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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Tuesday, January 13, 1942

QUESTION BOX

Good soap from rancid fat? :
One bar of soap from one cup of fat? :
How make tripe attractive? :
Vitamin C in canned citrus juice? :

Answers from scientists at various State experiment stations connected with the U. S. Department of Agriculture.

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This week again the questions coming out of the mailbag are on a great variety of subjects. But as you might expect in these days when small savings in the household may count so much to the nation, many of these questions ask about how to save and prevent waste in the kitchen. Answers to all the questions coming up today are from scientists at various State experiment stations who have been doing research on these particular subjects.

First out of the mailbag are two questions about making soap at home. As you know, soap-making was a thrifty art familiar to all housewives in our great-grandmother's day. Women used to make their own soap as a matter of course. Now that small savings again may mean a great deal, women are again eager to learn how to turn waste fat in the kitchen into soap.

One letter this week says: "Is it possible to make soap out of fat that has turned stale and rancid?"

Scientists at the Iowa Station say: Yes. Fat that is not longer suitable for food will still make good soap.

The second letter about soap says: "Is it possible to make soap at home in small amounts? I never have enough fat on hand to make a big batch of soap, but every now and then I have a cup or so of fat leftover that I can't use in cooking. Could I use this small amount of fat for soap?"

Faint, illegible text, possibly bleed-through from the reverse side of the page. The text is arranged in several paragraphs and appears to be a formal document or report.

The answer to this question also comes from the Iowa station. Scientists there offer these directions for making one bar of soap. They say to put the left-over fat or drippings in a kettle and add water. Add a little over a quart of water to each pound of fat. Heat the water and fat together and then let them cool. The water dissolves any salt in the fat. The pure fat solidifies on top of the water leaving the impurities below. Now remove the fat from the water and measure it. With a cup of fat you can make one bar of soap. For each cup of fat you'll need 2 heaping tablespoons of concentrated lye dissolved in a half cup of water. Stir the liquid fat into a bowl containing the lye and beat steadily with an egg beater until the soap is thick like honey or cream. Now pour the soap into a wooden box, or into a cardboard box lined with greased paper. Let the soap stand and ripen at least a month before you use it.

That's all the questions about soap in this week's batch of letters. Now let's turn to some questions about economical foods.

The first question is about economical meat. A housewife says: "I often read that tripe is a nutritious meat that deserves more use on the family dinner table. I know it is cheap compared to many other meats. But like many of my friends, I have no idea how to buy it, or how to cook it so that it will be appetizing and attractive."

The answer to this letter comes from the Minnesota Station. Scientists there say: You can buy tripe from beef, veal, pork or lamb. Veal tripe is most tender. Pork tripe has a fine flavor and should be used more than it is. Honey-comb tripe is considered the best. There is also plain or smooth tripe, and pocket honey-comb, shaped like a pocket, with the outside smooth and inside honey-combed.

You can buy fresh tripe or cured tripe. The fresh tripe is always cooked before selling but it will need more cooking and preparing at home. The cured tripe is more desirable because it takes less time to cook.

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Here's how to prepare tripe when you bring it home from the market. First, wash it in hot water several times. Then place it in cold water and let it soak overnight. Now cut it in pieces about the size of one serving of meat and cover with boiling water. Simmer for 15 minutes. Drain off the water and cover with cold water. Bring to a boil, remove from the fire and drain off the water again. Now run the tripe through a meat chopper. Combine the ground tripe with egg, bread crumbs, onion juice, salt and pepper and any other seasoning you like. This mixture of ground tripe, egg and breadcrumbs you can shape into patties and fry in frying pan with bacon, or bake in the oven, or make into croquettes and fry in deep fat.

The whole idea in preparing tripe is to make it tender because it is naturally a tough meat, and to make it attractive looking as well as delicious in flavor.

Now here's the last question. "At certain seasons of the year I find that canned citrus juice, especially in the large cans, is often less expensive than buying oranges and grapefruit whole and squeezing them. Will you tell me whether canned juice is a good source of vitamin C as I know the fresh citrus fruit is? And will you tell me whether the canned juice loses much of its vitamin C after the can is opened?"

The answer comes from the Montana Station. Scientists there say: The canned juices of the citrus fruits are good sources of vitamin C and economical when purchased in the large cans. Most families would not use the contents of a large can at one meal. But tests at the Montana Station showed that after 48 hours in the refrigerator, the juice in an opened can had lost very little vitamin C -- in fact, had practically the same amount of vitamin C as when first opened.

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

1. 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 to ensure transparency and accountability.

2. The second section outlines the procedures for handling discrepancies between the recorded amounts and the actual cash received. It states that any such variance must be investigated immediately and reported to the appropriate authority.

3. The third part of the document details the process of reconciling the accounts at the end of each month. It requires that the total recorded income matches the bank statements and the physical cash on hand.

4. The fourth section describes the requirements for the storage and security of all financial documents. It mandates that all records be kept in a fireproof safe and that access be restricted to authorized personnel only.

5. The fifth part of the document discusses the periodic audits conducted by an independent firm to verify the accuracy of the financial statements. It notes that any findings from the audit must be addressed promptly.

6. The sixth section covers the reporting obligations of the organization, including the preparation and submission of annual financial reports to the relevant regulatory bodies.

7. The seventh part of the document addresses the consequences of non-compliance with these financial management policies. It states that any failure to adhere to these standards may result in disciplinary action or legal proceedings.

8. The eighth section provides information on the resources available to staff members for further guidance and support regarding financial management practices.

9. The ninth part of the document discusses the importance of staying updated on changes in financial regulations and tax laws that may affect the organization's operations.

10. The final section of the document reiterates the organization's commitment to maintaining the highest standards of financial integrity and transparency in all its activities.