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It Isn't Far From Burnt Fingers to Milk Candy

By Ruth Cook

ACROSS between chocolate caramels and taffy with a slight leaning toward fudginess . . . and still that doesn't describe this new milk candy from over in the Dairy Department. There never was a candy invented just like this one.

What about this latest 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 accidental discovery is just another accidental 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 prospect of a milk drying demonstration. That was back in the spring of 1932.

The stage was set for the performance. And then the skimmed milk which was usually saved for this act was found missing.

Professor Iverson substituted condensed milk, but it had started to sour and was really ready to be thrown out.

"We dumped it into the dryer, started it and waited," recalls Mr. Iverson. "The milk should have come out powdered, white and fluffy."

But the condensed milk made a poor understudy and nothing happened. The unscrewing of a few nuts and bolts revealed the cone, out of which the dried 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 tasted 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 wondering 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

Rushing

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.

can be re-crystallized into candy. Now it is impossible to keep milk at a high temperature for very long without getting an undesirable product. So the milk content must be kept down.

In the pasteurization process, however, milk is brought to a high temperature. The trick is in keeping it there for only a few seconds. It stands to reason that a candy that could be cooked in just a few seconds might successfully contain a larger quantity of milk.

That is how Professor Iverson does it. It takes less than 30 seconds for the liquid milk to get to the molding stage. This would not be long enough if you were depending on the crystallization of sucrose. So he uses the ungranular corn sirup or honey and then depends on drying to get the candy into a solid state.

The whole process, in brief, is this: The mix—milk, honey, chocolate, and

salt—is pasteurized, then homogenized. About this time it looks and tastes quite like your breakfast cup of chocolate. The liquid 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 ropes 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 expert, has had no opportunity to experiment with the candy as a milk substitute. She thinks, however, that a pound of candy a day would become tiresome.

No experiments to determine whether the candy is better liked than either milk or ordinary candy have been made, Miss Lowenberg says.

The amount of sucrose it contains, though 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 suggests 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 experiments 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 custard or a soft custard can be made with at least two. Custard ice cream, which also uses two yolks, makes an attractive 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.