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Sigma Phi Epsilon

Cook's Favorite

by Mary Alice Halverson

"BOYS will eat just about everything," says Mrs. Cora Clark, cook at the Sigma Phi Epsilon social fraternity house. And 24 years of cooking at various residences on the Iowa State campus make Mrs. Clark something of an authority.

"Mom," as the boys affectionately call her, has been at the Sig Ep house for the past 4½ years. In that time she has found that her boys like pie more than anything else. This means that she bakes 12 pies at a time. Also a favorite is apple crisp, which the fellows insist tastes just like pie.

Meat No Problem . . .

Meat is never a menu problem, Mrs. Clark says. When the duck and pheasant seasons roll around, the hunters in the house keep the larder well supplied. Another popular meat is pork sausage, which this good cook says is best when a bit of sage is added.

Most vegetables are on the list of dislikes. But "they do like peas, beans and corn, and corn, beans and peas," says "Mom."

A typical menu includes roast beef, potatoes and gravy, buttered peas, fruit salad, coffee, hot rolls and cherry pie.

Corn Fritters, Too . . .

One of Mrs. Clark's kitchen helpers claims that Sig Eps should eat corn fritters every day if she would prepare them. Tuna salad is a favorite, too.

"They would like to have toast and eggs every morning, but eggs are too expensive," Mrs. Clark reports. However, she hasn't cut down on the milk supply of 9 gallons every day, in spite of the increased cost.

Contrary to popular opinion, men are particular about the manner in which their food is served.

"They always comment when I prepare a pretty salad," Mrs. Clark says.

Assisting Mrs. Clark is Miss Betty Tweet. Together they serve 69 every day with a total of 77 on Monday nights, when members not living in the house come to dinner. Throughout the week they have an 11 o'clock lunch for the 14 people who have noon classes, as well as the regular 12 o'clock lunch.

Mrs. Clark was recently given the fraternity sweet-heart pin, evidence of her popularity. A favorite spot in the house is the kitchen, where a fresh cookie or hot roll often can be picked up.

One of the fellows suggested that "Mom" might like more Fridays, because she has Friday afternoon and evening off each week. But she replied that she wanted more pledge walk-outs.

Cook's File . . .

You can start a file of Iowa State cooks' favorite recipes. The following Pineapple Upside-Down Cake, Mrs. Cora Clark's contribution, is unusual in its use of fruit juice in the cake batter. It's a Sig Ep favorite, says Mrs. Clark.

PINEAPPLE UPSIDE-DOWN CAKE

In 10" skillet or round baking pan—

MELT: 4 tbl. butter

ADD: 1 cup brown sugar

¼ cup chopped nuts

ARRANGE ON THIS: sliced canned pineapple

SEPARATE: 3 eggs

BEAT egg yolks

ADD ⅓ cup boiling pineapple juice, beating constantly

BEAT egg white to stiff foam

ADD, gradually, 1 cup sugar

FOLD together yolks and whites

SIFT AND MEASURE 1 cup cake flour. Sift three times and fold into egg mixture.

POUR batter on top of pineapple

BAKE at 275 degrees F. for 45 min., or until done.

DO NOT REMOVE FROM PAN UNTIL COOL