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It Need Not Keep You Awake...

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It Need Not Keep You Awake...
By Margaret Bruechert

THAT irritable husband of magazine ad fame, who cannot sleep after drinking coffee at dinner, would soon be a thing of the past if his wife properly prepared his beverage.

Contrary to the belief that the caffeine in coffee is the harmful constituent, Mr. Samuel Prescott, in a report on an investigation he directed for the Joint Coffee Trade Publicity Committee, tells us he believes that the greater proportion of coffee drinkers are affected by some extractive other than the caffeine. A few people, it is true, are unduly stimulated by the caffeine itself—those with extraordinary sensitiveness to any form of stimulation, and those exhibiting a caffeine idiosyncrasy. What two-fisted male, may we inquire, would admit belonging to either of these groups?

The undesirable components are not extracted to any appreciable extent at temperatures below boiling, that is, from about 85 to 95 degrees Centigrade.

Filtered coffee is, without a doubt, the best way to make coffee at this low temperature. For this, the pulverized coffee that is necessary may be purchased in one's favorite brand. By the way, pulverized coffee is the most economical and efficient to use whether the coffee is filtered or percolated. The coffee is made in a triangle or in an apparatus that one may improvise from a large, flat-bottomed tea-strainer and a bowl into the top of which the strainer fits quite tightly. Since the tannin in coffee forms a compound with metals that may disagreeably flavor the coffee, such materials as earthenware or enamel are always best to use.

The coffee is placed on filter paper—this may be obtained for a trifle at your grocer's in circular pieces of convenient size—in the bottom of the strainer, two level teaspoonsful of coffee being used for each cup of water. Freshly boiling water is poured over the coffee, the temperature of the water being immediately reduced as it comes in contact with the coffee and utensils. The bowl is let stand over a very low flame, just sufficient to keep the beverage hot, until the water has filtered through. The coffee is served at once. The product is a clear, sparkling, amber-colored fluid, free from sediment.

Do not think that Friend Husband will dislike filtered coffee. The lower temperature maintained is the very thing that retains both the flavor and aroma, since caffeine, the oil that gives coffee its characteristic flavor, is volatile at any, and much more so at high temperatures. Boiling naturally causes its dissipation in steam. Then, too, the tannin that causes a bitter flavor, though present in only small amounts, are extracted at the boiling temperature.

The next best method of making coffee, it has been found, is that of boiling with egg white. The coffee is mixed with the egg white, using one tablespoonful to each cup of water. Part of the water is stirred into this mixture cold and the remainder added at the boiling temperature. The whole mixture is brought to the boiling point, removed from the fire, and allowed to stand five minutes, after which it is strained and served. The proportions of coffee and water are the same as for filtered coffee, but a medium ground (steel cut) coffee is used. The albumen of the egg white seems to remove the bitter compounds extracted in the boiling process. Although some of the flavor is lost during the short period of boiling, the resulting beverage is a mild, more soured flavor.

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Corn Sugar Has Its Place...
By Wilma Luebbers and Kathryn Soth

HAVE you ever used corn sugar? Just think what a help to the farmer if we could all use it in place of cane sugar. Corn sugar or glucose is much cheaper than sucrose; so we'd benefit ourselves, too. But, the trouble is, corn sugar cannot be entirely substituted for cane or beet sugar successfully.

If you've ever used glucose in baking, you'll remember that you wondered why the cake or cookies were so "flat" in taste. Glucose is only about one-half as sweet as sucrose, and this makes a great difference in flavor. The way to remedy matters is to use one-half corn sugar and one-half cane or beet sugar. You'll find the product sweet and tasty.

There are other difficulties in using corn sugar for baking. It melts at a lower temperature than sucrose and is completely destroyed if heated strongly for a long time. This explains why a cake containing all glucose brownes very rapidly. Corn sugar absorbs twice as much liquid as sucrose, and so causes much more shrinkage in the cake. So, when using glucose, it is best to decrease the amount of liquid in the recipe. The best liquid to use with corn sugar is sour milk. This reacts differently from sweet milk with the sugar and makes a cake of better flavor and color.

For candy, glucose should not be used with either milk or hard water. These contain calcium salts, which react with glucose during cooking to form a brown, bitter compound. With soft or distilled water glucose makes delicious, creamy candy. Candy manufacturers use corn sugar for the majority of their products. Perhaps you've noticed that a solution of glucose in water is rather cloudy or even has a yellow or brownish tinge. Glucose is not as soluble as sucrose and never forms a clear, brilliant solution like sucrose. But if the solution is yellow or brown, the corn sugar used is of inferior grade.

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bland flavor and is quite clear, due to the removal of the suspended material.

Percolation and boiling without egg are the least desirable methods of making coffee. And, of course, that "method" in which the coffee boils for a half hour or more, bubbling savagely and sending its aroma to the high heavens, is entirely out of the question!

Perhaps we have committed the common error of putting the cart before the horse, for, logically, one cannot make a delectable drink from coffee that is flavorless in the beginning. During the roasting process, changes have taken place in the coffee bean with the development of the caffed. The volatility of this constituent has been stressed previously. Therefore the manner in which the coffee is placed on the market and the methods of storing after purchase are significant.

If purchased ground, the type of package should be considered. The vacuum packed tin cans probably have an advantage over the other types of pack until the can is opened. Whatever the type of can, it should be kept tightly closed except when removing some of the coffee for use. Purchase coffee in pasteboard packages only at a store that has a rapid turnover of products. After the package is opened, the contents should be placed in an airtight jar.

Coffee sold under a brand name is a particular blend of coffee, roasted by a special process. Thus every brand has its characteristic flavor. Investigation has shown that while it is necessary to pay for distinctive flavor, strength and color may be obtained from any coffee by the use of fine granulation and proper methods of preparation.

Just a tip about buying coffee. Whether you are providing a product without caffeine or the real coffee, you should buy it in the vacuum packed cans which have kept out the oxygen. Coffee rapidly loses flavor and aroma when it comes in contact with air.

The Thanksgiving Turkey

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on the side platter for carving later. With the fork still firmly grasped in the left hand, cut the breast into thin slices, beginning where the wing was removed, and slicing parallel to the breast bone. Separate the thigh from the drumstick, cut the meat into thin slices, and serve a slice each of white and dark meat on each plate.

To remove the dressing, make a sharp incision through the skin and serve it with a spoon.