Cook With Iowa Lard...

Ella Gertrude McMullen

Iowa State College

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

Part of the Home Economics Commons

Recommended Citation

McMullen, Ella Gertrude (1932) "Cook With Iowa Lard...," The Iowa Homemaker: Vol. 12 : No. 8 , Article 2.
Available at: http://lib.dr.iastate.edu/homemaker/vol12/iss8/2

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.
Cook With Iowa Lard . . .

By Ella Gertrude McMullen

Help End the Depression

Our old friend, Iowa Lard, could soon help end the depression if all the housewives in Iowa and elsewhere would use it for cooking instead of resorting to the more fashionable vegetable oil products which are flooding the market today.

From 1928 to 1932, inclusive, the sale of hogs returned to the Iowa farmer about 38 percent of the farm dollar and since 15 to 18 percent of the weight of the average hog is marketed as lard, 7 to 8 percent of every sales dollar came from the sale of lard. Swine production is Iowa's greatest industry; one-half of all the corn grown in Iowa is fed to hogs.

The amount of total fats and oils consumed in the United States has increased over ten pounds per person in the past thirty years, yet the lard consumption has remained practically the same and the butter consumed has declined somewhat. This is because of the increased use of vegetable oils. By the use of corn oil for salad oil purposes, lard for cooking and butter for table use it would be possible to supply all the fat needs from products within our own state.

This depression contribution comes as a response to questions asked Dr. P. Mabel Nelson and Assistant Professor Belle Lowe, of the Department of Foods and Nutrition at Iowa State, as to how Iowa lard can be used. It is in the form of a 32-page bulletin entitled, "Use Lard as a Household Fat." The material was prepared in Ames and Chicago and was printed ready for distribution during the month of December.

Although the booklet is being circulated through the college extension service and radio station WOI, it will never be just another extension leaflet, because it has been bound in an attractive blue and green paper cover especially designed by Margaret Weaver, an applied art student.

In addition to very good reasons why we should use lard, the bulletin tells how we can use it in recipes which were recently tested in the experimental foods laboratories by Miss Lowe. Lard, like any other fat, will give the maximum service only if it is given the proper treatment before, during and after use. Some housewives do not give lard a trial for the finer foods simply because it is so abundant and cheap.

Lard is 100 percent fat and when it is used in recipes calling for butter, the quantity must be reduced. Four-fifths of a cup of lard equals a cup of butter. An easy way to measure this amount is to fill the cup with lard, level it off and remove three tablespoons from it. There is no reason why lard cannot be used satisfactorily in cakes when there is a characteristic flavor such as spice or chocolate, or in cookies of the oatmeal or "brownie" type, for it contributes to and for many people enhances the flavor. Lard must be kept at a temperature of 50 to 80 degrees Fahrenheit when it is to be used for creaming with other ingredients.

A recipe for whole wheat bread appears in the bulletin which has been used by Miss Lulu Tregoning of the Iowa Extension Service and her 4-H girls' demonstration teams. And it is the lard, according to Miss Lowe, that gives this prize winning bread its flavor and desirable crust.

Special care must be taken in using lard for deep fat frying to keep the fat at an even temperature not too high since lard has a low melting point and "fumes" readily. Lard has an advantage for deep fat frying for even though its melting point is a little lower than some of the other fats it will show less change from time to time while in use than will some of the other fats.

With a few precautions the finest lard can be rendered at home. Much of the present-day prejudice against lard has come about through use of grainy, off-colored products which could have been avoided by proper rendering. One of the secrets disclosed in the new bulletin is the treatment while cooling. After the lard has been poured into the jar or pail in which it is to be stored it should
Try making some tarts

be stirred vigorously to give it the white color and smooth grain of commercial lard.

There are five different classes of lard on the market today, three of which are for home use. The difference in the classes is due to the type of fat used and the rendering. The price of the types does not vary greatly so it is of distinct advantage to the housewife to be able to recognize the best lard.

Lard can be used in all kinds of cooking where fats are needed and in many ways it is superior to the lard substitutes which have supplemented to a large extent the lard of our grandmother’s day. Lard is a wholesome animal fat—not a synthetic chemical product—and as such provides energy to the body. You can buy three pounds of lard today for approximately the same amount that it takes to buy one pound of lard substitutes. And best of all, it is an Iowa product!

It’s All for Vanity’s Sake...

By Hazel Leupold

As long as we women retain our vanity we will continue to have foot troubles! As long as we insist upon tottering to classes and trekking down campus eider paths in high heels, as long as we buy shoes too short because we can’t bear to look at our overgrown feet in “sensible” shoes that look like gunboats to our sensitive eyes, just so long will we be bothered with corns and blisters and fallen arches!

Most of us have come to the point of accepting flat-heeled oxfords for general school wear, but it is the sad and solemn truth that most of us have such an unholy fear of attracting attention to our big feet (which perhaps after all, are not so big) that we buy these oxfords a trifle too short.

Shoes, experts tell us, should be about an inch longer than the feet that occupy them. And stockings, they say, may cause just as much trouble as shoes, when they are too short. Hosiery must be well-shaped, and a half inch longer than the foot to assure the maximum comfort.

The majority of foot troubles in women originate in the metatarsal arch, which extends from the base of the little toe across the foot to the base of the great toe. And this, dear friends, brings us to the touchy subject of high heels, against which all our grade school physiology books advised us! But it is true that high heels throw the body weight upon this metatarsal arch instead of upon the longitudinal arch from the heel to the toes of the foot, where it should rest. And constant wearing of high heels only too often results in fallen metatarsal arches, as well as callouses.

Another debit on the balance sheet of high heels is the fact that they cause poor posture. The hips are thrown forward and the shoulders back. A rather ugly line forms from the shoulders to the hips as a result.

Of course we can’t discard our high heels entirely, but we can limit their use to afternoon and evening. A friend remarked to me just the other day that many college women forget that high heels were never made for street and campus wear. She insisted that to wear them there shows inappropriateness in costume and poor taste in selection. She is probably right.

Another fault of high heeled shoes is the fact that the toes are almost always narrow, and crowd the toes of the foot. If you place your foot on paper, draw around it, then place the toe of the shoe upon this outline, you will discover for yourself whether your shoes are doing this or not. Cramped toes often result in fallen metatarsals too, since the weight of the body is not spread evenly among the toes, and concentrates itself upon this arch. If your feet are normal, a ruler placed against the inner side of the foot will touch against the heel and also the tip of the great toe. If you can perform this little trick successfully, your foot have not been cramped. Try it.

Flat feet are all too common. The longitudinal arch, on the outer border of the foot, functions as a support for the body weight. When you toe in or straight ahead the weight falls, as it should, on the outer side of the foot. Such walking gives maximum ease and efficiency.

But—if you toe out, the body, in order to keep itself in proper balance, throws its weight toward the inside of the foot. Slip off your shoes and try it yourself. Toe straight ahead, and feel where the weight is being supported. Then toe out sharply. Where is your weight now?

While still in this position, try throwing your weight to the outer edge of your foot. See? You almost lose your balance. In order to retain balance then, while walking in a toeing out manner, you will have to throw your weight to the inside part of the foot. And now your trouble begins. The arch becomes weakened, and as it weakens, there is it.

Do’s for Shoes

1. Let the salesman fit you; don’t tell him the size you usually wear.
2. Buy shoes from a half to an inch longer than the foot.
3. Have them wide enough to allow the toes to spread naturally when walking.
4. See that the inner edge of the sole is in a straight line, and that the outer edge fits the longitudinal arch of the foot comfortably.
5. Be sure that the heel fits snugly, yet is not too tight.
6. Wear heels no higher than three-fourths of an inch, as a rule.
7. See that the sole is flat instead of curved across the forepart.
8. Wear arch supports only under the advice of a physician. They may do more harm than good.

(Continued on page 14)