

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

Home Economics Department

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Food Talk No. 3. Proteins.

The body has need of food to rebuild the tissues as they break down—a function which can be fulfilled only by certain types of food. Thus, even if we could consume relatively large quantities of sugar, or butter, or cornstarch, these foods would not repair the waste in body tissue and death would result eventually. The foodstuff which we call protein must be supplied for the purpose of body building. Many of our common food materials, such as bread, cereals and some vegetables, contain larger or smaller amounts of this body-building foodstuff, but of typical proteins we have only seven or eight. These are meat, fish, eggs, milk, cheese, dried beans, dried peas and lentils. If one remembers this list, it is fairly easy to discover whether or not a menu contains protein.

When we think of the necessity of supplying protein to the diet, two questions naturally arise—First, how much protein is necessary? and second, is there any difference in kind of protein? The first question is the older, and has a double importance, because proteins are expensive foods and they meet a different fate in our bodies than other foods do. After digestion, most foods are eventually burned in the body to give heat and energy. The final or "end products" of most digested foods are, therefore, carbon dioxide gas and water, which are given off largely by the lungs and skin. Proteins, on the other hand, are different. They produce in our bodies, end products of carbon dioxide and water, but in addition they produce substances which must be carried away through the kidneys. Therefore, if we eat more protein than is necessary to keep the body in good condition, we impose upon the kidneys which must eliminate the extra end products. If these extra end products are not properly eliminated, certain diseases may result eventually, such as gout and rheumatism. Therefore it is a very vital problem to know how much protein to furnish in the diet; and it is not very encouraging for me to tell you that authorities do not agree. Chittenden of Yale is the man who stands for a relatively small amount of protein each day—other authorities claim that as much as most people eat ordinarily is none too much. I think, however, the tendency is toward a smaller amount of protein. Certainly none of us ever need more than one kind of meat at a meal, or one meat and fish at a more formal meal, where servings are not large. Also, meat once a day is probably sufficient, with another kind of protein for breakfast or lunch.

The last statement brings us to the question of the value of different kinds of protein. To the earlier students of food, protein was protein; but today, we value proteins according to the simpler substances of which they are built chemically. Thus, while gelatine is a protein or a "near protein," it will not sustain

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.

life, and while corn contains a true protein, which will support life, it will not promote growth in young animals or children. Thus we value milk protein not so much for the amount which is present as for its very satisfactory quality. The best way to be sure of supplying satisfactory proteins is to vary the kinds which one offers on the table.

Thus at the present time of incomplete knowledge of body-building foods, one can offer the following definite suggestions:
Eat very moderately of proteins, because they are expensive and because excess amounts overtax the system.

Eat various kinds of protein until we are sure of just which ones are satisfactory from the standpoint of the needs of our bodies.

Why Fruits "Jell."

"Why is it that some fruits will make jelly while it is not possible to get other juices to jell? What is it that makes this difference? Is there anything that can be added to these fruits that won't jell, to make them do so?"—Miss H. N.

To jell successfully, a fruit must contain a substance called pectose, and also some acid. Certain fruits are lacking in one or the other, e. g., the strawberry lacks pectose. Therefore if we use part apple juice, which contains pectose, we can make strawberry jelly. I am informed that there is on the market a commercial preparation of concentrated apple juice, which contains a known per cent of bined with fruits which will not jell, pectose and acid. This could be com-

Tasty Nut Recipes.

Nuts should be included among fruits, but really they have a very much higher nutritive value and they are much richer in fat than any vegetables; but they have one drawback, inasmuch as they have a dense, compact cellulose framework that makes them difficult of digestion unless masticated thoroughly. This objection is obviated in nut butters by the very fine grinding to which they are subjected and which breaks up the cellulose, so that it could not possibly interfere with any healthy digestion.

Some nuts are greatly improved by cooking, but others develop a disagreeable, rancid, oily flavor when subjected to heat; and all nuts are the better for being chopped finely. The flavor of the different nuts depends on the kind of oil they contain, but many have in addition some special component with a marked taste. For example, the almond con-

tains cyanic acid; the chestnut sugar, and so on. As nuts have a high food value, they should not be eaten in large quantities or with an otherwise heavy meal; in fact, they are quite sufficient in themselves to serve as a substitute for meat.

A good example of this vegetarian use of the nut is the following recipe:

Nut Roast.

Two cups bread crumbs, one cup pecans, one cup filberts, one teaspoonful chopped parsley, one tablespoonful chopped green peppers, one apple chopped, one onion chopped, one cup of milk, one-half cup chopped celery, one egg, salt and pepper, two tablespoonfuls butter.

Put the bread, nuts, parsley and pepper through the mincer together; grind up the apple and stir it into the rest of the ingredients. Beat the egg, add the milk and seasoning and stir into the dry ingredients. Melt the butter in a frying pan and pour half into the mixture; fry the chopped onion in the remainder and pour on the top of the loaf, which should be put into a well-greased tin and baked for forty-five minutes in a slow oven, basting occasionally with butter and boiling water.

Nut bread is generally much liked by children and forms a very nutritious piece of resistance. For adults it is only necessary to chop the nuts, for at least they are supposed to have sufficient sense to masticate their food; but when making the bread for children it is safer to run the nuts through the finest blade of the mincer.

Nut Bread.

Four cups of flour, four teaspoonfuls of baking powder, one cup of sugar, one-quarter teaspoonful salt, two cups of milk, one cup of walnuts and one tablespoonful of lard.

Mix and sift the dry ingredients, add the milk, melted lard and chopped nuts. Beat thoroughly and pour into well-greased tins. Leave it standing or about thirty minutes and then bake one hour in a moderate oven.

Although nuts have such an amount of nutriment, they are mostly used for cakes, cookies and sweets of various kinds.

Nut Wafers.

Six tablespoonfuls of flour, one cup of chopped nuts, one cup brown flour, two eggs, vanilla.

Beat the eggs to a froth, then add the flour and sugar gradually, beating well between each admixture. Chop the nuts, which may be either mixed or of some one particular kind, and

mix in. Lastly add the vanilla; about a teaspoonful is the usual amount, but it is better to use the very best make, in which case one-half spoonful is ample. Pour the mixture into a large pan, so that it is spread out very thinly, and bake for ten minutes in a hot oven.

When it is cooked cut at once into rounds with a sharp cutter, for the cookies get hard and brittle very quickly and would snap if you tried to stamp them out.

These wafers are delicious served with ice cream or with any type of bavarise or moussé. Another dainty variety for the tea table are nut kisses, and they are very easy to make.

Nut Butter.

When using any of the nut butters or pastes for sandwiches you will find them excellent if both brown and white bread are used. Cut one slice of the brown to two of the white. Spread the nut butter on both pieces of white and put the brown between, press well together and then cut into fingers. These look very attractive when piled on a pretty white doily.

Nut butters also are good on plain

crackers, on bread or on toast; in fact, the children seem to find them appetizing no matter in what form they are served.—Philadelphia Ledger.

Nut Kisses.

White of an egg, one-half cup of chopped nuts, one cup of powdered sugar.

Beat the white of an egg until quite stiff and dry and then add the sugar; beat again and lastly mix in the nuts.

Drop in spoonfuls on a well-buttered tin and bake in a moderate oven until brown. Lift on a cake rack and leave to dry and get cold. Keep in an air-tight tin.

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