

Published Once a Month
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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SAVE IT FOR WINTER

Now is the time for bean-lovers to get busy.

Now that the string bean is growing lustily in the garden, and appearing plentifully on the market, the mind of the bean-lover is gravitating toward canned string beans.

Buy your beans as young and tender as possible, and put them up while they are very fresh and crisp. String them, and cut them down to a two-inch length. You can cut them "on the bias", or diagonally, if you care to, to make an especially attractive product.

Boil with a tiny piece of red pepper in salted water for twenty minutes, and pack into sterilized cans. Add to each can of beans some of the water in which they were cooked, and one table-spoonful of cider vinegar.

If you prefer, here is another method by which you can save your beans for the winter months. Simply break them into pieces and pour over them brine strong enough to float an egg. Then, as you want to use them, you can dip out the required amount and freshen them in several waters before you cook them.

Canned string beans are a delicacy which gets due recognition in mid-winter.

"I CAN'T EAT OLIVE OIL"

The "taste" or liking for olives or olive oil should come instinctively to the normally healthy person, and it is characteristic of the healthiest race. If you are strong, well nourished, and active, olive oil will keep you so; if run down, with wasted tissues, disordered stomach, and intestinal indigestion, take olive oil—a table-spoonful three times a day.

Do not let morbid tastes bind you down any longer and lead you to say "I can't eat olive oil". Remember it is no animal fat but is really the juice of a vegetable, which, in the olive, takes the form of oil. Make your salads and greens an excuse for consuming olive oil, for that way lies health. Be careful to buy the best and purest oil possible, then the taste will be more easily acquired.

A good way to test for fine flavor is to put a few drops in the palm of the hands and then rub briskly together, after which open the hands a little, and inhale. If good oil there should be a fragrance and bouquet as pleasing as the fragrance of flowers. If there is a dull, musty smell, it will be noticeable.

SUCCOTASH

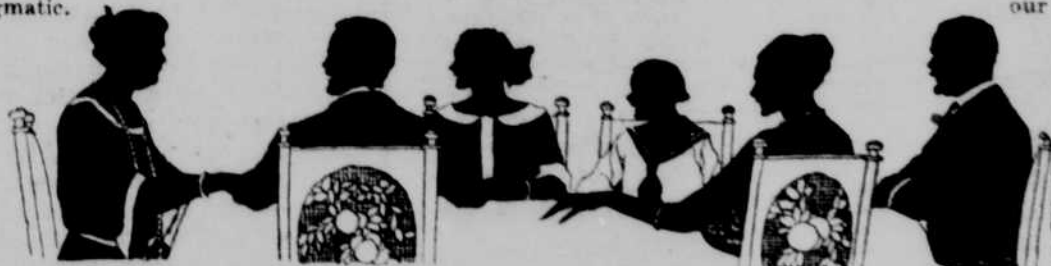
Succotash, which is now so popular in canned form, is, as you know, a "stew" of green corn and green lima beans. This dish as well as its name—which they spelled Sukquittahash—we borrowed from the Indians. One of the early Puritan writers describes the dish as being "seethed like beans". Sometimes the succotash found on the market has been made from soaked dried beans, instead of the green beans, and it is said to lack the delicate flavor, but in no other way is inferior to the strictly green product. When dried beans are used, the fact should be stated on the label. In gathering the lima beans, naturally some of them will be further advanced than others, and while the pods may all be green, in blanching, some of the beans may turn white, and on breaking may appear mealy. This often gives the impression, when the can is opened, that soaked beans have been used. In fancy succotash these white beans are all picked out by hand. A can of succotash should not consist of less than 20% of beans, and in some of the very high grades, you will find more than 40% of beans. The net weight in a No. 2 can should not be less than 20 ounces.

FOOD FOR NERVOUS PEOPLE

Did you ever stop to think how much the temperament of a person has to do with his food requirements?

Persons of sanguine temperament, being more active, use more energy than the phlegmatic.

Whether our bodily movements are deliberate or due to nervous-activity, they constitute "work", and must be sustained by an equivalent of energy derived from our daily food, else the body substances will be consumed to supply this energy.



EDITORIAL

What's Happening In the World Today

ELUSIVE VITAMIN ISOLATED AT LAST

At least one of the vitamins has ceased playing hide-and-seek with the nutrition experts, and is now obtainable in chemically pure state. Dr. Walter H. Eddy, Dr. R. R. Williams and Dr. Ralph W. Kerr, chemist at the Teachers' College, Columbia University, have isolated a crystalline substance from brewers' yeast that has all the properties of the vitamin D.

This vitamin, containing carbon, hydrogen, nitrogen and probably oxygen, stimulates the growth of the yeast. It has been known since 1900 that yeast contained such a stimulant.

However, the vitamin does not influence animal growths as do the vitamins A, B and C. The importance of its isolation lies largely in the possibility that the method which successfully isolated this vitamin may be extended to study of other vitamins.

NEW WAY TO PRESERVE EGGS

Recently a method for "processing" or sterilizing eggs has been perfected, and some market eggs are treated by it. This process consists in dipping the eggs for a few seconds in a solution of mineral oil, heated to a temperature of 225° to 240° Fahrenheit. This is supposed to seal the pores in the shell and thus prevent to a large extent the evaporation of water from the egg. The process is not designed to replace cold storage, since even most of the processed eggs are placed in cold storage if they are to be held any length of time, but to prevent deterioration in the quality of cold-storage eggs.

WHAT IS JAM

"When is jam not jam", and when does a preserve cease to deserve its name are questions which were decided at a recent hearing of the Bureau of Chemistry, held to consider the labeling of the "apple base" or pectin products under the federal food and drugs act.

The bureau determined that it takes not less than forty-five pounds of fruit to each fifty-five pounds of sugar to make a standard jam or preserve; and that products which do not contain that proportion of fruit and sugar, but are made up partly of pectin, pomace extract, apple juice or extract of dried apple skins, as fruit substances, are not entitled to be called jams and preserves. Such products, the bureau ruled, are to be held as sub-standard.

COFFEE IMPORTS ON INCREASE

Americans drank more imported coffee during 1923 than they ever did in the history of the country.

Breaking a former high record of 1921, we imported 1,425,000,000 pounds last year. The value of the imported coffee was approximately \$193,000,000.00.

UP-TO-DATE OYSTER BATHES BEFORE MEAL-TIME

Did you know that the modern oyster "washes up" before coming to the table?

A process by which oysters raised in polluted waters may be made sanitary has been announced by the Conservation Commission of New York, working in co-operation with the United States Bureau of Chemistry.

The little animals bathe themselves in a series of sterile baths, which clean the outside parts and the body cavities without touching the edible portion and so subjecting it to the action of chemicals. The water is treated with chlorine, and the fish allowed three drinking periods of six hours each.

CALIFORNIA FRUIT CONSUMPTION ON INCREASE

Did you eat more fruit from California during the past year than you did in 1922? The chances are that you did, for the California Fruit Exchange at Sacramento, in its annual report, shows that it handled 43 per cent more cars of fruit in 1923 than it did the year before.

The report shows that, in all, 10,935 cars of fruit were sold, for \$17,173,124.00, which was increase of \$4,124,600.00 over the year previous. It shows further that the fruit went to 350 markets in the United States and Canada, in 1923, and that the year ended, on December 31, with a credit balance in the "withholdings repayable account of over \$1,600,000.00.

YOUR NEW REFRIGERATOR OR MAYHAP—THE OLD ONE

Real hot weather, when hot days seem to eat into a cake of ice with hungry jaws have just come upon us and many housewives are finding trouble with the old one and seeking in advertising notices for a suitable purchase.

In selecting a new refrigerator be sure it is one that fits the size of your family. Too large an "icebox" is an extravagance, too small a one is a constant irritation and equally as wasteful of money in the equivalent of spoiled foods.

Any refrigerator should have at least one-fourth of its inside air space occupied by the chamber that holds the ice. The ice chamber should actually be able to hold in a practical manner the amount of poundage of ice which its makers contend. That is, a one hundred pound box is not of that much service to you unless your iceman can actually get a one hundred pound cake through the door.

The insulation, whether of cork, mineral wool, wood and air chambers, porcelain lining or wood layers, is best when it has been broken into layers, and above all should be waterproof. The doors should fit closely and with tight fitting latches that will admit of steady and hard usage for one is apt to slam a refrigerator door harder than is necessary.

Cold air, directly opposite from warm air, drops downward. Therefore the chamber directly below the ice chamber is the coldest. Therefore it is an ideal place in which to keep milk, not only being cold but also to a certain amount separated from the other foods in the box. The air current, dropping down from the ice will circulate up through the side chamber and down again over the ice. This is lost in the overhead icing refrigerator but generally this style has a special section which may be devoted to milk and other bottles.

Milk, butter and fresh meats should always be kept in the coldest and driest part of the refrigerator if possible.

Do not put paper over the ice. It reduces the air circulation and sends out the air in a more moist condition. Food kept right against the ice is not sufficiently cooler to make up for the amount of cold air let out of the box by the frequent opening of the ice chamber door. Packing a refrigerator so closely with dishes will hinder the air circulation and reduce its efficiency. If your refrigerator does not seem to be giving satisfaction watch it closely as to the ice chamber being kept full—clean it regularly and allow more air space.

REMEMBER THE RIPENING RASPBERRY

As raspberries ripen, even the most negligent housewife ceases to be indifferent about her canning.

Select full, juicy fruit. And keep a sharp lookout for bugs, when you can raspberries. Pick the berries over carefully, then put them into jar, alternating a layer of fruit with a layer of sugar, and using about three table-spoonfuls of sugar to one pint of berries.

Next put the jars, about two-thirds full, on a rack in a wash-boiler. Pour on cold water until the jars are two-thirds covered; then cover the boiler and put over a moderately hot fire. When the water boils, remove the jars, one by one, and, if the fruit has settled, fill as many jars as possible to the top with fruit from other jars. Seal the jars at once, and set them where they will cool.

You will find that, as a concomitant of the hot biscuit, so comforting in cold weather, there's nothing so "right" as the raspberry.

POTATOES

The "Irish potato" had a home in America before it was taken to Ireland. Nobody knows how it came to us, but it does seem probable that some Virginian colonist carried it back to England. It was first cultivated in Ireland on Sir Walter Raleigh's estate near Cork.

Probably our potatoes of today would be ashamed of their ancestors if they could see them, because our potato has been much improved by cultivation.

A good potato has no "humps", few eyes and a thin smooth skin. The part of the potato beneath the skin is most nutritious; the skin itself (if you chew it well) is good. Do not take from your grocer a potato which has a greenish spot on it. These are good to plant but not to eat. The potato is very good food.