

1928

"A Cup of Tay at Five O'clock"

Margaret L. Marnette
Iowa State College

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

Recommended Citation

Marnette, Margaret L. (1928) "'A Cup of Tay at Five O'clock,'" *The Iowa Homemaker*: Vol. 8 : No. 4 , Article 4.
Available at: <http://lib.dr.iastate.edu/homemaker/vol8/iss4/4>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.

"A Cup of Tay at Five O'clock"

By Margaret L. Marnette

"THERE'S nothing like a good cup of steaming tay to warm the heart and body in the late afternoon," my grandmother was wont to say, and mother and I both appreciate the Scotch ancestors who first introduced into our household the cherished custom of serving tea between the hours of four and five in the afternoon.

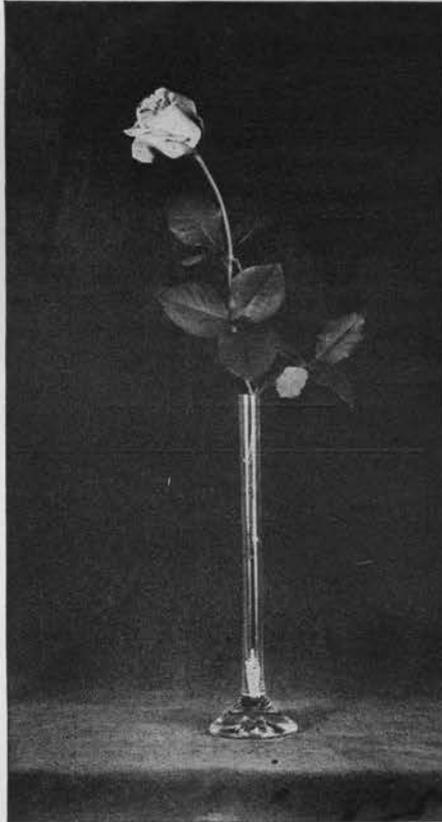
There is something intimate in afternoon tea. Apart from the chance it affords for one to relax a bit, and the opportunity to sit and eat a sweet cake or a small sandwich with a friend, it gives one a "dressed-up" feeling that irons out all the wrinkles of the day.

You may serve either aromatic coffee and any of the delicious coffee cakes which German and Swedish housewives make a part of their afternoon "coffee's," or you may prefer to brew some fragrant tea and serve it with any of the many tea cakes. Whatever you do, make an "affair" of the occasion. Let young daughter serve you the refreshments. Teach her how to make the tea, using freshly boiling water. Have her be sure the water is boiling merrily, and when it is, pour it over the tea leaves in a pot. With the many lovely shapes and sizes of teapots now found in stores, afternoon tea can become a festive affair with an individuality all its own.

After the tea has steeped for five minutes, it may be poured into another pot and sufficient boiling water added to dilute the strength. Caution young daughter never to use steeped leaves a second time, for bitter is the tea twice brewed. It is neither necessary nor does it impart any flavor to the tea if it is boiled or placed over the fire.

To serve with the tea, there are many novel and delicious dainties. Lemon, cream and sugar are, of course, old standbys, and some people always prefer them to any new flavor. Perhaps the sweet orange would be a welcome change from the tart lemon flavor. Daughter will enjoy cutting the orange in small portions, placing a clove in one end of each slice and putting a sprig of mint in the other end.

Canned or fresh grapefruit, if con-



A single rose adds charm to your tea table.

venient, may be used instead of oranges or lemons. A candied cherry, colored either red or green, and placed in the bottom of the cup before it is filled with tea, will give a delightful appearance to the cup.

If you care for the elusive fragrance of rose or geranium flowers, then pack a few leaves with a cup or so of sugar for several days before you have your festive tea party. The sugar will be delicately flavored with the petals and leaves of the flowers.

And what about the cakes to accompany the tea? Young daughter may not yet have mastered the cake-making intricacies, but one recipe which is so certain to produce good results is that for cup cakes:

$\frac{2}{3}$ cup butter
2 cups sugar
4 eggs
1 cup milk
 $3\frac{1}{4}$ cups flour
4 teaspoons baking powder
 $\frac{1}{4}$ teaspoon mace

Cream butter and sugar, add eggs well-beaten and then milk. Add flour sifted with baking powder and mace. Bake in individual tins. Any kind of frosting may be used with this recipe. Chocolate frosting is a favored one at our tea table:

$1\frac{3}{4}$ cups sugar
 $\frac{3}{4}$ cup hot water
4 squares melted chocolate
 $\frac{1}{2}$ teaspoon vanilla

Cook together sugar and water without stirring until a thread forms when dropped from tip of spoon. Pour syrup on melted chocolate and beat until of the right consistency to spread, then add vanilla.

Sometimes halved or quartered almonds, walnut halves or preserved cherries are placed on top of the cakes for exceptional occasions.

If you like a "different" cake, perhaps you'll like Royal Fans:

Mix and sift two cups of flour and $\frac{1}{2}$ cup brown sugar. Wash $\frac{3}{4}$ cup butter and work into first mixture, using tips of fingers. Roll to one-third inch in thickness, shape with fluted round cutter five inches in diameter. Cut each ring into quarters and crease with dull edge knife to represent folds of fan. Brush over with yolk of egg diluted slightly with water and bake in a slow oven.

And now, if you prefer coffee, you may like to teach young daughter to make it like this: Boil sufficient water for guests, and pour it while still boiling over the coffee, allowing one heaping tablespoon for the first cup and one additional spoonful for each succeeding two cups. Drip coffee must never boil. If a piece of cheesecloth is plugged into the spout of the pot, the flavor will not be so apt to escape.

If you like your coffee boiled, it is better to make it in the kitchen, using a granite-ware coffee pot. Wash and break an egg into a cup. Dilute with $\frac{1}{2}$ cup cold water, add the crackled shell and mix with one cup of coffee. Turn it into the pot and pour on six cups of freshly boiling water. Boil three minutes and add one-half cup cold water, which perfects the clearing. Place in warm place where coffee cannot boil for ten minutes and serve at once. Altho the egg shell

(Continued on page 14)

Autumn Toilet Requisites

New Numbers in Yardley and Houbigant

Judisch Bros. Drug Store

Coed Lingerie Shop

South Side

WE SELL GOTHAM GOLD STRIPE
AND ONYX POINTEX HOSIERY

See Our New Line of Novelty
Gifts

PARNO'S Jewelry Store

CRANFORD BLDG.

EXPERT WATCH, CLOCK &
JEWELRY REPAIRING

Oldest Established Jewelry Store in
Campustown

Phone 251 Two Watchmakers
ALL WORK GUARANTEED

We
Welcome
Charge
Accounts

STREM'S FABRICS
SILKS AND WOOLENS
313 8th St.
Between Locust and Walnut

Elite Styles
Patterns Sold
Exclusively at
Strem's in
Des Moines

QUALITY AND STYLE FABRICS MODERATELY PRICED

The most gorgeous display of newest fabrics for autumn
and winter.

New Silks, New Chiffon Velvets, New Imported Velveteens, New
Plain and Novelty Transparent Velvets, New Woolen Dress Fabrics and
Coatings.

Best selection of fabrics for sewing classes in Iowa.

Home Economics Students

Get your textbooks and supplies here

This store is operated by the college for your
benefit and convenience

* * *

College Book Store

On the Campus

A Cup of Tey at Five O'clock

(Continued from page 3)

itself does not aid in clearing the coffee, the albumen which clings to it is instrumental. Coffee made with egg has a much richer flavor than that made without egg. A half teaspoon of salt may be added to coffee placed in a percolator coffee container, which will improve the flavor of the coffee.

With coffee a Swedish tea ring braid is especially nice:

2½ cups scalded milk
1 yeast cake

Flour

½ cup melted butter

⅔ cup sugar

¼ teaspoon salt

1 egg well-beaten

1 teaspoon almond extract

Add yeast cake to one-half cup milk which has been allowed to cool until lukewarm. As soon as it is dissolved add one-half cup flour, beat thoroughly and let rise. When light add remaining milk and flour and one-half cup flour. Stir until mixed, cover, let rise again. Then add remaining ingredients and one and a half cups flour. Toss on floured board, knead, using one-half cup flour, and let rise again. One-third of this recipe will make sufficient tea rings. Shape the dough in a long roll, using the hands. Put on an unfloured board and roll very thin. Mixture may be lifted from board with knife. Spread with melted butter, sprinkle with brown sugar and chopped almonds and cinnamon. Roll like a jelly roll, form into a ring. Place on a buttered sheet and with scissors cut diagonally without raising from sheet. Bake in a moderate oven. Confectioner's sugar frosting may be used for this tea ring.

Turkish College Girls

(Continued from page 1)

to the utmost. The girls are fond of color, many bright reds, blues and greens are worn. They cannot dress to please their masculine friends, so they concentrate their efforts on clothes that will be admired by their classmates.

The old Turkish custom of wearing veils is almost a thing of the past. Their faces are no longer covered. They are denied the right to choose their own husbands. If the parents desire their daughter to marry when she finishes college, they choose a mate for her, whom the bride sees for