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Housekeepers' Chats

Friday, January 2, 1931.

(NOT FOR PUBLICATION)

Subject: "Questions and Answers." Information from the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Home Baking"

This is question and answer day. The letters that have been arriving lately have convinced me of one thing--that housekeepers are really very interested in thrift these days. So many are asking how to use up sour milk. Others want to know ways of cooking with left-over cream.

So, yesterday, though it was chilly and rainy with sloppy melting snow everywhere, I put all these letters in my bag and walked over to see the Recipe Lady. I found her just taking a beautiful cake out of the oven. A wonderful spicy smell came out with it.

She offered to give me a piece when it was cool.

"I want you to taste it, Aunt Sammy," she said. "It is a brand new recipe I am trying out, and I want to see if you think it is successful."

"Any cake that looks and smells like that must be successful."

But that was not proof enough for the Recipe Lady. She is a very careful person who wants everything just right. That is why she always tries out her recipes--usually several times--before she sends them over to me. I can always depend on the Recipe Lady. When she sends me directions they are sure to be accurate and exact.

When the cake had been set out on the table to cool, the Recipe Lady invited me to sit down on one of the white stools in her immaculate kitchen and discuss the letters.

"Now about using up this sour cream and milk," I said. "Here is some going to waste in Ohio and some more going to waste in Oregon. What can we do to save that valuable food for those families?"

"Anyone who does any baking at home ought never to be at a loss on ways to use sour milk. Why, there are dozens of delicious breads and cakes that can be made with sour milk. It can be substituted for sweet milk in so many quick breads like muffins and biscuits, or quick loaf breads like nut or raisin loaves, as well as in many kinds of cakes and cookies."

"Yes, indeed. One of my pet recipes. Please look in your radio recipe book and you will find it on page 50. Many people--and I am one of them--think that certain foods are more delicious made with sour milk. Sour milk seems to give an especially good flavor to griddle cakes, corn-meal mixtures, gingerbread and devil's food cake."

"What other ways can you use sour milk besides in the baked foods?"

"One of the best ways is cottage cheese. I do think that there is nothing better than a cottage cheese and pineapple salad, the kind that has a ball of cheese on top of a slice of yellow pineapple with a bit of mayonnaise at the side. And I am very fond of cottage cheese mixed with chopped nuts, pimento and perhaps some chopped pickle for extra flavor."

"Suppose you had cream left quite frequently after the family had eaten breakfast in the morning, as my friend in Ohio has. What would you do with it? I want to hear some of your favorite ways of using sour cream."

The Recipe Lady smiled. "If Uncle Ebenezer happened to be coming to dinner and I had a cup of sour cream left, I would make some of that tart cabbage salad he is so fond of. I make that from the directions given in the green booklet on page 45. Instead of using the sweet whipped cream, the directions call for, I substitute thick sour cream and make a salad fit for a king. Now if you were coming to dinner, Aunt Sammy, I think I would make a little of my special horseradish sauce or some fruit salad with sour cream dressing."

I said that I should like to know how to make that horseradish sauce, so the Recipe Lady gave me the directions and I wrote them down for you. Here they are:

1/2 cup of thick sour cream
1/2 teaspoon of salt
1 teaspoon of sugar
3 or 4 tablespoons of fresh grated horseradish

I'll repeat those four ingredients. (Repeat)

Whip the cream, salt and sugar together and gradually add the horseradish. Serve with meat or fish.

It didn't take me long to put that down. Then I asked the Recipe Lady just how to change a recipe containing sweet milk and baking powder into a recipe using sour milk and soda.

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data.

Furthermore, it is noted that the records should be kept in a secure and accessible format. Regular backups are recommended to prevent data loss in the event of a system failure or disaster.

In addition, the document outlines the process for reconciling accounts. This involves comparing the internal records with the bank statements to identify any discrepancies. If a difference is found, it is crucial to investigate the cause immediately to avoid any financial irregularities.

The final section of this part discusses the role of the accounting department in providing accurate financial statements. These statements are essential for management decision-making and for external stakeholders.

The document also addresses the issue of budgeting. It states that a well-defined budget is necessary to control costs and ensure that the organization stays on track with its financial goals. Regular monitoring and reporting are required to track progress against the budget.

Moreover, it highlights the importance of staying up-to-date with changes in tax laws and regulations. This helps in optimizing the company's tax position and ensuring full compliance with all applicable laws.

The concluding part of the document reiterates the commitment to financial integrity and accuracy. It calls for a high level of diligence and attention to detail in all financial reporting activities.

Finally, it expresses confidence in the team's ability to manage the company's finances effectively and to provide reliable information to all stakeholders.

She looked at me sadly, reproachfully, in fact, and said, "Dear me, Aunt Sammy, I'm beginning to be afraid that your memory is not all that it once was. There is that valuable and useful bulletin which stands in plain sight on your kitchen shelf and you have forgotten it."

"Which bulletin?" I asked.

"Its title is Home Baking, its number is 1450, and on page 10 there is a whole section telling just how to substitute sour milk for sweet milk."

"Please read it to me. I am forgetful."

The Recipe Lady read: "When proportions are given in terms of sweet milk and baking powder, an equal quantity of sour milk may be substituted and enough soda used to neutralize the acid, or, a scant half teaspoon of soda for each cup of sour milk."

"Yes," I said, "I do remember that rule. But what do you do about the baking powder that is called for in the sweet milk recipe?"

The Recipe Lady read on: "For thick batters or doughs, baking powder is usually needed for leavening in addition to the soda. For instance, for biscuits which call for 1 cup of milk and 4 teaspoons of baking powder, if 1 cup of sour milk and a scant half teaspoon of soda were substituted, 2 teaspoons of baking powder would also be needed, to be equivalent to the above quantity of baking powder. Is that clear, Aunt Sammy?"

"May I try to say it in my own words just to be sure I have it once and for all? Now--if you want to use sour milk instead of sweet milk in a recipe, substitute the same amount of sour milk for sweet milk, but-- add a scant half teaspoon of soda and reduce the amount of baking powder one-half."

"Very good, Aunt Sammy. And be careful about accurate measurements. It is much better to use too little than too much soda. A little too much may have serious consequences. In biscuits, for example, extra soda gives a horrible yellow color and spoils the taste."

Now the menu which the Menu Specialist has planned to help our January appetites. If you are ready, I will read it. Bone shoulder of lamb, with Savory, Mint or Watercress stuffing; Sweet relish or Mint jelly (if mint stuffing is not used), Brownd parsnips; Peas; Mashed potatoes and gravy; and for the last course, either an Orange and raisin salad or a Mixed fruit salad.

The directions for preparing that lamb are in your lamb leaflet on page 6 and the recipe for the mint or watercress stuffing appear right underneath it. If you prefer savory stuffing, use the good recipe on page 6 of your pork leaflet. Of course, you can guess where the rules for making brownd parsnips are. Right. The green radio book, page 20.

Monday: "The Spot and Stain Artist."

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