Tried Drinking It Iced?

Marian Lage
Iowa State College

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Lard Makes Better Pastries . . .

Chemist's Experiments Show

By Elmer Eichelberg

Lard is the desirable shortening in such food products as bread, rolls, pie crust, cookies, and crackers because of its flavor and improvement of texture and crumb. The flavor is far superior to that made with bland or tasteless shortenings. Lard is a suitable medium for frying doughnuts because of its flavoring qualities. The temperature is an important factor; with increased temperature less fat is absorbed and a crisper, drier product is obtained. Also, there is a greater tendency for the fat to "smoke." A satisfactory temperature for frying doughnuts in lard has been found to be 350°-355° F.

Lard is a very digestible, wholesome food of high nutritional value. Many advertisements of hydrogenated shortenings claim greater digestibility and expect to remove the cause of sluggish digestion and related ills. However, this does not stand up against scientific facts nor reason. The digestibility of a fat is associated with its melting point; that is, a fat must melt at the body temperature (98° F.) preliminary to absorption in the digestive processes. It is evident by experience that hydrogenated shortenings have a higher melting point than lard, which melts about 94°-105° F. Lard is 97½ digestible.

Lard has one quality which does not contribute to its popularity; that is the

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"SOME like it hot and some like it cold," but the truth of the matter is that either hot or cold tea and coffee are cooling drinks for summer. Iced tea with a sprig of mint or slice of lemon, and iced coffee with cream and sugar or just ice are good as well as the many hot versions of the beverages. Hot drinks are cooling because they stimulate the body's system of cooling.

Persons dropping into the corner drug store for a chat either after, or in the midst of, a hot day's shopping will find grape juice with a dash of lime and a dipper of orange ice floating around on top not only refreshing but flavorful. The combination can be varied to suit the taste with different fruit juices and ice. Another less expensive drink along this line is the popular "root beer float" or vanilla ice cream floating in a glass of root beer.

We are all acquainted with the fine vegetable drinks—tomato and sourkraut juices. But have you ever tried making a half and half combination of the two and keeping it on tap for the family's summer refresher?

In the past few years the lime has become almost as popular as the lemon and limeade made exactly like lemonade and served plain or with other fruit juices yields a beverage with a different flavor. To add zip—add gingerale.

Something useful for many occasions is made with good old fashioned rhubarb which has been stewed and strained, leaving a pinkish fluid which may be sweetened and dotted up with lemon juice, pineapple juice and ginger ale for an afternoon beverage and served with cookies or used as a starter for a hot June dinner.

And to sweeten all these beverages it is handy to keep on hand a syrup of sugar and water of about medium thickness. This little trick not only saves sugar but saves the time of the person who is generally obliged to dig it out of the bottoms of the glasses.