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Corn Sugar Has Its Place...

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It Need Not Keep You Awake...

By Margaret Bruechert

THAT irritable husband of magazine ad fame, who cannot sleep after drinking coffee at dinner, would soon be a thing of the past if his wife properly prepared his beverage. Contrary to the belief that the caffeine in coffee is the harmful constituent, Mr. Samuel Prescott, in a report on an investigation he directed for the Joint Coffee Trade Publicity Committee, tells us he believes that the greater proportion of coffee drinkers are affected by some extractive other than the caffeine. A few people, it is true, are unduly stimulated by the coffee itself—those with extraordinary sensitiveness to any form of stimulation, and those exhibiting a coffee idiosyncrasy. What two-fisted men, may we inquire, would admit belonging to either of these groups?

The undesirable components are not extracted to any appreciable extent at temperatures below boiling, that is, from about 85 to 95 degrees Centigrade. Filtered coffee is, without a doubt, the best way to make coffee at this low temperature. For this, the pulverized coffee that is necessary may be purchased in one's favorite brand. By the way, pulverized coffee is the most economical and efficient to use whether the coffee is filtered or percolated. The coffee is made in a tricorator or in a percolator that one may improvise from a large, flat-bottomed tea-strainer and a bowl into the top of which the strainer fits quite tightly. Since the tannin in coffee forms a compound with metals that may disagreeably flavor the coffee, such materials as earthenware or enamel are always best to use.

The coffee is placed on filter paper—this may be obtained for a trifling at your grocer's in circular pieces of convenient size—in the bottom of the strainer, two level teaspoonsful of coffee being used for each cup of water. Freshly boiling water is poured over the coffee, the temperature of the water being immediately reduced as it comes in contact with the coffee and utensil. The bowl is let stand over a very low flame, just sufficient to keep the beverage hot, until the water has filtered through. The coffee is served at once. The product is a clear, sparkling, amber-colored fluid, free from sediment.

Do not think that Friend Husband will dislike filtered coffee. The lower temperature maintained is the very thing that retains both the flavor and aroma, since caffeol, the oil that gives coffee its characteristic flavor, is volatile at any, and much more so at high temperatures. Boiling naturally causes its dissipation in steam. Then, too, the tannins that cause a bitter flavor, though present in only small amounts, are extracted at the boiling temperature.

The next best method of making coffee, it has been found, is that of boiling with egg white. The coffee is mixed with the egg white, using one tablespoonful to each cup of water. Part of the water is stirred into this mixture cold and the remainder added at the boiling temperature. The whole mixture is brought to the boiling point, removed from the fire, and allowed to stand five minutes, after which it is strained and served. The proportions of coffee and water are the same as for filtered coffee, but a medium ground (steel cut) coffee is used. The albumen of the egg white seems to remove the bitter compounds extracted in the boiling process. Although some of the flavor is lost during the short period of boiling, the resulting beverage is a mild, (Continued on page 16)

Corn Sugar Has Its Place...

By Wilma Luebbers and Kathryn Soth

HAVE you ever used corn sugar? Just think what a help to the farmer if we could all use it in place of cane sugar. Corn sugar or glucose is much cheaper than sucrose; so we'd benefit ourselves, too. But, the trouble is, corn sugar cannot be entirely substituted for cane or beet sugar successfully. If you've ever used glucose in baking, you'll remember that you wished why the cake or cookies were so 'flat' in taste. Glucose is only about one-half as sweet as sucrose, and this makes a great difference in flavor. The way to remedy matters is to use one-half corn sugar and one-half cane or beet sugar. You'll find the product sweet and tasty.

There are other difficulties in using corn sugar for baking. It melts at a lower temperature than sucrose and is completely destroyed if heated strongly for a long time. This explains why a cake containing all glucose browns very rapidly. Corn sugar absorbs twice as much liquid as sucrose, and so causes much more shrinkage in the cake. So, when using glucose, it is best to decrease the amount of liquid in the recipe. The best liquid to use with corn sugar is sour milk. This reacts differently from sweet milk with the sugar and makes a cake of better flavor and color.

For candy, glucose should not be used with either milk or hard water. These contain calcium salts, which react with glucose during cooking to form a brown, bitter compound. With soft or distilled water glucose makes delicious, creamy candy. Candy manufacturers use corn sugar for the majority of their products. Perhaps you've noticed that a solution of glucose in water is rather cloudy or even has a yellow or brownish tinge. Glucose is not as soluble as sucrose and never forms a clear, brilliant solution like sucrose. But if the solution is yellow or brown, the corn sugar used is of inferior quality. (Continued on page 15)
Homecoming

Iowa State will clash with Missouri on the gridiron at Homecoming, Oct. 24. With two victories and one defeat to her credit already this season, the alumni should see a winning football team in action at Homecoming.

On Friday, Oct. 23, a big pep fest and barbecue is to be held on State Field. There will be a pep meeting, a series of programs in front of the stadium, a barbecue feed, and a general get-together prior to the big game. Organizations on the campus are supporting the pep fest 100 percent. Alumni will be given an opportunity to purchase tickets that day. Students and faculty members will be solicited before Wednesday, Oct. 20.

It is hoped that the students and alumni will cooperate to make the second all-college barbecue the biggest event of its kind in the Middle West. Iowa State has a winning football team and they will beat Missouri. Let's show our support and pep by attending the game and by putting a lot of zip into the big pep party Friday night.

— Virgil Hawk.

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quality. To make glucose dissolve more rapidly, use warm water.

Glucose cannot be used at all successfully in certain foods. In ice cream, especially vanilla ice cream, it is very objectionable, because it gives a bitter flavor and a yellow color to the product. The ice cream is not sweet enough, and if one hundred percent corn sugar has been used some of it remains undissolved in the mixture.

Jellies can be made quite satisfactorily with glucose, if the right proportions are used. Used with corn sugar alone, they are darker and less tender than those made with sucrose. A substitution of

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Art of Boiling Potatoes

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ten minutes, draining them well and placing in the roasting pan with a roast or stew thirty minutes before the meat is done. They should be basted with the meat drippings and let brown slowly with the meat.

For the oven-cooked dinner, scalloped potatoes are nice. Slice pared potatoes very thin and put a layer in a greased shallow baking dish. Sprinkle with salt and pepper, dredge with flour and dot with one tablespoonful of butter and repeat until the dish is nearly full. Add hot milk to nearly cover the potatoes. Bake covered in a moderate oven one and one-half hours, or until the potatoes are soft. Uncover the last fifteen minutes to brown.

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Next to Theatre
They Need an Allowance

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has a gayly covered little ledger, "just like mother's," in which to keep his accounts. And early training will save mother a task later on, for at the age of 12 or 14 the child will be able to select and pay for his clothes, books and other school expenses.

Allowing the child to sit in when the parents plan the family budget will help him to understand the value of money and the importance of good management. A child often sees things more clearly and intelligently than parents realize. Answering any questions he may ask concerning the money affairs of the family in a simple, straightforward manner will make for understanding and interest. It is easy to divert a child's attention, and if a busy mother says, "Run along, now, you wouldn't understand, anyway," the child soon loses interest.

Sharing his allowance with others instead of keeping it all for himself is another important consideration. Nobody loves a selfish child. He should learn the joy and happiness of sharing with those less fortunate than he.

Allowances eliminate another unpleasant habit, namely begging. It is a constant irritant to a parent if the child is always asking for a nickel for candy or a dime for the movies. If he has a definite, reliable source of income, he will rarely ask for money.

Much family discord and misery in later life is avoided if the money affairs of the family are managed fairly and wisely. Start your child early in the way you want him to go.

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about fifty to seventy-five percent glucose makes good tender jelly, though it is slightly syrupy and not as sweet as that made with sucrose alone. A good reason for using part corn sugar in jellies is that it does not crystallize as readily as sucrose, and keeps the jellies from becoming "sugary."

For canning, glucose cannot be used alone, as it makes the foods bitter. However, molds do not grow as rapidly on glucose syrup as on sucrose syrup. The wise thing to do is to use about fifty to seventy-five percent glucose. Then no bitter flavor will be noticed, and molds will not form as rapidly on sucrose syrup.

If used along with sucrose, corn sugar is very satisfactory for most uses. Its cheapness makes it worth trying, anyhow, and we can judge for ourselves whether or not we like its results.

It is but a base, ignoble mind that mounts no higher than a bird can soar.—Shakespeare.