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By The Omaha Bee

Its purpose is to instruct and edify, to suggest and recommend new dishes as an aid to the housewife. Published each month on the Sunday following the 15th day. Correspondence invited and will be promptly answered through these pages.

Practical Cookery



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Is Free With The Bee

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What's Hapening in the Food World Today

"Reindeer Roast" to Be New American Dish.

You may soon be asking your butcher for reindeer roast and reindeer steak, for it is expected that they may soon become quite as common on the American market as our other meats.

The new meat will be shipped from the far north to packing houses on the Alaskan coast, where it will be butchered for transportation. Heretofore, the reindeer meat has been shipped with skin on, but the new method will not only permit of more satisfactory freezing, but will eliminate the odor of the skin being given to the meat.

It is said that the Eskimo herds of reindeer are increasing so rapidly that the meat must be moved with great swiftness if the owners of the herds are to profit from them. The reindeer is a rapid breeder, since the fawn of one spring will fawn the next spring.

Oranges Good—But Not a Milk Substitute.

"Theories that oranges and milk are of interchangeable value in the diet must go by the board," says Dr. M. E. Jaffa, consulting nutrition expert of the California State Board of Health. He declares that, while both are excellent and highly important foods, each has its own place in the diet, and neither can properly be substituted for the other.

This is because of the great difference, biologically, between the two foods, he explains. Milk and oranges, rather, should be considered as supplemental foods, for the deficiencies of one are compensated by the other.

New Barleys and Wheats Come to America.

"Naked" barleys, or barley which is readily separated from the glumes which wraps the grain, and so is easily threshed, is a recent food immigrant to this country.

Dr. Harry V. Harlan, plant explorer of the United States Department of Agriculture, who has just returned from a year's trip through India, Abyssinia and Egypt, brought the barley back with him together with an assortment of other small grains and legumes. One of these was emmer, a small grain used in Abyssinia for forage and bread, which also has the virtue of being exceedingly easily threshed.

Does Copper Kettle Kill Milk Vitamins?

The common copper kettle may cause the destruction of milk's scurvy-preventing vitamin, when used in its pasteurization, according to an announcement of Dr. Alfred F. Hess and Mildred Weinstock of the College of Physicians and Surgeons of Columbia university, made to the American Medical association.

Although the quantities of the copper may be far too small to cause copper poisoning, they said, it may yet be sufficient to destroy this anti-scorbutic vitamin C.

The discovery should have careful attention, the investigators maintain, since milk, one of the chief sources of the important vitamin, is frequently pasteurized in copper utensils.

Marketgrams

For soups, sauces, stews and braising, one wants sweet majoram, summer savory, thyme, parsley, sage and bay leaf always on hand. You can buy bunches of all these sweet herbs for a few cents each at the vegetable market. Keep them tied together in a large paper bag or box, where they will be dry and protected from the dust.

"Rolled wheat" is milled in much the same way as rolled oats. "Cracked wheat" corresponds to the old-fashioned oatmeal. "Puffed wheat" is made by putting the wheat into "guns" or sealed cylinders, which revolve in a heat of 550 degrees Fahrenheit. Then the "gun" is suddenly unsealed, and each tiny grain explodes, puffing it to several times its original size.

Dried yeast in cakes or powder is compressed yeast dried at a low heat. Thus a good many of the live yeast plants are reduced to a dormant condition, and will, under suitable conditions, keep for many weeks, and often for several months.

Chicory or endive appears in the market in heads like lettuce, and is used for all the purposes that lettuce is. It comes on the market a little later than lettuce.

Some hot summer day when your thirst seems to be almost unquenchable—try tomatoes. For tomatoes have a peculiar, almost magical, property of relieving thirst. For this reason they are often given to patients who suffer with fever or delirium.

When there is not enough milk and eggs to go around, adults can take meat, nuts, beans, peas and bread to get their protein. The kind of protein is very important. Some adults do very well, but the young become stunted. Milk is a food on which young animals thrive.

"Zweibach" in German conveys the same idea of "twice-cooked" that the word "biscuit" does in French. The dough is molded into shapes and baked; it is then left to cool for several hours, sliced and rebaked dry. Zweibach is put on the market by large manufacturers in several varieties. Home-made bread seldom gives satisfactory results.

Making It Easier for the Housewife

September Issue of "Practical Cookery" Will Tell of the Newest Things in Aids for the Housewife.

Things that make the burden of the housewife lighter will be a special feature of the September issue of "PRACTICAL COOKERY."

Electricity—the modern wizard of efficiency in business has been the greatest aid in conquering the difficulties of shortening the hours in making and keeping the home. The things that have been invented and developed to make the mornings shorter and the afternoons easier in every home will be discussed by authorities.

The modern day help in cooking—both those that are simply a contrivance that makes the meal better, or new things that will revolutionize a whole kitchen cuisine will be explained by men and women who have devoted years to their development and to the experimental work that made the completed article perfect.

Other interesting pages are promised by contributors for September. A famous cook of game promises some of the secrets that make the dinner of the results of a hunting trip, a meal long to be remembered.

The chef of one of the world's great steamers is sending recipes of foreign dishes, gathered by him in ports of all the world.

September "PRACTICAL COOKERY" is an issue you will be eager to read.

French Dressing

1/4 teaspoonful salt	2 tablespoonfuls vinegar
1/4 teaspoonful pepper	gar
1/4 teaspoonful mustard	6 tablespoonfuls salad oil
1/4 teaspoonful sugar	

Mix the dry ingredients, add the vinegar and oil, and stir until well blended, or shake in a bottle. The vinegar and oil should form an emulsion, the mixture becoming creamy when sufficiently blended. This emulsion does not hold and should be mixed just before using. This may be more than enough for one dressing, but it may be made in quantity, bottled and simply given a severe shaking when wanted again. Special French dressing bottles marked for the proper amounts of oil and vinegar are a great convenience.

To this simple foundation may be added on different occasions a variety of condiments, each one giving a character of its own. For example, a half teaspoonful of paprika, two teaspoonfuls of chili sauce, one teaspoonful of mushroom sauce, one tablespoonful of bottled horseradish, or any of the flavored vinegars, such as tarragon, may be substituted for the plain vinegar.

By using French dressing to different kinds of cheese, particularly appealing salads of simple leaf-plants may be concocted to serve at luncheon or supper with cold meats.

Mayonnaise

1 teaspoonful dry mustard	Yolk 1 egg
1/4 teaspoonful salt	1/2 cupful oil
Few grains cayenne	2 tablespoonfuls vinegar
1 teaspoonful sugar	gar

Mix the dry ingredients and when blended add the unbeaten egg. Add a teaspoonful of the vinegar and beat with a Dover eggbeater. Then add a few drops of the oil and beat. When one-half of the oil is used or the dressing becomes very thick, alternate with a few drops of vinegar. Continue in this way until both the oil and vinegar are used. If the dressing is very thick a small amount of cream may be beaten in just before serving.

If the mixture begins to curdle, do not, as of old, dash for a fresh egg yolk; that is, not unless you must have the dressing at once. Set the dressing aside and let it separate to its heart's content. When most of the oil has come to the top, pour it off, and beat the egg with a Dover eggbeater till the mixture stiffens. Then add the oil again slowly and continue the usual process.

Nutritive Value of Canned Goods

In this day, much is being said about the nutritive value of various foods, and comparisons by writers and speakers are constantly being made. Authorities, however, are generally in agreement that canned foods have the same nutritive value as the corresponding foods prepared in the home kitchen. In other words, they have the same proportion of protein, fat, carbohydrates, and mineral salts.

Regarding the much discussed and little understood vitamin properties, recent investigations indicate that on account of the exclusion of air in the canning of foods, the vitamins are better preserved than they are in similar foods cooked in the ordinary way in the home kitchen. These investigations have led to the discovery that heat alone does not necessarily destroy the vitamins, but the destruction seems to be due primarily to heat in the presence of air. As canned foods are processed, or cooked, in hermetically sealed cans, in practically a vacuum, the destructive effect of the cooking is reduced to the minimum.

Experiments with canned apples have brought out the interesting fact that if the same lot of apples is divided into two portions, one portion being kept in cold storage and the other canned, the canned apples maintain their vitamin content much better than those in cold storage. It has recently been shown that canned spinach is a very rich source of two of the important vitamins, ranking in that respect with canned tomatoes as one of the richest sources of vitamins available.

"Simplified Cooking"

The editor of "Practical Cookery" is in receipt of a copy of "Simplified Cooking," published by Mrs. Anna J. Peterson of radio broadcasting fame and the American School of Home Economics. Mrs. Peterson lectures from station KYW every day on cooking, meal planning, economical buying, laundering, entertaining and table service.

Her new publication is printed in three sections, all combined in one book. The first is three meals a day and a complete plan and suggestions for a continuous menu are covered. The next section is the complete story of baking and also on jellies and preserves, while the third part is made up of special articles on special diets.

Her plan of telling how to cook is to give the basic recipe for each style of food and to work out all combinations from that.

Here are some of Mrs. Peterson's favorite recipes:

IRISH STEW.

2 lbs. beef (shoulder or chuck)	6 small white turnips
4 tablespoons fat	12 small potatoes
1/2 cup flour	2 stalks celery
2 quarts water	1 small piece bay leaf
6 small carrots	2 teaspoons salt
6 small onions	1/2 teaspoon pepper

Cut meat into 2-inch cubes and dredge with flour. Heat fat in frying pan and sear meat; then turn into a kettle and add boiling water and bay leaf. Cook at boiling point for 1 hour. Prepare vegetables and cut into quarters. Add to meat and continue cooking for 35 minutes. Add seasoning; remove meat and vegetables to a serving dish. Thicken gravy with remainder of flour and pour over meat and vegetables.

QUICK COFFEE CAKE

1 1/2 cups sifted flour	6 tablespoons sugar
2 teaspoons baking powder	2 tablespoons shortening
1/2 teaspoon salt	1 egg
1/4 teaspoon mace or nutmeg	1/2 cup milk or water

Sift dry ingredients. Cut in shortening, add unbeaten egg and milk or water and stir to a smooth dough. Turn into a shallow pan and cover with top mixture.

TOP MIXTURE

2 tablespoons flour	4 tablespoons sugar
1/4 teaspoon mace or cinnamon	1 teaspoon butter

With a fork mix all ingredients thoroughly; scatter over top of coffee cake and bake 25 minutes in a hot oven (400 degrees).

PUMPKIN PIE

2 cups steamed or baked pumpkin	1 teaspoon cinnamon
3/4 cup sugar	1 teaspoon ginger
2 tablespoons flour	1 pint scalded milk
1/2 teaspoon salt	1 egg
	Pie crust

Rub the pumpkin through a sieve and add to it sugar, flour, salt, spices, milk and well-beaten egg. Line the pie pan with crust and pour in filling. Bake in a moderate oven (350 degrees) 1 hour.