

1924

Conquering an Ogre

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Experimentally Speaking

Compiled by ETHELYN V. BROWN

Editors' note:—The suggestions given below have all been carefully worked out in a class in Experimental Cookery and have been found to be correct.

Do you know—

1. That—if you wish to add whole strawberries or other fruits to a frozen dessert, treating them in one of the following ways will prevent their becoming chunks of ice:
 - a. Dip in brandy—put in when the mixture is starting to freeze.
 - b. Boil them in sugar mixture of an ice.
2. That—if the ice cream freezer is turned slowly the ice will freeze into quite coarse crystals, but if turned rapidly the mixture forms fine crystals which give an ice of smooth texture. Therefore, the best rule to follow is to turn the handle slowly until mixture starts to freeze and then turn rapidly to freeze mixture hard and quickly and give a fine textured product.
3. That—vegetables should be covered with boiling water to preserve their natural color and keep in the mineral matter. Those cooked covered seem a little greyer in color than those not covered but they lose much of the mineral water in cooking if uncovered. Salt helps to preserve the color in vegetables. Acid added to green vegetables while cooking absorbs the color and makes them grey and unattractive. An exception to this rule are beets, which are more red in acid than in alkali. A small amount of vinegar added to them will cause a brighter red.

4. That—acid does not destroy the gelation power of gelatin. With a mixture of 75 parts of lemon juice and 25 parts of water a very nice jell may be obtained which will be set after two days of standing. An increase in acid, does, however, require a longer time for the gelatin to set. Half lemon juice and half water gives a good flavor.

Boiling a gelatin solution for as long as twenty minutes does not destroy the power of gelation. The temperature must be kept constant, however, or the gelatin will be tough and rubbery.

5. That—raw pineapple added to gelatin does destroy the power of gelation because there is an enzyme in the pineapple which acts on the protein in gelatin. If the pineapple is cooked the enzyme is destroyed and the gelatin will set.
6. That—when eggs, gelatin or cream are beaten a product of finer texture is obtained if a Dover egg beater is used and a coarse product is the result of the use of a whip. A whip produces larger bubbles of air and gives more bulk.
7. That—the best proportion for egg and milk in baked custard is: 1 or 1½ eggs to 1 cup of milk, for custard pie: 2 eggs to 1 cup of milk.
8. That—eggs should be **hard cooked**, or **soft cooked**, not hard and soft boiled. The best method is to drop eggs in boiling water and allow them to stand on the back of the stove from 7-10 min-

utes for soft and about 45 minutes for hard cooked.

Another method for soft cooked eggs is to place the eggs in cold water and remove from fire when water just begins to boil.

One-half teaspoon vinegar for every cup of water used in poaching eggs will make them hold their shape better—there will be no taste of vinegar.

9. That—in making mayonnaise dressing it is not necessary to add the oil drop by drop during the process. Add it ½ teaspoon at a time at first, until emulsion or a smooth looking mixture is formed when it may be added much faster—as much as one-fourth cup at a time.
10. That—mayonnaise dressing may be made with out eggs. Three-fourths of a tablespoon of cornstarch paste (made of 1 ½ tablespoons of cornstarch to 1 cup of water) for 1 egg yolk, or ½ tablespoon of gelatin solution (made with 2 teaspoons of gelatin to 1 cup water). Let the gelatin stand until it begins to thicken, then beat until forthy before adding the other ingredients—this dressing must be kept cool.
11. That—potatoes may be fried in the same fat in which onions have previously been fried and the potatoes will not taste of onion. If fresh, clean fat is used the odor of onions is not retained because the odor is volatile. Old fat with particles in it will not work so well because the particles absorb the odor and then the odor goes into other foods cooked in this fat.

Conquering an Ogre

By GERTRUDE MURRAY

"Science with Practice" is a good motto when it is actually applied. Recently a senior Home Economics student at Iowa State decided that she and her family were spending too many of their valuable hours in the routine process of dish washing so she decided to experiment with this task to determine whether such were the case or whether this duty actually requires the amount of time ordinarily allotted to it.

She accordingly conducted four experiments, each one continuing over a period of a week. In each case the number of dishes were approximately the same, being for the same number of people with the same type of menu.

From an average of 26 1-2 minutes,

the result of a somewhat promiscuous method of dish washing she was able to reduce the time to 16 1-2 minutes, thru a scientific study of her problem.

From her study she suggests the following specific means of saving time:

1. Soap flakes were dissolved in water more rapidly than was soap.

2. Clean towels are essential. It is also her opinion that the washing of a larger number of slightly soiled towels is not as difficult as the washing of a few very soiled ones, and it is certainly more sanitary.

3. The dishes should be well-scraped and stacked on a table as near the dish pan as possible, so that it will not be necessary to walk to a table for them.

This table should also be as close as possible to the cupboard where dishes are kept.

4. When a dish drainer is used the time required to dry the china dishes is saved, because if properly arranged, they will dry themselves, after boiling water has been poured over them.

5. It is not essential that silver and glasses which will be used each meal be put away; rather they may be left on a tray in a convenient place, ready for the laying of the table for the next meal.

Probably the most important result of this study is the realization of the fact that many of the old-time habits of work are not the best. We all, undoubt-

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HOMEMAKER AS CITIZEN

Is the Superior Child Getting a Fair Chance

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and the use of the modern automobile and motor truck, (5) a study of some of the more general features of local geology, including fossils and glaciation.

The small city of Appleton, Wisconsin, provides for gifted pupils who display special interests or aptitudes, to be grouped in clubs for the study of some phase of activity not directly or not fully undertaken in the regular school program, such as a Forestry club, a Photography club, Radio club and a Teaching club.

Norsworthy and Whitley in their book on "Psychology of Childhood" bring out these points as to the training for gifted children—"Probably a faster than normal pace of study is wise, with attention to intricate, abstract thinking, the stimulation of creative imagination, opportunities for extensive association-farming. Probably, too, such children should be under the guidance of exceptionally gifted instructors from a very early age. Obviously any special aptitude needs to be given full chance for development."

Home Equipment

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in part by transferring outside the home whatever processes may be removed without destroying the home as the center of family life, or by bringing into the home the mechanical means for taking care of that irreducible minimum of work which will remain there for a time at least for personal, traditional, or economic reasons.

The whole modern period in which we live is an age of machinery. The effect of this is felt in too limited a way in our twentieth century home. A desire for equipment is based upon an appreciation of what equipment in the home really means. An investment in equipment must be justified by the proved usefulness of any piece of equipment. The satisfactory accumulation of equipment will come from developing a discriminating judgment based upon facts gained through study and analysis.

The modern progressive home must be well-equipped. The well-equipped home must be "manned" by a "Household Engineer." It is to train this Household Engineer for her job that this course is planned. Sound training here should furnish a good working basis for reducing to a minimum the amount of valuable time the homemaker spends on the "mere mechanics" of housekeeping and provide time for developing the real "art of living."

Conquering an Ogre

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edly, realize how easy it is to "get into a rut" but few of us make any effort to get out.

Besides the actual time released, there is the joy of knowing that one is being scientific in her actions, that she is actually accomplishing something worth while, a feeling that frequently motivates a disagreeable task to a high degree.

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