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HOUSEKEEPERS' CHAT

Tuesday, November 14, 1933

(FOR BROADCAST USE ONLY)

Subject: "Questions and Answers." Information from the Bureau of Home Economics, the Bureau of Plant Industry and the Bureau of Agricultural Engineering, U.S.D.S.

The mailbag is all untied this morning and your questions are out and carefully arranged ready for answers.

A housekeeper who lives in Yellow Springs, Ohio, writes me that she has lost her directions for cleaning silverware with soda and water and aluminum. I think we'd better find those directions and get her silver cleaned first thing this morning, don't you?

Of course, you know that you can clean silver in several different ways. You can clean it by rubbing with fine whiting powder or rough or other polishing pastes and powders. Friction cleaning like this gives bright, lustrous silver.

Then you can clean silver by boiling in a strong alkaline solution. Finally you can clean it by electrolysis. This is the method the Yellow Springs lady asked for, so lets go into details about it. You can use a polished aluminum pan for this method or you can just put strips of bright aluminum or zinc, whichever you please, in a kettleful of the cleaning water. Suppose we use the aluminum pan this time. Fill the pan partly full of water and set it on the stove. Add one teaspoon of salt and one of soda to every quart of water. Heat the water to the boiling point. Now, put in your silver. Be sure the water completely covers the silver. Let the water boil until the tarnish disappears from the silver. Then take the silver out, wash it and wipe it with a clean soft cloth. You'll find that the tarnish has gone from your silver on to the aluminum kettle. You'll want to scour that kettle bright again with some steel wool.

This is a quick and easy method of cleaning silver, convenient especially if you have a good deal to do. It doesn't give the lustrous finish that friction cleaning does, but you can get this finish by rubbing the silver a little after taking it from the pan.

Now that the silver is bright and shining again, we can go on to the next question. This is about cocoa. "Dear Aunt Sammy: Our Mother's Club has had a discussion about cocoa as a beverage for children. Some members think this is a very healthful drink for youngsters. Others think not. What do you say?"

Of course, I say what my friends the child feeding specialists say. They believe that dilute cocoa is a perfectly good drink for children. Its value lies chiefly in the milk it contains. But they also say that cocoa and chocolate do contain a stimulating substance, somewhat like the substances in tea and coffee. Therefore, a hot drink, rich and dark with chocolate, isn't suitable for small children. But if the hot milk is just flavored lightly with cocoa, and sugar, you'll have a wholesome drink and one that they'll enjoy.



A hot milk drink like this is a big help to the children's winter meals, especially to the schoolday lunch at noon. It is warming, nourishing, and easily prepared, and the children like it.

For young children use about 1 teaspoon of cocoa to each cup of milk. Older youngsters can have it stronger than this.

Question Number Three is about making candy from cranberries. A friend who listened to one of these chats about a year ago remembers that we talked about candying cranberries and she wants to know how to do it. Well, if this lady will listen in on Friday--this coming Friday, she'll hear that recipe. These candied cranberries make very good confections, especially for the youngsters in the family. And they make attractive bright red garnishes for winter dessert. More than that, they keep well. Listen in on Friday for the recipe for candied cranberries.

Now a couple of news items that I've gathered because I thought they would be of special interest to you.

Speaking of newcomers in our midst, I wonder if you have noticed a new arrival among the vegetables in the city markets this fall.

Perhaps you have said to your grocer, "What are those green, pear-shaped vegetables over there?"

And then he's probably told you, "Why, those are chayotes (pronounced chi-o-tees)--sort of cousins to the squash. Some people call them "chouchous" or "vegetable pears" or "mango squash." They're tropical vegetables that growers in Florida and California are now raising and shipping north."

The chayote is a vegetable with a long history, even if it is a new food to many of us. It dates way back to Aztec days in Guatemala. For hundreds of years it has been cultivated in all parts of tropical America and recently it has been spreading to warm countries all over the world. In very recent years vegetable growers in Florida and southern California have been raising Chayotes for sale.

Just when most of our northern fresh vegetables grow scarce, this new and interesting vegetable comes in season. It ripens from October to December and gives us housewives an opportunity for a welcome variety on the menu.

The specialists say that you cook it as you do many other fresh vegetables. Peel and dice it--or slice it. Drop it in boiling salted water and cook until just tender. Then serve it with butter or sauce. They say that cold cooked chayote is very good in salad.

Tomorrow, more news from the Food and Drug experts about fake medicines on sale that fool the public.

