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HOMEMAKERS' CHAT

TUESDAY, May 13, 1941

(FOR BROADCAST USE ONLY)

Subject: "QUESTIONS AND ANSWERS." Information from the Office of Experiment Stations, of the U.S. Department of Agriculture.

--ooOoo--

Once again questions about food fill up the mailbag. This week's letters to the U. S. Department of Agriculture ask about cherry beverages; and honey in the baby's formula; strawberries in homemade ice cream; bread that stays fresh; and flavor in chicken-meat. Answers today come from scientists at various State experiment stations who have been working on these questions.

Let's answer first a letter asking how to make cherry beverages to serve in hot weather.

The Michigan Station offers two recipes, one for cherryyade and one for cherry tea. Here's how to make cherryyade to serve 6 people: Mix together 2 cups of juice from canned cherries; a cup and a half of water; and the juice of 2 lemons or 2 oranges. Pour the mixture over cracked ice in glasses and serve immediately. Of course, when cherries are ripe on your tree, or plentiful in the market, you'll use fresh cherry juice and sugar in place of the canned juice. Cherryyade is good made from sweet or sour cherries. Red cherries make an attractive-looking beverage.

Another refreshing beverage suggested by the Michigan Station is cherry tea. To make enough cherry tea for 6 people, mix 2 cups of cold tea--medium strong-- with 1 cup of canned cherry juice, or with fresh cherry juice and sugar. Pour over ice in glasses.

At the Colorado Station scientists have been making a special study of cherry juice preparations and blends. They report that most people prefer a fresh cherry flavor to a cooked flavor in cherry drinks. The way to get the fresh cherry flavor is to press the fruit cold instead of heating it. A cherry drink that

proved very popular in Colorado was made of 2 cups of cold-pressed juice from Montmorency cherries mixed with one cup of thin sugar sirup. Another popular beverage was a cherry cocktail made of half cold-pressed Montmorency juice, a third sugar-sirup, and the rest hot-pressed juice.

So much for cherry beverage recipes from Michigan and Colorado. Now let's turn to the second question waiting for answer. A mother writes: "Is it true that doctors sometimes recommend honey in formulas for feeding babies?"

Yes, some baby doctors today are recommending honey in place of other kinds of sugar for modifying milk for infants. And at the Florida Station nutrition scientists have been experimenting with honey for feeding babies. They used honey instead of glucose in an evaporated-milk formula. And they report that the babies gained weight on the honey formula and were healthy and normal. The scientists found honey quite laxative, so they used less of it in the formula at first.

Now here's a letter from a housewife who has been trying to make strawberry ice cream without much success. She says: "Will you tell me why the berries in the ice cream are hard and icy with an acid taste but almost no strawberry flavor?"

Probably the trouble is that you didn't let the berries stand with sugar before you put them in the ice cream mixture. New York state scientists say to crush berries or cut them in slices; cover them with sugar--one pound of sugar to every 2 pounds of fruit; and let them stand for several hours before you add them to the ice cream mix. This gives the sugar time to penetrate the fruit and combine with the juices.

By the way, you can add the sweetened fruit to the mix before freezing, but this hinders the whipping. Probably a better time to add fruit is just before you remove the dasher from the can, or before you pack the cream for hardening. This leaves the fruit in more distinct pieces.

Here's a letter from a housewife who makes her own bread. She says: "My bread seems to get stale very fast. Can you suggest any way to change my recipe, or method of baking, so that the bread will hold its freshness longer?"

Studies at the Wyoming Station show that bread made with milk and with extra shortening holds its freshness longer than bread made with water and little or no shortening. Then, the cooler you can keep the dough during mixing, the better for freshness. A hotter oven helps, too, because the bread doesn't dry out as much as it does in a slow oven. After baking cool the bread as fast as possible and store it in a tin bread box. But even with all these devices bread won't hold its freshness more than a few days. Most housewives make a small baking twice a week rather than a large baking once a week.

Last question. A farm housewife wants to know whether different grains in chicken feed give different flavors to chicken meat.

Studies at the South Dakota Station showed no difference in flavor, aroma, juiciness and tenderness of fryers and roasters fed on corn, wheat or barley. And different grains made no difference in the dressed or cooked weight of the birds either.

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

