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When We Are Very Young

Anna Johnson

Iowa State College

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DOLLAR savers," "time savers," and "energy savers" are three things much sought for in the world today. Of these probably "dollar savers" is the one which is most realistic to the busy housekeeper as well as her husband.

We stress clothing budgets and economy, food budgets and economy, equipment buying and many other places for economy in the home but seldom do we hear a word about the economical use of a "cook stove"—a piece of equipment used on an average three times a day by every homemaker in the land.

The kind of fuel you use will depend largely upon what Kind of fuel is available in your particular community or city. Coal and wood are old stand-bys but for a number of reasons, particularly because of the disagreeableness in handling and heat in using, most of us use some other type of fuel when possible. Kerosene stoves are commonly used in rural American homes. Gas, both natural and artificial, is now the fuel upon which people in many of our cities are depending for cooking purposes.

Fuel like our other natural resources will not last indefinitely, so in addition to our interest in economy of dollars and cents there is a still more important need of economy in the use of fuel for the preservation of our supply for future use.

How may we conserve fuel in cooking processes? Much fuel is lost by certain careless practices common to a great number of homemakers. A large amount of fuel would be conserved if homemakers could truthfully answer "yes" to the following questions:

1. Do you cover the vessel when boiling water or food? The process is completed in less time if you—of course the consumption of less fuel.
2. Do you light the burner of your gas or kerosene stove after the vessel is set on the burner?
3. Do you turn out the flame just before removing the vessel from the burner?
4. When water or food has commenced to boil do you turn the flame lower?

Fuel may be saved by using double-triple pans.

Water will get no hotter than boiling no matter how furiously it boils.

A flame which licks up around the sides of the pan is a wasteful one and should be avoided.

A clean burner is much more efficient than a dirty one besides saving the disagreeable task of cleaning the sooty utensils which often result from an unkept burner. The matter of regular and thorough cleaning of burners is of particular importance in using a kerosene stove.

Correct selection and use of utensils used in cooking is another method of saving fuel. A utensil with the bottom surface near the size of the burner is more efficient than one much smaller than the burner. By using a cluster of three pans often called "clover leaf" sets, you may be able to cook on one burner what would ordinarily require the use of three burners. Sets of double pans can also be purchased economical.

With a little forethought in planning, a whole meal may be cooked in the oven, thus preventing the necessity of using both oven burners and surface burners for the same meal.

Some gas ranges and electric ranges are now being made with very well insulated ovens. Such an oven may be used as a fireless cooker since if unopened it retains the heat for some time after the burner has been turned off. Here again an oven cooked meal will be a fuel saver.

One of the manufacturers of gas ranges has incorporated the principles of the fireless cooker in a hood attachment over one of the top burners. This fireless hood or dome is very well insulated and when once heated retains the heat.

Girls in the Household Equipment course at Iowa State College found that by using a set of triplicate pans with the fireless hood attachment, they could prepare, with an expenditure of only 6.75 cubic feet of gas, the following meal for six persons:

- Rolled steak with vegetables
- Escalloped potatoes
- Brown Betty pudding
- Fruit candies

The same meals required 20.95 cubic feet of gas when it was baked in the oven.

Fruit candies are especially desirable for the family because they are healthier and add variety.

Stuffed Prunes

For stuffing prunes use the smaller size, since the large ones do not look so well and are clumsy to eat. Wash the prunes and steam. For steaming, place in a collander or a coarse strainer over a kettle of boiling water. Do not let the water touch the fruit. Cover and allow fireless hood to soften them to 10 mm or 2 minutes. They should be soft and tender, but not cooked. When cool enough to handle, remove pits and stuff with any of the following variations:

- Ground or chopped mixtures of nuts
- Raisin and applesauce
- Raisin and molasses
- Raisin, applesauce, and ground nuts
- Raisin, applesauce, and brown sugar

When We Are Very Young

ANNA JOHNSON

When we were young, 30 years ago, the Christmas treats were made of the things our mothers had to work hard to make. As children we could not understand it then, but now we find how much we miss the old-fashioned way of making dishes.

Candy Nut Brittle

- Granulated sugar, 2 cups
- Brown sugar, 1 cup
- Light corn syrup, ½ cup
- Water, ¼ cup
- Butter, ¼ cup
- Salt, ⅛ tsp.
- Bran, ⅓ cup

Put the sugar, corn syrup and water into a sauce pan and cook, stirring until the sugar is dissolved. Continue cooking without stirring until a hard crack test is reached. Remove from fire, add salt and butter and stir only long enough to mix well. Add bran and turn at once on a greased inverted pan or baking sheet. Smooth out with spatula. After about a half minute take hold of the edge of the candy and, lifting it slightly, pull as thin as possible. Break into irregular pieces.

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and fruits; peanut butter; whole almonds, blanched and dried; chopped almonds, blanched and unsalted; cottage cheese. A pleasing mixture for stuffing is: 1/4 cup almonds, which have been blanched and browned in the oven; 6 candied apricots or dried apricot slices; 1/4 cup nut meats, and 1/4 cup seedless raisins. Put ingredients through the food chopper and knead, molding in shapes and size for stuffing the prunes. Do not fill prunes too full for they are hard to eat and not attractive looking. Do not roll them in sugar, as it detracts from their black, shiny appearance.

**Stuffed Dates**

Stufing for 30 dates:
- Nut meats, 1/4 cup
- Cinnamon, 1/2 tsp.
- Prunes, 6
- Cloves, 1/2 tsp.
- Figs, 4

Put the figs, prunes and nuts through the food chopper. Add spices and mix thoroughly. Seed the dates and stuff them with the prepared mixture. Roll in granulated sugar.

A variation is:
- Orange peel, chopped, 2 tbsp.
- Cinnamon, 1/2 tsp.
- Dates, 1/4 cup
- Raisins, approximately 1/4 cup

Date, approximately 1/4 cup
- Nut meats, 1/4 cup
- Cloves, ground, 1/4 tsp.
- Salt, 1/4 tsp.

Put all the ingredients through the meat chopper and mix well. Roll out in a thin sheet about 1/4 inch thick. Cut in shapes; animals, stars, etc., and spray with sugar.

**Parisian Sweets**

Prepared dates, 1 lb.
- Figs, 1 lb.
- Orange juice, 1 tbsp.
- Nuts, 1 lb.
- Honey, 1/2 cup

Cleanse fruits and nuts. Put through fine knife meat chopper, twice if necessary, and mix thoroughly. Add orange juice and honey, roll in chopped nuts, coconut or chocolate. May be put under weight, then cut in fancy shapes. Puffed rice may be added to the recipe.

Any fruit combination is very appetizing, cut in various shapes.

**Candied Orange Peel**

Orange shells, 6
- Granulated sugar, 2 cups
- Water, 1 cup

Cook orange peel slowly in water, keeping covered, until membrane softens easily. Drain, cool, remove white portion, using a knife, then cut skins in string like stripes, using a scissors. Cook 2 cups sugar with 1 cup water until it pinches - a thread. Heat a few of the strips at a time in the syrup to boiling point. Drain, roll in granulated sugar, dry on oil paper. Serve with afternoon tea or as garnish for dessert.

Grapefruit peel may be prepared the same way.

**HARD CANDIES**

**Barley Sugar Drops**

Sugar, 2 cups
- Color paste
- Water, 1 cup
- Cream of Tartar, 1/2 tsp.

Put sugar and water in saucepan, stir until dissolved, add flavoring if desired, cover and boil 5 minutes. Remove cover, add cream of tartar and boil until it just begins to change color, or reaches 300 F. Add a few drops of flavoring—peppermint, lemon or orange extract—and drop at once into spoonful of spoon, in portions the size of a silver half dollar. Store in tight glass jar.

**Barley Sugar Sticks**

Prepare candy as directed in "Barley Sugar Drops." Pour on tin sheet in strips 4 inches long and 1/2 inch wide. Take up one at a time, twist, and place in covered glass jar.

**Butterscotch Wafers**

Sugar, 1 1/2 cups
- Butter, 1 1/2 tbsp.
- Corn syrup, 1 cup
- Molasses, 1 tbsp.
- Water, 1/2 cup
- Salt, 1/4 tsp.

Cook sugar, syrup and water to 270 F., or until brittle when tried in water. Add butter and stir until mixture reaches 280 F., or until it cracks in cold water, stirring to prevent burning. Remove from fire, add salt, flavor with oil of lemon, and drop from tip of spoon on oiled marble slab or tin sheet, in waters the size of a quarter of a dollar, or mold as lolly-pops.

**POPCORN**

**Sugar Popcorn**

Popped corn, 2 qts.
- Sugar, 2 cups
- Butter, 2 tbsp.
- Water, 1/2 cup
- Salt, 1/4 tsp.

Pick over popped corn, discarding all hard kernels, butterscotch in sauce pan, add sugar and water, stir until dissolved, and boil until it reaches 238 degrees F., or until it will form a soft ball when tried in cold water. Pour over corn, and stir until every kernel is coated with sugar.

**Popcorn Nests**

These are very cunning for children. Make pop corn balls and shape into hollow nests. Line with fringed waxed paper and add honey or any one of the three edge finishes, as Jolly-pops.

**POPCORN NESTS**

Put 1 tbsp. vanilla
- 2 cups sugar
- 1 cup white corn syrup
- 1 tsp. each salt and vinegar
- 4 cups corn, 2 qts.

Boil sugar, water and corn syrup with little salt, vinegar, and corn, 2 qts. in large pan and pour on the syrup gradually into a nest, stirring until temperature reaches 264 degrees F. Have corn in portion the size of a silver half dollar. Roll in granulated sugar, dry on oil paper. Put flavored syrup on the popcorn, discarding all butterscotch. Roll in sugar. Cook until temperature reaches 270 degrees F., or until it will form a soft ball when tried in cold water. Pour over corn, and stir until every kernel is coated with sugar.

**Variations**

Add red coloring, or chocolate, or use brown sugar instead of white.

**Visualize Your Hat Problem**

(Continued from page 4)

rum, elastic net or pillow cloth, with the center, front and back placed on the bias so as to secure a better roll to the brim. The side seams are stitched together and the raw edges are made at the head size. Pin the brim to the head band which is about one and a half inches wide, then try on for a final check. The edge may be wired or not. In either case, however, bind the edge of foundation material with the bias crinoline or similar binding to gain as flat an effect as possible and to prevent raw edges of foundation material wearing through the outside covering. The front of the brim is next covered by the bias crinoline fixed over the edge of the linen band. It is necessary to sew a channel, or slip stitch, the wire edge or bias binding. Then carefully pin the crown and brim together so as not to show any mark of seam. The top edge is finished. The side bias equals your head size, plus seam allowance and is about seven inches wide. The top gathering is equally distributed around the oval which usually has a crinoline backing.

Often a monogram is worked in the center of the oval by means of cable stitching, painting or couching. When lining is completed, pin in place and slip stitch neatly to the hat.

Many variations might be suggested here, but with due consideration to the knowledge of our reader we trust that this information will arouse interest and tend to stimulate the profession's conservatory which alone will be a deciding factor in helping you visualize your hat problem.

**Visualize Your Hat Problem**

Ask yourself frankly "Am I wearing the most becoming hat that I can wear?"

**BOOKS OLD IRR GIRLS LIKE**

(Continued from page 10)

counter with Lorna makes a soldier and a knight.

Bush, R. E. A Prairie Rose. (Little), $1.75.
Rose is a pioneer girl who goes with her older brother in a prairie schooner to Iowa, where they make a new home for themselves.

Dickens, Charles. David Copperfield. (Dutton), $2.00.
The personal history and experience of David Copperfield the younger, as related by himself.

Garland, Hamlin. Daughter of the Middle West. (Harper), $1.00.

Haskell, Helen E. Katrinka. (Dutton), $2.00.
Story of a little Russian peasant girl who becomes a star dancer at the Imperial Theatre. Gives a vivid picture of all phases of the life in Russia during the monarchy.

History from ancient times to the present.

Hugo, Victor. Les Miserables. (Dodd), $2.50.
One of the greatest stories in any language.

The perfect "Rip Van Winkle" book.

Irving, Washington. Tales of the Alhambra. Ilus. by Dillon and Brock (McKay), $2.50.
Legends, traditions and fairy tales which time has woven around the ruins of the beautiful Moorish palace of the Alhambra.

Lamb, Charles. Tales from Shakespeare. Ilus. by Soper. (Dora), $2.00.
Three tales we know as "The Three Little Pigs".

Quick, Herbert. Cinderella's folly. (Bobbie), $2.00.
Story of pioneer life in Iowa. (Continued Next Month)