homemakers' chat
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U. S. DEPARTMENT OF AGRICULTURE

Tuesday, May 26, 1942

Question Box

Need sugar?
Soup from chicken bones?
Green liver?
What home-garden fruits for non-sprayers?
How remove hard-water stains on enamel tub?

Answers from

scientists of the
U. S. Department of Agriculture

--ooOoo--

The mailbag today brings in questions about food, gardens and house cleaning --the usual problems of good housewives at this time of year. Let's begin with the food questions.

As you can imagine, a good many questions are still coming in about sugar. One letter this week says: "Please settle a health problem that is troubling me. I know how much sugar my family is going to get under rationing. But I want to know how much they need. I am worried for fear they aren't going to get enough sugar for best health."

The answer to the question of how much sugar you need for health is: None. Your family can keep in health with no sugar at all. Sugar supplies what the nutrition scientists call "fuel" or "energy" to the body. Fortunately, many other foods supply fuel or energy to the body just as well as sugar. Cereals, bread, potatoes, fat and many other familiar foods are just as good for fuel or energy as suga

The amount of fuel or energy food you need depends on how active you are. Infants, small children and people who spend their days sitting at desks or at other inactive jobs don't need as much fuel food as very active people like farmers, teenage boys, or factory workers on active duty.

So forget your worries about whether your family will be getting enough sugar. The rations of all members of the family put together will be your family "sugar pool." And for most families this will be about as much sugar as they are

accustomed to anyway, often more!

As usual, most of this sugar will go into cooking and baking. Part of it will be in the family sugar bowl for sweetening tea, coffee, cocoa or cereal.

Government scientists and advisors say, "Your sugar ration is all you want! If you plan meals wisely; if you cook carefully; if you don't waste any. But if you have a very sweet tooth and insist you want more sugar than you're going to get, remember--We're in a war."

Now a couple of questions about cooking chicken. The first question comes from a thrifty housewife who wants to know how to make soup of chicken bones.

The answer comes from the bulletin on cooking poultry published by the U. S. Department of Agriculture.

The bulletin suggests that you can use neck, wings, feet or other bony parts of the chicken for making soup. You can also use leftover chicken bones. Here's how to do it: Put the pieces of chicken or bones on a rack in a kettle. Cover with water. For extra seasoning add an onion, cut up, 1 or 2 bay leaves, salt to taste and celery leaves and stalks. The coarse outer stalks are good for this purpose. Simmer the soup; don't boil. When the bones cook long enough for the meat to drop off the bone, strain the broth and chill it. The fat rises to the top and you can easily skin it off then. If you want the broth absolutely clear, here's how to get it that way: Put it on to heat, stirring in the crushed shell and beaten white of an egg. Bring the broth to a boil, and strain. If the broth is not clear, repeat the process.

You can serve chicken broth piping hot, or for hot weather you can chill and serve as ice-cold jellied consomme. Broth from the bones of young birds usually contains enough gelatin to stiffen on chilling. Broth made from old birds may need to have gelatin added. Use from a half tablespoon to a whole tablespoon of gelatin to a pint of the broth.

Here's a thrifty point to remember: Save the chicken feet. They are weighed with the chicken at the market, so you pay for them. Don't throw them away. They

are excellent for soup. Wash them thoroughly, then pour on enough boiling water to cover, and finally pull off skin and nails. Put chicken feet, prepared this way, in with the other bones to make soup.

You can use chicken broth for chicken noodle soup or for cream of chicken soup. To make chicken noodle soup, cook noodles and chopped or shredded vegetables in the broth until tender. Add a little shredded chicken if you have it.

Let's go on to a question about chicken liver. A housewife wants to know whether to throw away chicken liver that has yellowish-green streaks in it.

Poultry cooking experts say to cut out any green streaks on the liver before cooking. The rest of the liver can be cooked.

Now for a garden question. A housewife says: "I should like to grow some fruit on our few acres, but I can't go into the complicated spraying that commercial orchards do. What kind of fruit would you advise setting out if spraying is not practical?"

Scientists in growing fruit suggest that the small fruits will probably be best under the circumstances--strawberries, raspberries, blackberries, sour cherries grapes and some plums. Some of the native wild fruits of your locality may be worth cultivating, too, since many of them resist diseases and insects very well.

Last question: "How can I remove hard water stains on a porcelain enamel tub without harming the enamel?

Use a mixture of kerosene oil and powdered whiting which is chalk. Or use a cleaner containing trisodium phosphate. Never use rough, gritty, harsh cleaners on porcelain enamel because they leave permanent scratches on the enamel.

That's all the questions for today. More on Thursday.

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