

Home Economics Department

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Food Talk No. 3. MINERAL FOODS.

When people in general use the term, "food value," they mean the value of a certain food calculated in heat units, called calories. That is, so much of this certain food gives so much heat and energy to the body. All fuel foods (the fats and carbohydrates), and protein give this heat and energy. However, the body cannot be kept in perfect health from fuel and body-building foods alone. We need them, but we need other things also. The need for water, one of the five foodstuffs, is rather well understood. The need for mineral matter (also called "ash") the last of the five foodstuffs, is equally important. Though we think of protein as the typical body-building food, mineral matter is essential for the building of the body framework. Thus the children's disease of rickets or soft bones is caused from a lack of this important substance.

In addition to the body-building function, mineral matter aids in the regulation of the body. The body fluids, such as the blood, the lymph, the digestive juices, and the gland secretions, can be kept in proper condition only by the supplying of mineral matter in the diet. It is a familiar fact that blood must have iron or it cannot carry oxygen to all parts of the body. A vital part of the body regulation is the proper elimination of food waste from the digestive tract. We used to think that "roughage" or food containing much fiber aided in this elimination. We still think that coarse foods, such as the hulls of grains, help in this process, but we know that part of the effect at least is due to the mineral matter contained.

Fortunately for most of us, we instinctively supply foods containing this important foodstuff; but it is well to know which foods are especially rich in it, and which foods contain which kinds. The general sources of all mineral matter are eggs, milk, outer parts of grains, fresh fruits and vegetables. While the body requires many kinds of mineral matter, such as sulphur, sodium, chlorine, magnesium, calcium, potassium, iron and phosphorus, certain diets are supplied in nearly all diets without any special thought. Thus we all use enough table salt to supply sodium and chlorine, and sulphur occurs in most protein foods. Of the other kinds of ash, three are most important, viz., iron, phosphorus and calcium. A recent book, "Text-book of Cooking," by Carlotta Greer, gives the following lists of foods rich in the different forms of ash:

- CALCIUM.**
Almonds, Dried figs
Cauliflower, Egg yolk
Cheese, hard, Egg yolk
Dried beans, Lentils
Dried lima beans, Raisins
Dried peas, Rye
Rye bran, Spinach
Rye, Whole barley
- IRON.**
Dried beans, Lean beef
Dried lima beans, Lentils
Dried peas, Raisins
Rye, Spinach
Rye bran, Whole barley
- PHOSPHORUS.**
Cheese, hard, Egg yolk
Cocoa, Egg yolk
Chocolate, Raisins
Dried beans, Wheat bran
Dried peas, Wheat bran

The same author makes these statements:
"The most practical and effective way of obtaining calcium is to use a generous supply of milk. Milk, egg yolk, cheese, whole grains and vegetables are the most satisfactory sources of phosphorus. The iron found in eggs, milk and vegetable foods is thought to be more completely assimilated than that found in meat. Spinach and prunes are valuable sources of iron."

The particular use of calcium is to supply bone building material, and it also helps the thyroid gland, which is concerned with growth and general health. Phosphorus is needed especially for nerve tissue, though the idea that certain foods, such as celery, are "good for the nerves," is a fallacy. Iron is necessary for the making of blood and in certain body processes.

With these facts in mind, it cannot be too strongly urged that mineral matter be supplied in the diet. People are so apt to think of fruits and vegetables, except potatoes, as luxuries on the table when one must count every penny. They are not luxuries, but real necessities, though the cheaper fruits and vegetables answer the same purpose as the more expensive ones. A salad at dinner is not a

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.

luxury, either; but may well take the place of a dessert unless the dessert is fruit. A generous use of foods supplying ash will aid materially in maintaining perfect health.

Honey for Cakes and Cookies.

The following recipes are taken from the government bulletin on "Honey and Its Uses in the Home," a pamphlet which can be had from the Department of Agriculture and is very well worth study.

Honey is a fuel food, a carbohydrate, and is composed of four parts sugar to one part water. There are three kinds of sugar in its composition, cane, grape and fruit; the preponderance of grape sugar or dextrose is what makes the honey granulate so easily.

When honey is used instead of sugar in the making of cakes and cookies they will keep moist and fresh much longer, but the cost is a tiny bit higher. However, in view of the fact that the resulting cake keeps better and also that the flavor is improved, the difference in expense is very much overbalanced by the advantages. The usual cake recipes can be followed, but remember that when using honey less liquid is required.

The rules laid down by Farmers' Bulletin No. 653 are: "As honey contains less acid than molasses, it requires less soda. The allowances range from one-quarter to one-half teaspoonful for a cup of honey. In substituting honey for sugar use cupful for cupful, and for each cupful of honey use one-fifth of a cupful less of milk or other liquid for which the recipe calls."

In cakes which are to be made without butter it is advisable to use honey, for they will keep fresh for months and actually improve with age. Honey cakes are delicious when spiced. The most suitable combinations are coriander, cardamom, nutmeg, ginger, cinnamon and cloves.

Butter Honey Cake.

Rub together one and a half cupfuls of honey and one-half cupful butter; add the unbeaten yolks of three eggs and beat thoroughly. Add five cupfuls flour sifted with two tablespoonfuls of ground cinnamon and a half teaspoonful salt; one and a half teaspoonfuls soda dissolved in one tablespoonful orange-flower wa-

ter. Beat the mixture thoroughly and add the well-beaten whites of three eggs. Bake in shallow tins and cover with frosting as follows:

Orange Frosting for Honey Cake.

Mix grated rind of one orange, one teaspoonful lemon juice, one tablespoonful orange juice and one egg yolk together, and allow the mixture to stand for an hour. Strain and add confectioner's sugar until the frosting is sufficiently thick to be spread on the cake.

Honey Sponge Cake.

Mix one-half cupful sugar and one-half cupful honey and beat until the sirup will spin a thread when dropped from a spoon. Pour the sirup over the yolks of four eggs, which have been beaten until light. Beat the mixture until cold; then add one cupful sifted flour and cut and fold the beaten whites of the eggs into the mixture. Bake for forty or fifty minutes in a pan lined with buttered paper in a slow oven.

Honey Bran Cookies.

Mix one-half cupful sugar, one-quarter teaspoonful ginger, one-quarter teaspoonful cinnamon and one-half teaspoonful soda with three cupfuls bran, one-half cupful honey, one-half cupful milk and one-half cupful melted butter. Drop from a spoon on a buttered pan and bake fifteen minutes.

Salad Dressing.

Four egg yolks, two tablespoonfuls of vinegar or lemon juice, two tablespoonfuls of butter, two tablespoonfuls of honey, one teaspoonful of mustard, one teaspoonful of salt, paprika to taste and one cupful of cream.

Heat the cream in a double boiler. Beat the eggs and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly. Pour it into the double boiler and cook until it thickens or mix all the ingredients but the cream and cook in a double boiler until the mixture thickens. The dressing is now ready. Combine this mixture with whipped cream. This dressing is particularly suitable for fruit salads.

Honey Ice Cream.

Mix one quart thin cream with three-quarters cupful delicately flavored honey. Freeze.

Honey Pudding.

One-half cupful honey, six ounces bread crumbs, one-half cupful milk, one-half teaspoonful ginger, two eggs, two tablespoonfuls butter, ring of one-half lemon. Mix the honey and the bread crumbs and add the milk, seasonings and the yolks of the eggs. Beat the mixture thoroughly and then add the butter and the whites of the eggs, well beaten. Steam for about two hours in a pudding mold which is not more than three-quarters full.

Nebraska's Own Berries Arrive on Omaha Market

Strawberries have arrived on the Omaha market. Yes, strawberries! But they are very few and far between, rather curiosities than commodities. The remarkable part of it is that they are raised in Nebraska. They're called the "ever bearing," and come from Ainsworth. Half a dollar a box.

Imported raisins from fair Spain—one of the countries that Wilson has not yet kept out of the war, but which is out of it anyway, you know. Big bunches are these raisins, meant for eating right from the bunch.

From far-off Smyrna come new figs and dates of extra fine quality.

And there are Japanese persimmons, which, however, come from California and not from Nippon. Mellons are still with us. Honeydew and cansawba are the kinds. Water and muskmellons have finally made their exits for the season.

New black walnuts with fine meats

and new Pop corn are among the arrivals.

Apples are fairly plentiful, especially the fancy ones from the northwest, "winter banana," Grimes golden" and "Spitzenbergs."

Some new string and wax beans and some new green peas of very fine quality are with us.

Now is the time to get busy with the pumpkin pies for the big golden pumpkins are with us in great plenty.

So, also are the squashes.

Some of the finest celery cabbage you ever saw is on the market now. It comes from Colorado and sells at 15 cents a pound.

Fine, fresh mushrooms are here, weighing in at 65 cents a pound.

Grapes, of course, are abundant, particularly the big, solid Tokay variety. Some of the Concord kinds are still here. They come, at this season, from Michigan.

Staple vegetables like potatoes, sweet potatoes, onions, cabbage and so on are abundant.

Omelet Making.

One of the most difficult dishes for the average cook to make just right is a plain French omelet.

The commonest causes for failure are an overheated pan; cooking too long before serving, and a cold serving dish.

Omelets should be served directly they are done. Have the serving dish warmed and ready before cooking the omelet.

For cooking the omelet select a pan that is perfectly smooth. Scour the pan with salt until it is glossy. Put a tablespoon of butter into the pan and let heat very slowly until butter is melted. Do not allow butter to brown.

Milk sometimes toughens when mixed with egg and cooked in butter. If you cook your omelet in pure leaf lard it is safe to use milk; for the omelet cooked in butter we recommend warm water.

The Recipe.

Four eggs.
Four tablespoonfuls warm water.
A dash of salt and pepper.

One tablespoon finely chopped parsley.

Manipulation.

Break eggs into a bowl and beat to thoroughly mix whites and yolks. Twelve vigorous beats are better than continued mild beating. Add water and seasoning except salt.

To Cook.

Draw pan of melted butter over hot fire. As soon as butter crackles turn in the egg mixture and dust with one-half a teaspoon of salt. Tip pan slightly so that egg covers bottom quickly. With a blunt knife lift up edges of omelet and let thin portion run

underneath. Continue this until omelet is set.

To Serve.

Have omelet plate heated; fold over one-half the omelet and turn onto platter, garnish with grape jelly, paprika, peppers or bacon curls and send at once to the table.

Omelet with Bacon.

Cut sliced bacon into dice, fry delicately crisp. Pour off most of the fat, turn in the egg mixture, let set, fold and serve.

Grated cheese, cooked minced ham or minced dried beef may be added to a plain omelet mixture for variety. The cooking will be the same.

With Canned Peas.

Heat a can of peas off the liquor. Drain, saving liquor for soup stock, and season peas with salt and butter. Put two tablespoonfuls of peas in the center of the omelet when it is set. Fold over half the omelet and serve on hot platter. Your remaining peas around omelet and serve immediately.

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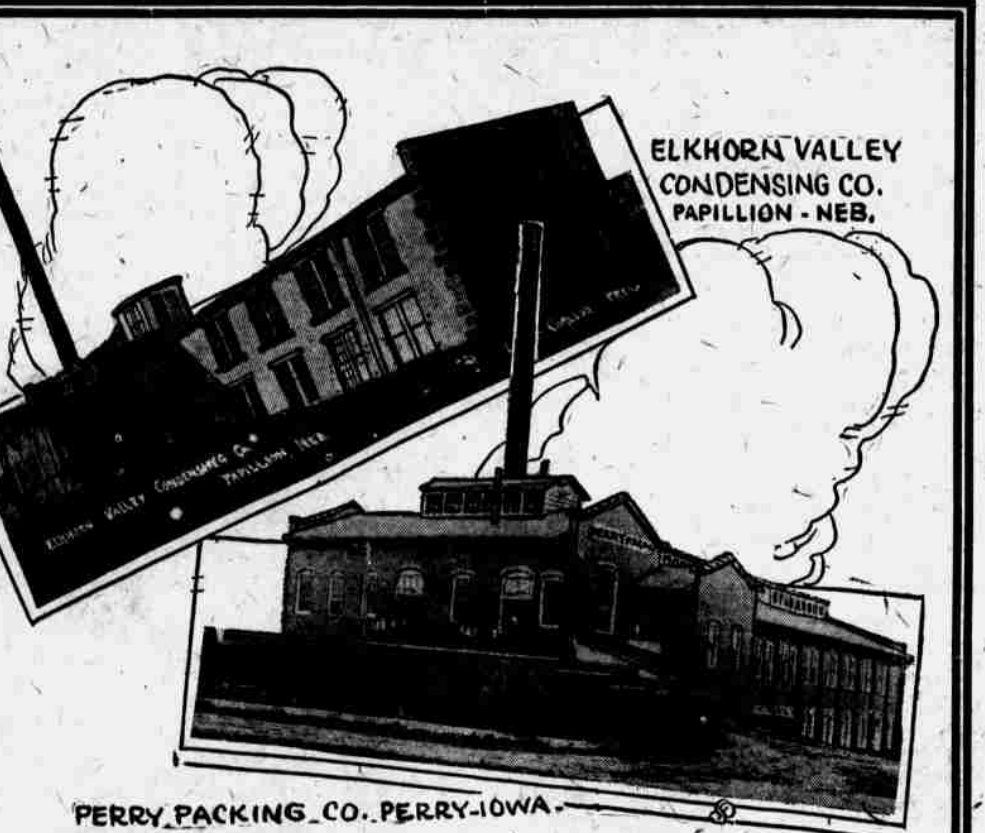
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Young Veal Roast, lb., 11c
Young Veal Chops, lb., 14c
Mutton Chops, lb., 14c
Pig Pork Roast, lb., 14c

Choice Steer Rib Roast, lb., 14 1/2c
Choice Steer Beef Roast, lb., 12 1/2c
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Choice Steer Sirloin Steak, lb., 20c
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Tip Corn Syrup, 5-lb. can, 21c
Prunes, 40-50 size, per lb., 11c
10-40 size, per lb., 10c
Seeded Raisins, 15c pk., 11c
New English Walnuts, lb., 22c
Pikes Peak Macaroni, Spaghetti or Noodles, 10c pk., 7c
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