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Burnt Fingers to Milk Candy

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A CROSS between chocolate car-

amels and taffy with a slight lean-
ing toward fudginess . . . and still

that doesn’t describe this new milk
candy from over in the Dairy De-

partment. There never was a candy in-

vented just like this one.

What about this lastest answer to the

campus’ sweet tooth? One hears many

rumors . . . the children’s candy—very

low sugar content—high percentage of

milk ingredient—maybe it’ll become a

milk substitute or a food for diabetics—

and so on and on.

So many strange things have come out

of dairy industry lately that an ac-
cidental discovery is just another ac-
cidental discovery and nothing over

which to get short-breathed or a rapid

pulse. But this is different! The freak

accident that led up to the discovery, and

the extreme differentness of the

product is enough to set anyone’s
tongue clacking.

A freshman dairy class of Prof. C.

A. Iverson’s was all agog at the pro-

spect of a milk drying demonstration.

That was back in the spring of 1932.

The stage was set for the perfor-
amance. And then the skimmed milk

which was usually saved for this act

was found missing.

Professor Iverson substituted con-
densed milk, but it had started to sour

and was really ready to be thrown out.

“We dumped it into the dryer, start-
ed it and waited,” recalls Mr. Iverson.
“The milk should have come out pow-
ered, white and fluffy.”

But the condensed milk made a poor

understudy and nothing happened. The

unscrewing of a few nuts and bolts re-

vealed the cone, out of which the dry-
ed milk comes, jammed with a hot,
gummy mass. Something like the mess

you get when the food chopper doesn’t

chop, one supposes.

One of the boys stuck his finger into

the cone and the finger burned. He

carried the injured member into his

mouth, and just as the fellow in Lamb’s

classic “Dissertation on Roast Pig” he

found that the stuff on his finger tast-
ed good. He said so. Prof. Iverson

tasted it, too. And although the flinty

stuff it became when cooled was far

from candy, it set Iverson going on his

long year of experiment.

Before he finished he laid the thing

aside twice. No two batches came out

alike. The texture varied with each

experiment. It was always either too

hard or too soft and sticky and when

it was neither of these it was granular.

But he finally got a smooth, somewhat

chewy candy that contained by weight

more than six times the milk in milk

chocolate.

Home economists can not help won-
dering how one can get so much milk

in a candy without getting a highly

caramelized product. Candy recipes

usually call for a high temperature and

a long cooking period so that the sugar

solution will become supersaturated and

sult—is pasteurized, then homogenized.

About this time it looks and tastes

quite like your breakfast cup of cho-

colate. The liquid milk is then cooked

and dried on two revolving, steam-heated

drums. Having been dried, it is ground

and molded into long ropes like extra

thick taffy. These roles are cut off into

the desired candy-bar lengths.

Five cups of the liquid mix make one

pound of the dried candy. And one

pound of the candy contains all the

solids—including butter fat—of two

quarts of milk. It has only 5 percent

sucrose. The fabulous reports, you see,

are not so fabulous after all.

The candy has been tried out on the

nursery school children. They have

nicknamed it “Lincoln Logs” and call

for more. Since none of these children

have acquired a dislike for milk, Miss

Miriam Lowenberg, child nutrition ex-

pert, has had no opportunity to exper-

iment with the candy as a milk substi-

tute. She thinks, however, that a

pound of candy a day would become

lorsome.

No experiments to determine wheth-
er the candy is better liked than either

milk or ordinary candy have been

made, Miss Lowenberg says.

The amount of sucrose it contains,

thought small, prevents its becoming a

candy for diabetics. It is still much

safer, however, than other candies and

Professor Iverson is of the opinion that

you can “safely eat all you can hold.”

The theory that even a child will not

eat too much of a natural sugar sug-

gests that children may eat large

quantities of milk candy with no harm

resulting.

That it is popular is proven by its

widespread use on the campus. Last

February the candy made in experi-

ments was put on sale in the Dairy

Building. In its raw stage and without

advertisement, the sale of milk candy

steadily increased until at the close of

spring quarter nearly 300 pounds were

being sold weekly.

ONE cup of egg whites,” says your

favorite recipe for angel food

cake, and you wonder how you’re ever

going to use up the left-over egg yolks.

A gold cake which usually requires

from six to eight yolks will take care of

most of them. Either a baked cus-
tard or a soft custard can be made with

at least two. Custard ice cream, which

also uses two yolks, makes an attrac-
tive frozen dessert. Certain recipes for

boiled salad dressing and mayonnaise

call for one egg or two yolks. One yolk

added to a meat loaf helps to hold the

ingredients together. Several yolks

may be used in scrambled eggs or an

omelet. And for that afternoon pick-

up, a yolk added to a glass of cold

milk with a little sugar and vanilla

makes a refreshing drink.

THE IOWA HOMEMAKER

It Isn’t Far From

Burnt Fingers to Milk Candy

By Ruth Cook

THE K. D. house? Where can that

be?

I must be there at five for tea.

And then at six the Alpha Gams

Have planned a picnic dinner—hams,

And salads, cookies, cakes and pies;

And then at eight the Gamma Phis

Are playing bridge with some of us.

The Pi Phis made an awful fuss

Just for us freshmen—Tri Delts, too,

Showed us their silver, gold and blue.

The Chi O’s and the Delta Z’s

Have showered us with rushing teas.

Tomorrow will be full of awe

With Sigma Kappa, Zeta Tau

And Phi Omega Pi to see;

And then the Alpha Delts will be

Our hostesses. How can I say

Which one I want to pledge? Today

They are so formal, charming, bright—

Will they be by tomorrow night?

—Barbara Apple.