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Some of the Whys of Eggs, Milk and Cheese

Josephine McMullen
Iowa State College

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Christmas In Kentucky

By BARBARA DEWELL

While these people have always been very religious and have known of the story of Christ, until the Settlement School was established they knew absolutely nothing of the religious idea of Christmas. They had never had family dinners nor ever had a Christmas tree at home. Think of it! What wound we do without the memories of our first Christmas trees, of Santa Claus, of the joy of finding our stockings crammed to the top Christmas morning? What would Christmas be like without that feeling of Good Will and Good Cheer that is always manifested?

Those first Christmases, in the Settlement School were pretty discouraging. Entertainments were planned and the parents invited. They came, yes, and the stories and songs were listened to with patience, but such silence. Not once was there an applause given not a smile on any of the faces over the plays and songs and dialogues. Even when it came to the most important event of the evening, the unveiling of the Christmas tree, not a sign of pleasure was given. No "Ohs" or "Ahs" were heard, simply silence. The gifts were handed out, the children took them saying nothing and when the entertainment was over they quietly left for home.

However, times have changed now and a finer Christmas could not be found anywhere in the United States. Last year.

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Some of the Whys of Eggs, Milk and Cheese

By JOSEPHINE McMULLEN

Raw eggs are a fluid and mix with water and milk, but when heated with milk, starch is added. This takes place thickening the mixture. This coagulum is soft and remains suspended throughout the liquid unless the mixture is overheated or cooked too long. In custards, it is the calcium salts of the milk in combination with the egg which causes thickening.

When eggs are expensive, starch is sometimes used as a means of thickening to supplement the eggs. Since starch while eggs should be cooked at a temperature below boiling, the starch should be cooked with the liquid before adding the egg. The egg should be only slightly beaten because the introduction of air lessens the power of coagulation.

Curdling in so-called boiled or soft custard may be prevented by (1) cooking at a low temperature surrounded by water below the boiling point, or (2) removing from heat when the mixture is at 335° C and stirring until it thickens. If the pan in cold water, since cold water cools much more quickly than air; or pouring into another dish to prevent further cooking. Of course, entirely sweet milk must be used.

The precaution of plunging hard cooked eggs into cold water to cool quickly makes the shell come off more easily and helps prevent the blackening (precipitation of sulphur) which forms around the egg.


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vol. Incidentally, it is the compound silver sulphide which is responsible for the tarnishing of silver by eggs.

But to come back to cookery principles, in cooking with milk, we must remember: (1) Although milk is a liquid it contains no solid matter; hence some vegetables. When milk is substituted for water in recipes, you add nourishment to the food, and the added protein, fat, and minerals must be taken into consideration as they affect texture and flavor. Subsequently when thinning sauces or gravies made with milk, which have thickened on standing, water may be used because it is only the water which has evaporated in the cooking.

(2) Milk is but slightly sour, or if acid fruit has been added to perfectly sweet milk, it is apt to curdle when scalded or boiled. Sour milk is desirable in many hatters and doughs because the lactic acid makes the gluten of the flour more tender, the cell walls being thinner allow greater expansion. Swiss steak simmered in sour cream is very tender and perfectly delicious in flavor.

(3) The film on the top of milk, when heated in an open kettle, is thought to be due to the drying out of the proteins on the surface of the heated milk. This may be partly prevented by one of the following methods:

(a) Cooking and cooling in a covered vessel.

(b) Stirring to keep the mixture agitated.

(c) Beating with a Dover beater to form a protective foam over the top.

(4) Protein of milk settles to the bottom in candy mixtures, causing them to stick and burn. If the pan is first rinsed with cold water, the sticking is partly prevented.

(5) Odor and flavor of newly boiled milk is due to changes in protein.

(6) Coagulation in junket is brought about by the enzyme, rennin, acting upon the protein; hence body temperature is necessary and a high temperature prevents the action entirely, while using cold milk, delays coagulation.

Milk is one of the best sources of calcium and phosphorus as well as containing two of the "dietary essentials" which are necessary for growth, and maintenance of health, vitamins A and B. In combination with green vegetables which supply the iron—that reminds me! Have you tried cooking shredded cauliflower or cabbage in milk instead of water? The latter requires only ten minutes; the flavor is delicious, and no worry about pouring milk down the kitchen sink!

Popular by-products of milk are cheeses—cottage and commercial. Cottage cheese is first of all economical. Made from skim milk, which is frequently considered a waste product, yet it furnishes the valuable protein of milk in a very digestible form.

The three methods of making cottage cheese give variations in texture and tenderness of curd. If clabbered milk is heated to boiling, the curd formed is tough and hard, dark colored and of inferior flavor and lesser volume. If, instead of heating the sour milk, an equal volume of boiling water is added to it, the protein coagulates in larger, more tender and white curds. If the milk was excessively acid, the large volume of water takes away the strong flavor. The sweet milk process, where the curd is formed after the addition of a junket tablet gives a finer and more uniform curd. It requires less time and attention in making.

The flavor of the two hundred fifty varieties of factory-made or commercial cheeses is dependent upon the ripening and seasoning processes, as well as the ingredients introduced. Cream cheese is the most familiar product on the market in the United States. It may be made from cream, whole milk, or partly skimmed milk; and every housewife should recognize the different kinds and understand the way they may be adapted to her needs.

When grated and used in salads, or served uncooked, skim milk cheese is perfectly satisfactory, but who has not eaten macaroni and cheese or toasted cheese sandwiches where the cheese wasropy, stringy, and tough? Fat content is of great importance. At a low temperature, cheese with an adequate amount of fat combines readily with milk and eggs. When overheated, a toughened protein curd results and burned or decomposed fat may cause digestive disturbances.

Cheese itself is as digestively as meat if given a rational place in the diet, thoroughly chewed and served with carbohydate foods or crisp fruits and vegetables, but when eaten late at night or after an already abundant meal, no wonder that digestive organs rebel.

**AVERAGE COMPOSITION**

From "Food Products," Sherman; "Food Study," Wellman

<table>
<thead>
<tr>
<th>Food</th>
<th>Percent protein</th>
<th>Percent fat</th>
<th>Percent carbohydrates</th>
<th>Percent mineral</th>
<th>Fuel value per lb.</th>
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<tbody>
<tr>
<td>Whole egg</td>
<td>13.4</td>
<td>10.5</td>
<td></td>
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<td>672</td>
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<tr>
<td>Egg (white)</td>
<td>12.2</td>
<td>8.6</td>
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<td>310</td>
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<tr>
<td>Egg (yolk)</td>
<td>16.5</td>
<td>16.5</td>
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<td></td>
<td>1648</td>
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<tr>
<td>Milk</td>
<td>3.3</td>
<td>4.0</td>
<td></td>
<td>5.0</td>
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<td>Cream cheese</td>
<td>25.9</td>
<td>23.7</td>
<td>2.4</td>
<td>3.8</td>
<td>1050</td>
</tr>
<tr>
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<td>20.9</td>
<td>19.0</td>
<td>4.3</td>
<td>1.8</td>
<td>510</td>
</tr>
</tbody>
</table>

**The Remodeled Nursery Room**

By ARTHULA MERRIETT

A N UNUSUAL idea in a new field of Home Economics has been built up at Iowa State College. The same department is found in very few schools in our country, and this fact proves the initiative and progress of Ames in the field of Home Economics. The culmination of this work is a school for the preschool child. It is a miniature world of tiny people working and playing together under the guidance of their teachers. Each child has plenty of time to answer their questions and assist them to perform the tasks of every day life. The first glimpse of the red brick, picturesqu e brick building, with its tiny square paneled windows is inviting and bids us welcome. As we step inside and follow down the wide corridor to the nursery we are impressed by the fact that it is a children's building and everything is constructed for them. From the time they enter the building in the morning, waking up, until they take the low hooks until they leave, they are in an environment strictly their own. The walls about us are painted a clean, light color and the floors present the same sanitary appearance. Bright colored curtains create a cheery atmosphere and we gape with astonishment when we are reminded that this delightful building was formerly the horticulture barn. We are greatly impressed by the careful thought and tireless energy that has been devoted to details in the planning of this preschool.

As we follow up the stairs we find the playrooms. At the back of them is a door which leads through small plumbing fixtures that enable the children at this early age to wait on themselves. Here also each child's towel is marked with a tag picturing a certain flower or animal of the child's particular liking or fancy. Another unusual feature of the playroom is the long windows that rim the walls like an overhanging ceiling. These long windows allow the children to look out upon the world about them from their second story playroom, as well as to give plenty of sunshine to the room.

The main purpose of the Nursery School is to give the senior Home Economics students, in the "Child Care" class, actual contact with children of preschool age. Here the students may observe and assist the children that are in an environment they can master and feel to be their own. The forming of regular habits, such as placing one's own shoes and washing one's hands, are not so difficult when many others are having the same experience and each keen to be the first one through. The students are able to observe the children as they mingle about with the same and varying ages as themselves. Here it is interesting and sometimes very amusing to note that little disagreements and misfortunes occur here as in the large working day world. Any ill behavior is apt to be punished by accusing looks of the other children.

A glimpse into the playroom in the morning shows the children at work. They choose something that is interesting to them from the low shelves of playthings which are busy molding clay into unusual shapes that please their imagination. Others are painting pictures or putting picture puzzles together, all of which develop their early creative ability. Jackie rides by on his kiddie