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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

Tuesday, November 28, 1944

QUESTION BOX. ^A

How make bread with soya flour?
How waterproof garments?
How clean feather pillows?

ANSWERS from home economists of the
U. S. Department of Agriculture

Now for a peek into the homemaker's question box.

And our first letter, today, is about baking bread with soya flour.

A homemaker writes, "I understand that soya flour will be used to make bread for Greek relief more nourishing. Are there any recipes for making homemade bread with soya flour?"

Yes, food specialists of the U.S. Department of Agriculture have worked out a number of recipes for making soya breads. Not the same recipes that will be used to make bread for the people of Greece, of course. In that case, UNNRA tried out experiments with traditional Greek bread recipes. And they used soya flour to make the bread more nourishing, to add proteins and vitamins and minerals.

You can make bread with soya flour at home. It isn't hard to do. But it is important that you follow directions. And for that reason, I'm not going to give the recipe in this broadcast. Instead, I suggest that you write to the U.S. Department of Agriculture in Washington, D.C. for the soya leaflet. The title is "Cooking with soya flour and grits." And you can get a copy free simply by writing for it.

After you look through the bulletin and see the variety of ways soya flour and grits can be used, I'm sure you'll want to try many of the recipes. Soya flour or grits mixes well with meats and vegetables. You may also use soya flour in breads, soups and sauces.

As I said while ago, to cook with soya products - the flour or grits - you need to follow the directions carefully. Soya flour doesn't have the starch or gluten of wheat flour. You can't substitute soya for all of the wheat flour. Soya flour won't thicken gravies. But it will add proteins to food. You can use soya flour or grits as extenders for meats, eggs or cheese. You can use them in the place of meat with vegetables. And they add vitamins - B complex vitamins - and minerals to the food.

Our next question is from the mother of a small child. She says, "I plan to make my three-year old a cotton gabardine snow suit to wear over his knitted suit when he goes out to play. Is there any way I can make this gabardine waterproof?"

Clothing specialists of the U.S. Department of Agriculture say you can waterproof cotton material with a solution of potash alum. You can get potash alum at the drug store. And you'll need two ounces of potash alum to the gallon of water. I'll give you that formula again in a minute.

Here's how you waterproof the cotton material. Dip the fabric in soapsuds made from lukewarm soft water and a good neutral laundry soap. Now stir and turn the material until it's thoroughly wet with this warm soapy water. When the gabardine is thoroughly wet, squeeze out the excess soap. But don't rinse the fabric.

Now I'll repeat the proportions. For waterproofing fabric use two ounces of potash alum to a gallon of water. Stir the material in this solution of potash alum and water until it's thoroughly wet. Then hang the material to dry.. And here's something you'll need to remember. Don't hang the treated material on a metal clothesline. Use a twine clothesline instead.

You'll need to treat the material again with a potash alum solution after you wash the suit. Cotton fabrics treated this way are somewhat repellent to moisture. But they won't retain the waterproof quality if they are thoroughly soaked with rain, or after they're washed. So you'll need to treat them again.

And now for our final question. A homemaker writes, "We've had sickness in the family. I'd like to clean the feather pillows. Is it possible to wash them?"

Home management specialists of the U. S. Department of Agriculture say that you may wash pillows with the feathers in them if you wish. Or you may remove the feathers from the ticking. Put them in a large muslin bag and wash the bag of feathers and the ticking separately.

Whether you wash the feathers in the ticking or put them in a muslin bag, the method of washing is the same. Use warm water with lots of suds. And scrub the pillow of bag of feathers with a weak washing soda solution.

You can tell whether you need to put the pillows through a second suds. You will need to rinse them two or three times. Use lukewarm water. And squeeze the water out. Then let the pillows dry in warm air and in sun, if possible. During the drying process, beat the pillows two or three times so they will be fluffy.

If you wash the feathers and ticking separately, starch the ticking so the feathers won't work through. Make a good stiff starch and apply it to the inside of the ticking with a sponge or a soft cloth. This will act as a seal or coating to the ticking and the feathers won't work through.

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