

Good Things for the Table---Offerings of the Market---Household Hints

Home Economics Department

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Food Talk No. 2.

FUEL FOODS.

Last Friday, when we discussed the needs of the body which food supplies, we stated these needs as body building, body regulating and heat and energy. The fact that the body produces heat is apparent when we consider that the body temperature is always higher than room temperature except in very hot summer weather. Also, the body uses energy, or we could not perform the simplest motion. This heat and energy must be supplied somehow, and the food that we eat is the source. The so-called organic foodstuffs, the ones derived from plants and animals, all furnish heat and energy. These organic foodstuffs are the sugars and starches, called carbohydrates, the fats, and protein. Protein foods, of which meat, fish, eggs and cheese are familiar examples, can supply heat and energy, but should be used only in quantities sufficient for body building, because they are an expensive source of heat and energy. They are expensive in two ways—they are costly and they make the body do more work in using them, and eliminating the products they form in the body when they are used.

Thus our best heat and energy foods, called fuel foods, are the fats and carbohydrates. Fats, weight for weight, furnish two and one-fourth times as much heat as carbohydrates. That is why the northern peoples, such as the Eskimos, instinctively eat very fat foods. That is also why we relish a dinner of rich foods in the winter, from which we would turn away in the summer time. The difficulty of fat in the diet is that it is fairly expensive, especially the favorite forms, such as butter and cream, and further, it is not easily digested by all people.

The other heat and energy-producing foods, starches and sugars, provide the cheapest source of fuel for the body. All of our grains are rich in starches; bread contains starch, our common vegetables contain starch and sugar. Between the use of starch and sugar in the diet there is this choice: Sugar is more expensive, the body will not digest more than a certain amount of cane sugar per day and the lavish use of sugar may upset the digestive system, while it certainly will spoil one's taste for foods that are not sweet or highly seasoned.

In the cooking of starches there is only one rule to remember so far as the digestibility is concerned. Cook starch at a high temperature or for a very long time. Either method will thoroughly cook the starch grains and make their contents available to the digestive juices. The use of the high temperature explains why a baked potato is considered more digestible than a boiled one, for the temperature of boiling water is only 212 degrees, while the temperature of a hot oven may be 450 or 500 degrees. The long cooking is necessary in the case of cereals, cooked as they usually are in a double boiler or fireless cooker; and housewives would do well to cook puddings containing cornstarch thirty minutes. Both flavor and digestibility would be improved.

Tuesday—The Potato, a Typical Starchy Food.

To Make Mayonnaise

A. M. P. asks for a recipe for mayonnaise and asks why mayonnaise is apt to curdle and get thin.

1 egg yolk. 1/2 c. powdered sugar.
1/2 t. salt. 1 c. olive oil.
1/4 t. paprika. 1 T. vinegar.
1/4 t. mustard. 1 T. lemon juice.
(Abbreviations used: c., cup; t., teaspoon; T., tablespoon. All measurements are level.)

Beat egg and dry ingredients very slightly and add drop by drop oil to the amount of one tablespoon, then vinegar, a few drops, then oil, and

Co-operation

Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others meeting the same problems.

so on, until all ingredients are used. Toward the end the oil may be added a teaspoonful at a time. The acid is the thinning ingredient which causes curdling and should be added very carefully, with constant beating. It sometimes help to have bowl and ingredients ice cold.

If, in spite of all precautions, the dressing should curdle, take a new egg yolk and add the curdled dressing to it drop by drop.

There are patent oil droppers on the market which aid in the process, because they control the flow of oil. The cost is 10 or 15 cents.

Autumn Delicacies.

Plum Sago.

Soak three and one-half ounces of fine sago in a pint of water for at least an hour, and then put both into a saucepan and bring to a boil. Continue boiling very gently, stirring frequently, until the sago is quite clear. Stone and skin one pound of plums and add them, together with six ounces of sugar, and keep the whole simmering until the plums are soft. Then pour into a well-rinsed mold and when cold turn out on a glass dish and serve with whipped cream.

There is another dainty which is seldom met over here, or indeed on the other side of the water, though it is very well worth making, and that is carrot jam. It is an excellent method of using up small and badly formed carrots or the surplus stock of the garden.

Carrot Jam.

Wash the carrots and scrape them clean, then boil until quite tender. Mash them very smoothly and to each pound of pulp add three-quarters of a pound of sugar, a generous pinch of ginger and a half teaspoonful of grated lemon rind. Boil all together until it sets when a little is dropped on a plate and then put up in sterilized jars as usual.

Have you ever used tomatoes as a

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sweet? In a recent cookery magazine I found the following recipe, which is being used, they said, in one of the

warring countries and is very popular with the soldiers.

Green Tomato Pudding.

Line a pudding mold with suet pastry and fill with green tomatoes, sliced and peeled. The tomatoes should be put in between layers of sugar and seasoned with lemon juice. Cover the top with a lid of the pastry. Fasten up as usual and boil hard for two hours. When cooked turn out of the mould and serve with a simple syrup sauce flavored with ginger.

We have just received a large shipment of extra fancy grape fruit, which we are going to place on sale Saturday at a very low price.

GROCERIES

Extra Fancy California Grape Fruit, at each 3c
Best Granulated Sugar, 14 lbs. \$1.00
Extra Fancy Japan Rice, 7 lbs. 25c
All Brands of Creamery Butter, lb. 27c
Extra Fancy Tokay Grapes, basket, 35c

Extra Fancy Country Butter, lb. 35c
Good Butterine, in 2-lb. rolls, roll, 30c
Extra Fancy Large Sweet Potatoes, per large market basket, 22c
Sugar Cured Breakfast Bacon, lb. 18c
No. 1 Regular Ham, lb. 18c
Pure Lard, per lb. 15c
Compound Lard, 4 lbs., for 25c

MEATS

Home Dressed Spring Chickens, lb. 22c
Genuine 1916 Spring Lamb Forequarters, per lb. at 12c
Genuine 1916 Spring Lamb Hindquarters, per lb. at 15c
Fresh Side Pork, lb. 18c
Choice Steer Shoulder Steak, lb. 12c

Extra Fancy Choice Steer Beef Roast, per lb. at 12c
Extra Fancy Lean Breakfast Bacon, per lb. at 18c
Sugar Cured Breakfast Bacon, lb. 18c
No. 1 Regular Ham, lb. 18c
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Best Cuts of Pork Chops, Pork Steak and Fresh Ham, per lb. 17c
Pig Pork Shoulder Roast, lb. 14c
Choice Pot Roast, per lb. 12c
No. 1 Sugar Cured Ham, lb. 13c
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Young Veal Roast, lb. 11c
Pig Pork Roast, lb. 14c
Pig Pork Butts, lb. 16c
Porterhouse Steak, lb. 18c
Lamb Chops, lb. 14c
Extra Lean Regular Ham, lb. 18c

Sugar Cured Hams, lb. 12c
Extra Lean Breakfast Bacon, lb. 18c
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From 7:30 to 8 p. m., 3-lb. Pall C. P. Lard for 35c

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Young Veal Roast, lb. 11c
Young Veal Chops, lb. 14c
Pig Pork Roast, lb. 14c
Pig Pork Butts, lb. 16c
Porterhouse Steak, lb. 18c
Lamb Legs, lb. 15c
Spare Ribs, lb. 12c
Extra Lean Hams, lb. 18c

Sugar Cured Hams, lb. 12c
Extra Lean Breakfast Bacon, lb. 18c
Sugar Cured Bacon, lb. 17c

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25c bottle for 15c

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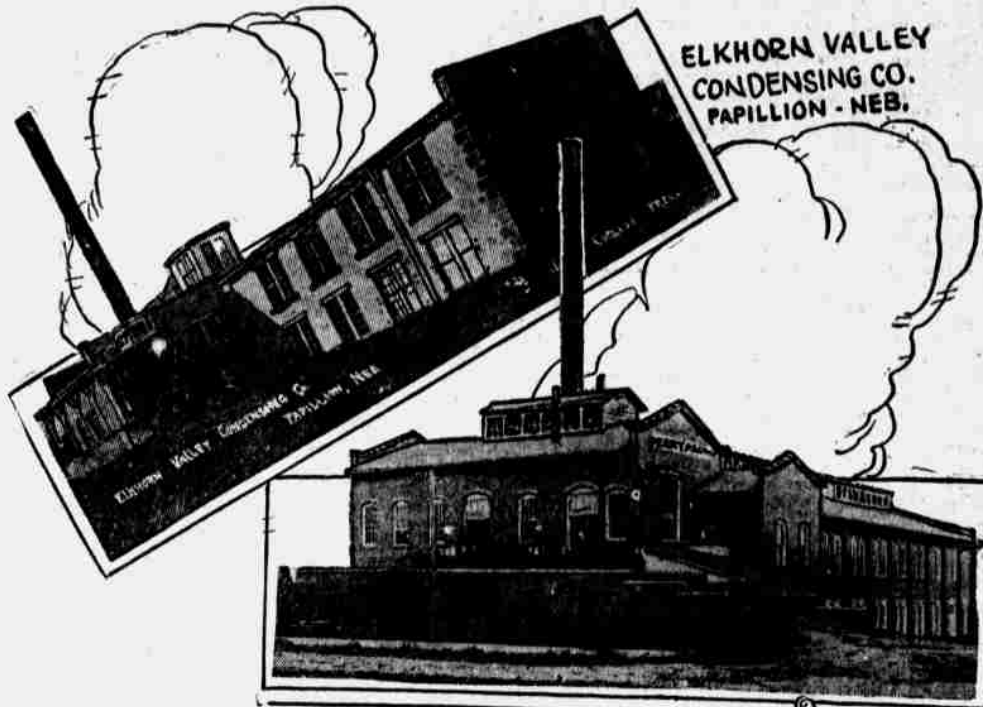
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