1938

Food for Thought

Ruth Dahlberg

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Dahlberg, Ruth (1938) "Food for Thought," The Iowa Homemaker: Vol. 18 : No. 8 , Article 6.
Available at: http://lib.dr.iastate.edu/homemaker/vol18/iss8/6

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
There are realms to know about foods before you’re “in the know.”

Food for Thought
by Ruth Dahlberg

KEEPING posted on the news in the field of foods and nutrition is about as difficult a task as keeping posted on the European situation. Here are a few questions that still pop up and start arguments. Try your luck. If in doubt as to the answer you will find it at the end of this article.

1. Do fruit seeds cause appendicitis?
2. Which are more digestible, raw or cooked eggs?
3. Should we drink water with our meals?
4. May acid foods be cooked or kept in aluminum pans?
5. Is there any ground for the statement that smoking aids digestion?
6. Does an athlete need a high meat diet?

New ways to prepare foods and daring, colorful food combinations are news. Fruit and meat combinations are in the spotlight. Bananas, cranberries, pineapples and orange slices are all finding a place as meat accompaniments. Cranberries and ham make a colorful, tasty combination, according to experiments carried on by the late Alice M. Child at the University of Minnesota.

When cooling ham in the liquor in which it has been cooked, loss will be much less if it is cooled in the refrigerator than at room temperature.

Frozen foods are being distributed in many stores and with the meat locker systems in operation it is important to know how to cook these foods. Tests show practically no difference in the flavor of roasts thawed at three different temperatures. The meat tissues, however, are less apt to be torn if the thawing out process is rapid. Once frozen meat is allowed to thaw out it should be used immediately for bacterial action takes place rapidly after thawing. Experiments with peas shows that the vitamin C content of cooked frozen peas and cooked fresh peas of the same variety is approximately the same.

Did you know that ten forms of vitamin D are known but only two of these have practical importance for us? The concentrated fish-liver oils are superior to the viosterol group because they also contain needed vitamin A. Vitaminization of milk with respect to vitamin D has been found to be of value to us.

Gelatins sometimes give us a scare when they liquify on beating or whipping. But don’t let that bother you. A gel solution that has solidified and is then melted will reform a gel again in shorter time than was required for setting the first time.

Mayonnaise dressings that break may be made usable again by adding the curdled, broken mayonnaise to a new egg yolk. The broken emulsion can also be added to water, vinegar, or to a stable mayonnaise emulsion. The important thing is to add the broken emulsion slowly with frequent stirring. Constant stirring is a waste of energy as a time factor is involved.

The new meat thermometers are marked to tell you just when your lamb, pork or veal is done and you can be sure the roast of beef will suit your fancy whether you like it rare, medium or well done. When the mercury climbs to the point indicated it is safe to remove the meat from the oven.

If you didn’t use the pressure cooker for steaming fruit cakes this year, stow that idea away as something to try. Fruit cakes steamed in a pressure cooker ripen in a much shorter time. However, as they have a tendency to mold, store them carefully and for a short period of time.

1. No. They do not cause appendicitis although they may seriously slow up elimination of body wastes.
2. Soft cooked and even hard cooked eggs are more digestible than raw eggs.
3. A moderate amount of water taken at mealtime aids rather than hinders digestion. The important thing is to chew food well rather than wash it down.
4. Yes. The color of the aluminum may be changed but the food is not affected. Traces of aluminum are not harmful to the body.
5. No. Smoking inhibits normal hunger contractions and the flow of gastric juice.
6. No. Athletes need an increased supply of the energy foods, starches and sugars, but not increased protein intake.