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Who Knighted Sir Loin?...

Dorothy Burnett

Iowa State College

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Say It With Gumdrops . . .

And Decorate the Table

BIG, fat, red Santa Clauses, gay little red and green dancing girls, clever little cars drawn by Santa's reindeer, and many other such favors take the eyes of the children at the Christmas dinner table. And, after all, Christmas comes but once a year so we should do our very best to make it the merriest day of all.

Of course you'll say, "But how can we? It takes so much money!" But it doesn't! With a quarter's worth of gum drops (the round, flat variety), some big red apples, a box of marshmallows, some cloves, some crackers and some toothpicks one can do wonders.

Let's begin with the red apple Santa Clauses. Find the nicest big, round, red apples you can and polish them. Stick a marshmallow on a toothpick and put it on for a real apple you can and polish them. Better picks one can do wonders!

Shaped gumdrops, one flower pot. Colorful little plants may be made. This loves. Pleated paper of any color handy it on by dampening the edge of the drops (the round, doesn't! With a picks, colored green, or, wires or toothpicks push the other ends of the wires or toothpicks into the sand of the flower pot.

With large, thimble shaped gumdrops, one may make attractive Individual candleholders to set at each place. Tiny candles may be pressed into them, and life-savers make very nice handles.

If the children are the sort that like wagons and trucks, they would enjoy the little cars, the wheels of which are gumdrops held on edge by a toothpick for an axle. A cracker, the long narrow kind, may be laid across between two pairs of wheels and out in front several pairs of animals from a box of animal crackers can be stood upright if one is fastened to each end of a toothpick. On the cracker—the wagon box—may be placed anything from nuts and candy to small gifts.

If there aren't children in the family, or if one wants a more dignified table, just as satisfactory results can be achieved as inexpensively. Roadside weeds, starch water, and a ten cent package of Christmas snow can be converted into a charming table decoration. Gather an armload of weeds when you are driving some day, then, when you get home, make a kettle full of medium starch water—yes, the laundry variety! Dip the weeds, then sprinkle on the Christmas snow and let dry. When placed in a "frog" on a mirror (purchasable at any dollar store), surrounded by tall, lighted tapers (from a ten-cent store) the effect is more delightful than you could ever imagine. The candle flames bring out the silver glints and they are reflected many times over in the mirror.

So you see, after all, it isn't such an impossible thing to set a table cleverly at low expense—and, once you get started, there's no end to the number of things you'll find you can make!

Who Knighted Sir Loin? . . .

By Dorothy Burnett

WHAT'S in a name? Possibly there is more than you think when it comes to foods. Didn't you ever wonder why Johnny cake is "Johnny" cake, why two slices of bread, held together with a filling, are called a "sandwich"? And did you know that Sir Loin of Beef was a knight?

Many of the most interesting derivations have a religious history. White bread was first used in church ceremonies and was known as Manchet. It represented the body of Christ and was eaten only by wealthy nobles.

Hot cross buns also have a religious significance. At one time the housewife made the sign of the cross on the top of her buns to keep the devil from interfering with the baking. Gradually this sign came to appear only during the Lenten season.

That American institution, the sandwich, had its beginning in a game of cards. The Earl of Sandwich, being a great gamester, beheaded the time neces-

sary to eat three meals a day. So he conceived the idea of eating while he played. His servant brought him his meat between two slices of bread and the card game went on undisturbed while he ate.

The Johnny cake of the southern states was originally a cake baked to take on long journeys. Centuries of using the word have changed "Journey Cake" to "Johnny Cake." Hoe cake, also a southern dish, was baked by the plantation mammy on the blade of her hoe.

In the fifteenth century forks were a luxury not enjoyed by many. But had to be served in a form easily eaten with the spoon. So the meat was finely chopped or minced and came to be known as mince meat.

The loin of beef was knighted by King Charles II, so the story goes, and became Sir Loin according to custom. Thus we get the name for sirloin steak.

Mayonnaise, according to one opinion, comes from "mahomme" meaning worry, or fatigue, and according to another opinion from "manier," to manipulate.

Corn beef, made so popular by the "Jiggs and Maggie" comic strip, gets its name from a process it goes through in manufacture.

Foods have been the reason for the preservation of many historical facts. Who would remember the Earl of Sandwich if it weren't for that king of all delicacies, his namesake?