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How About a Bird's Nest?...

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Eat for Seventeen Cents a Day...

By Lucille Oak

STILL another high school class met the present economic situation by serving penny dishes at the school lunch. A school garden and canning problem helped make this project possible.

Nearly every school has a small plot of ground which can be used as a school garden. In this school the home economics classes planned the garden and helped plant it. The agriculture classes and the janitor, with the cooperation of the parents, tended the garden and harvested the vegetables.

The canning or storing of this large quantity of vegetables made a fine problem for home economics classes, as the amounts with which they worked were very similar to those they would handle at home. The girls earned over 100 quarts of tomatoes, beans, corn, carrots and beets to be used in the school lunches.

In addition to the school garden, a system of barter and exchange made it possible for the class to serve one-cent dishes to children. Milk, eggs, fresh vegetables, canned vegetables, creamery butter and other produce were exchanged for school lunch credit. Through the system over 100 children, 75 percent of the enrollment, received the benefit of penny dishes for hot lunches. The regular hot dishes of cocon, soup, hot vegetable dishes and hot desserts were served.

OTHER interesting projects which make the work very real to the girls are carried out in some of these home economics classes. One class planned a demonstration on the uses of home-made hominy and gave it at the county fair.

Another class of freshman girls canned 72 quarts of tomatoes and 12 quarts of apples for the social service, which supplied the jars.

Did you ever eat an exam? One class of high school girls prepared a luncheon of tomato soup, apple salat, and egg sandwiches as a part of the semester exam. Each girl drew a slip which told her the dish she was to prepare or the part of the service she was to supervise. After the dishes were prepared the girls served and ate the luncheon, which cost 13 cents a plate.

How About a Bird’s Nest?

By Gerald Seaman

FEW students at Iowa State have seriously considered eating birds’ nests, as we have been told our Oriental neighbors do.

It is common knowledge that some classes of people in the Orient eat bird’s nests. Practically all persons in the Western Hemisphere think this practice is quite beyond their intestinal fortitude. However, ignorance is the only excuse for this line of thought, and it is the purpose of this little story to enlighten the general public on the subject of eating bird’s nests.

People of the Orient are a resourceful and clever bunch. Perhaps the custom of eating birds’ nests originated during a famine, but today all Orientals and a few Occidentals consider the dish a delicacy. At any rate, the true facts of the case are now known.

The salivary glands of the bird are quite important in the digestion of its food as it has no teeth. The glands secrete a large quantity of fluid. It is also used to cement together the various materials used in building the nest. The saliva soon hardens, and the nest is almost indestructible when so made.

The secret of eating the nests lies in the fact that this gland secretion is used in the construction of them. When a bird’s nest is being prepared for a meal, it is placed in a pot of boiling water. The heat softens the saliva and it goes into solution in the water. The water is then evaporated, and the oozy material remaining is the part of the nest that is used as food.

In modern times the practice has waned. At present only the wealthiest people can afford to have it on their tables, for the cost of obtaining the fluid is high, and it is a difficult process. Only a few of the Oriental cafes in this country serve it and then as a thickening for soups and gravies.

In any case you hear someone giving the “bronx cheer” to the idea of eating birds’ nests, just ignore his theories on the subject and remember that the extract from the nests is really an expensive delicacy. Everyone who has tried the dish says it is really good.

Believe it or not!