and William L. Ives of Waukegan; and Louis Homan of Racine.

Over 2,000 years of service to the public in providing fast and frequent transportation for communities between Chicago and Milwaukee is the total record for the 66 members of the club.

Many interesting tales of early days in the history of the North Shore Line and the territory it now

serves were told by the veterans. Recalling the inception of the line 41 years ago as the Bluff City Electric Railway, the men traced its growth to the present North Shore Line operating a total of 224 trains daily on its various branches and holding honors as the fast electric interurban railroad in America.

Entertainment, combined with the informal talks, made the dinner one of the most pleasant of the annual reunions held by the club.



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