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The Art of Boiling Potatoes...

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4-H Girls Get Acquainted

The fall "get-acquainted" party of the Campus 4-H Club was held in the Fire-place Room in Home Economics Hall Fri-day, Sept. 23. Thirty-three counties and the state of Minnesota were represented.

Janet Cation, president of the campus organization, explained the purpose of the club and welcomed the freshman girls who were attending their first college 4-H meeting.

After the introduction of the members of the state staff, Mrs. Josephine Ar-quist Bakke introduced the college girls who have done outstanding 4-H work in the past. She also introduced to the upperclassmen, the freshman girls who have been prominent in 4-H club work.

One of Iowa's representatives to the National 4-H Club Camp, Edith Blood, who is a freshman at Iowa State this fall, described life at the national camp, which is held in Washington, D.C. Maxine Long of Sac County was the other girl to represent the 4-H girls of Iowa.

Kathryn Leeper was appointed acting publicity chairman since Alberta Hoppe, Linn County, who was elected last May, was unable to return to school this fall.

College Girls May Compete

One of the most interesting features of 4-H club work is the many contests held throughout the year. After a 4-H club girl enters college and enroll's in a home economics course she is not eligible to enter most of the contests or to compete in any way with girls who are in high school or not attending school.

There is one contest, however, which is open to the college 4-H girl. The award in this contest is based on the service the college girl gives her own community and county during the summer months to strengthen 4-H club organiza-tion. The contest closed Oct. 16.

Contests Are Popular

4-H girls from 99 Iowa counties took part in the contests at the 1931 Iowa State Fair, held in Des Moines, Aug. 26 to Sept. 4.

Each year after the fair, the state club staff checks up on the number of counties presented in each contest, the average age of the girls, the number of years each girl has been in club work, and the figures are compared with those of former years.

In 1920 ten counties sent exhibits to the State Fair, and in 1931, 99 counties exhibited. This year 99 counties were represented by demonstration teams, and in 1920, 19 counties sent teams to the fair. Iowa's first health contest was held in 1921 with 15 counties entered, and in 1931 there were 92 contestants. Clarice Terkelson, Story County, was the winner of the 1931 Iowa 4-H girls' health contest. The champion demonstration teams were: bread, Mahaska County; canning, Washington County; clothing, Woodbury County; and home furnishing, Sac County. Edith Nelson, Wright County, received the distinction of being the best dressed 4-H club girl in Iowa.

The Art of Boiling Potatoes . . .

By Pearl Rock

DO YOU know how to boil potatoes? Judging from the results which most housewives have, it would seem that very few do. A boiled potato should be soft all through, dry and mealy, never waxy and hard or soggy with wa-ter. Potatoes should never be allowed to stand in water for very long after they are peeled. They should be cooked in un-salted boiling water until they are soft in the center. Every drop of water should then be drained off them, and salt sprin-kled over them. The lid should be left off the saucepan a moment so that the potatoes can dry thoroughly.

Doctors tell us that baking is the most healthful way to cook potatoes, but the trouble with most baked potatoes is that the most nourishing and delicious part of the vegetable is usually thrown away with the skin because it is impossible to dig them out thoroughly with a fork. Select large or medium potatoes for baking, scrub each potato thoroughly, then with a knife remove the eyes or any black spots that may be on the skin. Next, brush each potato with bacon fat or any cooking oil, and bake in a medium oven until the potatoes are soft, usually from one to two hours.

Every housewife knows that left over baked potatoes are not very good either fried or creamed; but they will be found delicious if treated as follows: Cut them in two as soon as they come from the table, before they are cold. Scoop out the pulp, season it with salt, pepper and butter, and add milk to heat it light. Refill the shells, and then they are ready to be reheated and served for the next meal. Grated cream cheese or any chopped meat may also be added to them, to give variety.

Left-over mashed potatoes may also be made up a number of ways. They may be mixed with cheese or ground meat and an egg as soon as they are taken from the table, and put into a well greased baking dish, ready to be put into the oven to be baked until brown.

A fancier dish made of mashed potatoes is called potato pears. To make them, mix a pint of hot mashed potatoes with a tablespoonful of butter, half a teaspoonful of pepper, a dash of paprika, half a teaspoonful of salt, half a teaspoonful of celery salt, a teaspoonful of minced parsley and the yolk of an egg. Shape like pears, roll in beaten egg and bread crumbs and fry in deep fat.

For Spanish potatoes, puree and slice thin six potatoes. Chop one good sized onion and a heaping teaspoonful of parsley into fine pieces. Put into individual baking dishes and fill them with milk. Cook for twenty minutes to half an hour. Salt and pepper should be added when served, as the milk is apt to curdle if it is added before cooking. Canned to-matoes may be used instead of the milk.

Maitre D'Hôtel potatoes may sound like quite a funny dish, but it is really a very easily prepared. Cut parsel potatoes into one-half inch cubes and cook in boil-ing salted water until just tender. Drain and pour over the potatoes a sauce made of three tablespoonsful of butter, two teaspoonfuls of lemon juice, one-half tea-spoonful of salt and of chopped parsley, and a dash of pepper.

Franconia potatoes are made by cook-ing pared potatoes in boiling water for (Continued on page 13)
Homecoming

Iowa State will clash with Missouri on the gridiron at Homecoming, Oct. 24. With two victories and one defeat to her credit already this season, the alumni should see a winning football team in action at Homecoming.

On Friday, Oct. 23, a big pep fest and barbecue is to be held on State Field. There will be a pep meeting, a series of programs in front of the stadium, a barbecue feed, and a general get-together prior to the big game. Organizations on the campus are supporting the pep fest 100 percent. Alumni will be given an opportunity to purchase tickets that day. Students and faculty members will be solicited before Wednesday, Oct. 21.

It is hoped that the students and alumni will cooperate to make the second all-college barbecue the biggest event of its kind in the Midwest. Iowa State has a winning football team and they will beat Missouri. Let's show our support and pep by attending the game and by putting a lot of zip into the big pep party Friday night.

— Virgil Hawk.

Corn Sugar Has Its Place

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quality. To make glucoses dissolve more rapidly, use warm water.

Glucoses cannot be used at all successfully in certain foods. In ice cream, especially vanilla ice cream, it is very objectionable, because it gives a bitter flavor and a yellow color to the product. The ice cream is not sweet enough, and if one hundred percent corn sugar has been used some of it remains undissolved in the mixture.

Jellies can be made quite satisfactorily with glucoses, if the right proportions are used. Made with corn sugar alone, they are darker and less tender than those made with sucrose. A substitution of

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Art of Boiling Potatoes

(Continued from page 6)

ten minutes, draining them well and placing in the roasting pan with a roast or stew thirty minutes before the meat is done. They should be basted with the meat drippings and let brown slowly with the meat.

For the oven-cooked dinner, scalloped potatoes are nice. Slice pared potatoes very thin and put a layer in a greased shallow baking dish. Sprinkle with salt and pepper, drizzle with flour and dot with one tablespoonful of butter and repeat until the dish is nearly full. Add fat milk to nearly cover the potatoes. Bake covered in a moderate oven one and one-half hours, or until the potatoes are soft. Uncover the last fifteen minutes to brown.

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copies were sent in answer to requests. Three hundred sets of miniature pictures discussed in the talks were also sent out.

At present, room 309 Home Economics Hall, the office of Mrs. Ness, is being equipped as a radio broadcasting sub-station of WOI, and the "Homemakers' Half Hour" will henceforth be broadcast from there. This will make it convenient for home economics faculty members to deliver their talks in person, in-