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Housekeepers' Chat

Monday, April 7, 1930.

NOT FOR PUBLICATION

Subject: "Read the Food Labels." Information from Food, Drug, and Insecticide Administration. Menu and recipes from Bureau of Home Economics.

Leaflet available: "Pork in Preferred Ways."

Did you hear about the April Fool joke somebody tried to play on Uncle Sam? The wise old gentleman turned the joke right back on the practical jokers, who in this case happened to be foreign manufacturers of April Fool candy.

An attempt was made to flood the country with chocolate-covered sawdust and paper, and "bonbons" filled with mustard, salt, and a strong acetic acid. Uncle Sam saw the joke, and refused to let these candies be sold.

Mr. Wharton, chief of the Eastern District for the Food, Drug, and Insecticide Administration, did not even smile when he ruled that a large importation of these neatly boxed joke candies could not enter the country, because they are dangerous to health, and in violation of the Federal food and drugs act.

Mr. Wharton made a suggestion the other day that will interest homemakers. He suggested that "Read-the-label" clubs would help greatly in bringing about the results intended by the Federal pure food legislation. As you may know, the Federal food and drugs act is strict in requiring that labels shall not mislead us as to the quantity, quality, or constituents of foods and drugs sold in containers. Consequently, if we read the labels carefully and intelligently, we can make sure that we are getting what we think we are paying for.

Take mayonnaise dressing for instance. Suppose you ask your grocer for a bottle of mayonnaise, and he hands you a substitute, labeled merely "Salad Dressing." Mayonnaise must contain not less than 50 per cent of edible vegetable oil, and it must contain at least 78 per cent of a combination of this oil and egg yolk. Salad dressing, on the other hand, may contain many ingredients less expensive than oil and egg yolk. These ingredients are not injurious to health, but if you pay the price of mayonnaise, and get a less valuable product, you are not getting your money's worth.

It's a good idea to read the labels on flavoring extract, too. A pinched-in bottle of flavoring extract may look larger than a plain bottle. The label must show the actual amount of liquid in each bottle. Assuming that one extract is of as good quality as the other, the label will tell

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which quantity is the better buy.

I haven't asked Mr. Wharton, but I have an idea that if you want to discuss labels, at the next meeting of your Domestic Science club, he could send you some interesting material on the subject.

Two or three questions to answer this morning, before we turn our thoughts kitchen-ward.

First question: "Do you have any good pork recipes?"

Answer: I should say so! I am sending you a copy of "Pork in Preferred Ways." Do you know what success in preparing pork cuts depends on? Regulating the heat so as to cook the meat well done to the center of the piece, and at the same time to keep the outside from becoming hard and dry. Moderate cooking temperature is best after the surface has been seared to develop rich flavor. Do not add water and do not cover pork roasts. Chops may be covered, to prevent them from becoming hard and dry. Always serve pork well done. But I shall not continue, with information about pork. It's all in the leaflet, "Pork in Preferred Ways."

Second question: "Will you please tell me how to cook broccōli?"

Answer: Broccōli is a close relative of cauliflower. The flower head of broccōli is green, however, instead of white, and grows on a high branching, leafy stalk. The edible parts of broccōli are the flower heads and the more tender parts of the stalk. It is cooked in the same way as any other green vegetable, in salted boiling water. Just as soon as it becomes tender, which should be in 20 to 25 minutes, drain it, and serve with melted butter, or Hollandaise sauce. Broccōli is becoming more and more popular. It is given a prominent place nowadays in all the large city markets.

Third question: "Will you please suggest a list of relishes, vegetables, and salads, which go particularly well with lamb?"

Answer: The flavor of lamb combines very well with mint sauce, mint jelly, currant jelly, guava jelly, spiced conserves and pickles, and horse-radish sauce. Good vegetables to serve with lamb are peas, onions, spinach, string beans, asparagus, turnips, and cauliflower. As for salads to serve with lamb -- they should be tart and flavorful. Lettuce ~~with a tart dressing is nice; tomato, cucumber,~~ and lettuce is good; and grapefruit and lettuce is very good.

Now take your pencils please, and let's write the menu: Scalloped Cabbage and Cheese; French Fried Potatoes; Stewed Tomatoes; and Hot Gingerbread with Whipped Cream.

For the Scalloped Cabbage and Cheese, cut the cabbage fairly fine. Cook it for about 15 minutes in boiling salted water. Then drain the cabbage. Make a white sauce with milk, butter, and flour, and add grated cheese to the hot sauce. Then, in a buttered baking dish, put the cabbage and the white sauce, in alternate layers. Cover the top with buttered bread

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crumbs. Cook in a moderate oven, until the crumbs on top are brown and crisp and the sauce bubbles up.

Everybody knows how to French-fry potatoes? Peel the potatoes. Wash. Then cut them lengthwise, into strips about one-half inch thick. Rinse the strips in cold running water. Soak for one or two hours, in cold water, to remove as much starch as possible. Dry carefully, between clean dry cloths. Heat a kettle of deep fat, hot enough to brown a small piece of bread in sixty seconds. Fry about a cupful of potatoes at a time. Remove them from the fat when golden brown, drain on absorbent paper, and sprinkle with salt. Serve at once, while hot and crisp.

There's a gingerbread recipe in the radio cookbook -- so that is taken care of.

Check your menu, please, while I read it again: Scalloped Cabbage and Cheese; French Fried Potatoes; Stewed Tomatoes; Hot Gingerbread and Whipped Cream.

Tomorrow: "Sewing Machines and Such."

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 crucial to review these records regularly to identify any discrepancies or errors. This proactive approach helps in maintaining the integrity of the financial information and prevents minor issues from escalating into major problems.

In addition, the document highlights the need for clear communication between all parties involved in the process. Regular meetings and reports should be conducted to keep everyone informed about the current status and any changes that may occur.

Finally, it is recommended to use standardized formats and templates for all documents. This not only saves time but also ensures consistency across all records, making it easier to manage and analyze the data.

The following table provides a summary of the key points discussed in the document. It is intended to serve as a quick reference for all stakeholders involved in the process.

Topic	Key Points
Record Keeping	Use receipts/invoices; maintain accuracy; review regularly.
Communication	Regular meetings; clear reporting; keep everyone informed.
Standardization	Use templates; ensure consistency; save time.