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Not Just Plain Bread...

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H AVE you been worrying about winter menus? If you have, here's good news. You may make your menus varied, yet economical and substantial, by including winter breads. Yes, bread, that old standby, again resumes its importance. Winter breads can be served in so many ways that there is no excuse for always having plain, dry bread on the table.

First of all, hunt out your favorite bread recipes. Don't forget the hot breads like muffins, waffles and rolls, for they're among the best for winter. With these recipes you have a basis for your new creations.

In the stores can be found the first aid. There are countless old and new flours on the market to vary breads and muffins. Last fall cracked wheat was introduced into Iowa homes as a wholesome and economical product. For something unusual try potato flour muffins. You will find them light and somewhat moist. Furthermore, there are whole wheat, graham, rice and bran flours and cornmeal for your convenience.

If YOU can recall the fancy designs made with the mud-dough of childhood days, perhaps you will find them useful. Things pleasing to the sight are always more palatable. Why not sometime make your rolls like a crescent or a figure 8? Snail-like rolls, horseshoes, French twists and clover leaves are only a few of the designs that can be made. A little sugar coating or some powdered sugar icing add a sweet tinge to the rolls besides dressing them up.

There are so many variations that can be prepared from the basic recipes that winter breads can always be different. Try adding jelly or jam to your muffins some noon for a delightful luncheon surprise. For breakfast, chipped bacon and drippings substituted for the fat are delicious. Children especially will enjoy peanut butter muffins. In them substitute fresh peanut butter for the fat.

Yeast breads can be varied, too, by a simple change in the proportion of ingredients. In this way you can make the rich butterhorn roll or the modest Parker house.

Raisins, currants and nuts are frequently mixed with the dough. Have you tasted those tempting prune rolls? They are easily made by pressing the dough down firmly in the center of the roll and filling the space with prune pulp. Apricot pulp can be nicely substituted for the prune. Lemon, orange, date and fig fillings can be used, too.

These are only a few suggestions for providing variety in breadmaking. Let them help make your winter meals attractive.

MISS 4-H GOES TO COLLEGE

By Edith Blood

A COLLEGE girl lives a busy life, if she attends a progressive college and is a wide-awake person. Sometimes she becomes so busy with her parties, her chemistry—and her boy friends!—that she almost forgets some of the things that meant much to her when she was at home.

Perhaps the most real thing in a farm girl's life before she comes to college is her 4-H Club work. Because Iowa State students don't want to forget the organization which is giving so many opportunities to rural girls, they have organized a Campus 4-H Girls' Club.

This campus club is not too active an organization, for it does not want to interfere with college activities. Its main object is to connect college and 4-H clubs more closely together. Through it many girls are made to feel at home when they become freshmen at Iowa State.

The club extends hospitality to Farm and Home Week guests and to home demonstration agents when they come to Iowa State for the Extension Conference. And, most important of all, the Campus 4-H Club helps the girls to remember, even during the rush of college life, the needs and possibilities of their home communities. At the end of a college year the girls hope to fit easily and helpfully back into their home activities, taking with them some of the things that Iowa State College has given them.

In order to realize these aims the Campus 4-H Club has one meeting each quarter of the school year. On Friday afternoon, Oct. 27, they entertained the Iowa State College Extension Staff members, heads of the departments in home economics and visiting home demonstration agents at a party in Home Economics Hall. "Let New Friends Be Your Fortune," was the theme of the party, and the program was a short skit, portraying to the guests just what 4-H means to girls on this campus.

In the winter the girls will hold a meeting with Farm and Home Week visitors. From two foreign students they will hear of rural organizations in other lands.

In the spring the 4-H girls gather at Memorial Union for their annual May Morning Breakfast. This is a lovely affair which reminds the girls of all the interesting things that are happening at their farm homes—violets creeping out in the back pasture and local 4-H girls studying new music selections.

At this spring meeting the campus club elects new officers. This year Lucille Oak, home economics senior from Louisa County, is president. Perhaps the most outstanding member of the club is Miss Genevieve Fisher, dean of home economics, who became an honorary 4-H Club member several years ago.