

tidbits | Popcorn- a medicine for the melancholy

By Lynn Roberts

The next time you get the munchies why not try residence hall students' all-around favorite cooking utensil, the popcorn popper.

A food most often associated with good times (whoever heard of crying in your corn), popcorn has been with us for centuries.

Ever since Columbus was greeted by Indians with popcorn strung around their necks, it's been popping up all over to tempt us.

It's almost inconceivable to think of going to a movie without at least smelling freshly-popped kernels. And how could there be a ball game or carnival without it?

Although it's not hard to guess where it got its name, I wonder which old maid came first—the unpopped kernel or the woman doomed to a life alone.

Pig food

Speaking of popping, it's not really magic that turns a little pile of kernels into a bowl full of fluffy corn.

Inside the shell of the kernel there lurks a little bit of starchy moisture just waiting for some heat to steam it up and cause an explosion.

It's hard to believe that some Europeans think of corn (native to the Americas) as pig food, although I have seen people turn piggish over a bowl of popcorn, especially if it's drenched with melted butter.

For calorie counters, a cup of popped corn has about 50 calories. But for those of us who are long on gluttony and short on willpower, butter adds only a mere 100 calories a tablespoon.

Orville Redenbacher, referred to by many as America's popcorn king, doesn't eat his with butter, but what could

he know? He has only spent most of his life developing what he calls the perfect kernel.

"Not sure it's worth it"

I even tried his famous popcorn, and although I couldn't tell much difference in the taste, it did pop faster and left fewer old maids.

It also costs more than twice as much as a store brand, so I'm not sure it's worth it.

When you are ready to start popping, follow directions for electric poppers and if you don't have one, use a heavy pan with a lid.

If you're using the pan, coat the bottom with oil, add two kernels, cover and turn on the heat (to about 400 de-

grees). When the kernels pop, add the corn (about one-third cup for a large pan) and shake until you don't hear anymore popping.

After adding salt, butter or whatever else you think might be good, proceed to devour.

If you want to be a little more creative and consume a few more calories, here's a recipe that is worth trying.

| | |
|-------------------------|--------------------------|
| 3 qts. unsalted popcorn | Maple Popcorn Crunch |
| 1 can mixed nuts | 1/2 c. butter |
| 1 lb. brown sugar | 1/2 c. water |
| 1 c. light corn syrup | 2 tsp. salt |
| | 1/2 tsp. maple flavoring |

Mix popcorn and nuts in large bowl. Combine the rest of the ingredients and cook over medium heat to 290 to 295 degrees (hard crack stage). Pour over popcorn, mix and cool.

bernstein | NOW these acronyms get on words | to CORE of the language

By Theodore M. Bernstein

What, More Acronyms? In a mimeographed publication of which he is the editor, Sherman A. Harmon of Philadelphia wrote a story that was showered with acronyms to provide some fun for his readers, who were invited to figure out what the letters stood for. Here is one brief paragraph from the story:

It took some time and PEP for him to HEW his way out of the brush, get in a boat, PUSH off from the shore and row across the lake to the DOC for first AID CARE before he was DOA. The answers appear below.

Word Oddities. The word machismo has not been in the English language very long, but an even more recent entrant, derived from the same Spanish root, is macho. As a noun it means a virile man and as an adjective it means strongly masculine.

Answers. PEP—Public Employment Program; HEW—Health, Education and Welfare; PUSH—People United to Save Humanity; DOC—Department of Commerce; AID—Agency for International Development; CARE—Cooperative American Relief Everywhere; DOA—Dead on Arrival.

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