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3H HOUSEKEEPERS' CHEAT

TUESDAY, November 21, 1933.

(FOR BROADCAST USE ONLY)

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

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Of all the blessings that this modern age has brought to our home, household plumbing probably stands first. Of all the inventions that have reduced women's drudgery and have aided the whole family in comfort, convenience and sanitation, plumbing heads the list--running water, hot and cold water, and all the other convenient arrangements for washing and cooking. In fact, modern plumbing has been such a boon that many of us now take it as a matter of course, as just one of the necessities of life. And we generally think of these United States as especially progressive in this matter, as way ahead of those backward countries where the women still do the laundry in the river and still have to carry water from the town pump.

But if you take a look at the 1930 census, you'll discover some surprising facts about plumbing in this country. You'll learn that only sixteen percent of the farms of this country had water piped into the dwelling. That means that five and a quarter million farm homes have practically no plumbing, that even in this enlightened land, a huge number of women have to carry in all the water they use for washing, cleaning and kitchen work. Those depressing figures remind me of that famous epitaph in a country churchyard:

"Here lies the wife of Hapwood Hicks  
Who did the weekly wash for six.  
She's glad to rest beneath these sods;  
She carried water seven rods."

But--just a minute. Isn't this Tuesday? Well, of course. And Tuesday is always our question and answer day. Yes, and I started out today with the intention of answering a question about household plumbing from one of those fortunate farm homes that has a plumbing system. The housewife who wrote the letter wants to know what causes the loud rumbling and pounding sound she often hears in her kitchen water pipes, or her boiler.

Trapped steam in the pipes causes the trouble. That's what the experts in the Bureau of Agricultural Engineering say. Steam collects in the pipes and causes hammering when the circulation of water is poor. Pipes that are too small or are not sloped properly are generally the cause of poor circulation. Steam bubbles and air bubbles are lighter than water so, if the pipe slopes up continuously from the water heater to the tank, the bubbles rise noiselessly as fast as they form. But if the pipe has a drop in it, this will be likely to trap the air and steam bubbles and cause noises. The "water back" or the heating element in the kitchen range must be set level or slightly raised at



the outlet end so that the hot water can circulate freely and so the bubbles won't be trapped. The same is true of the heating coil in the furnace. That also should be set level or slightly raised at the outlet end to give free circulation.

By the way, many people think that when steam pours out of the faucet, it shows that the boiler is filled with steam instead of water. The experts say not. They say steam at the faucets shows that the boiler is being heated too much so the water inside is above boiling temperature.

Many a housewife today is almost a Jack of all trades, and understands plumbing and heating and building as well as cooking and washing and cleaning. In her household file of helpful information, she keeps leaflets and clippings on many different subjects. Perhaps you'll be interested in hearing that that helpful government bulletin called "Farm Plumbing" has recently been revised by the experts on the subject. This leaflet costs five cents. You can have it by writing to the Superintendent of Documents at Washington, D. C. and sending along five cents.

So much for plumbing. Now I want to answer a couple of questions that have come in during the week about foods. One lady writes to ask if oysters are fattening foods. No, the specialists say that oysters by themselves, belong in the group of non-fatteners. They tell me that most oysters contain well over eighty percent of water plus protein and some minerals--they happen to be among the foods listed for their iron. Of course, if you dip oysters in crumbs and then fry them in fat, you will make a dish that is high in calories.

The same lady asks about fried foods. She says, "Are all fried foods fattening?" Yes, fried dishes belong in the list of foods that overweights will do well to avoid. Of course, some fried foods are more fattening than others. For example, fried potatoes or fried sausages or doughnuts have more calories than plain slices of tomato fried. But as sure as you cook any food in fat, you add fattening material to it.

A letter from Amsterdam, New York, inquires about horseradish. Let me read the letter: "Please tell me the best time of year to dig horseradish, and how to prepare it. After we prepare it and put it in a glass jar, it turns yellow in a few days."

W.R.B. the garden specialist says that the time to dig horseradish is late in the fall before the ground freezes too hard to pull the roots out.

Here's the way the specialists say to fix it. "Carefully scrape the horseradish roots and cover them with cold water to prevent discoloration. Drain them and run them through a food chopper. Fill cold, clean pint jars about two-thirds full of the ground horse-radish. Add one teaspoon of salt. Then fill the jar with white vinegar. Seal the jars. If you use cider vinegar instead of white vinegar, the horseradish will be dark in color."

Wednesday: "Food for Underweights."

