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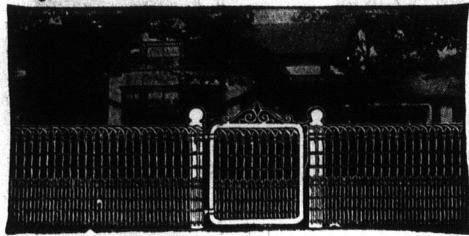
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## Household Hints

### An Interesting Experiment

The other day as the writer stepped into the food laboratory in the domestic science building he found the class was being instructed in potatoes. They were classed as a starchy food. To prove this each member of the class was required to grate a potato, putting the grated portion into cheese cloth and thoroughly washing in a bowl; the coarse fiber which holds the potato together was left in the cloth, while the starch went to the bottom of the bowl. When it had settled it was divided into two portions, one was dried and the other was treated with hot water and boiled slightly. This made a fine grade of laundry starch. A drop of iodine was added, which gave a rich blue color which is the test for starch.

The class then took the dry portion of starch and put it on the hot stove; a cloud of steam passed off, showing that the dry starch contained water, and the heap of starch diminished in size, finally turning to a black char, showing that carbon was present. Finally the charred starch glowed slightly and then practically all was gone. During the experiment heat was given off by the starch, which proved that potatoes and starchy foods are heat producers.

The cooking of potatoes was next considered and the teacher declared that potatoes, usually cheap and so good a food were worthy of much consideration; that the housewife should know many ways of preparing potatoes. Simply boiling, drying and mashing gets monotonous after a while. She then stated that the class were to cook potatoes in sixteen different ways that day. One of the methods was as follows, and was called panned potatoes: Put a lump of butter or drippings from ham in a dripping pan and heat slightly. Pare the potatoes, chop them into fine bits, put into the dripping pan, add milk to almost cover them, put on the lid, put in the oven and bake. When the potatoes are tender, remove the lid and let them cook until the milk is absorbed and the potatoes slightly brown on top. These potatoes certainly came out fine and had a flavor that would tempt the palate of any epicure. This was recommended as being a very good dish for ironing day, as the top of the stove would be in use while the oven would be empty.

### What to do with Popcorn

Nearly all children like popcorn in any form and we know many grown-ups who confess to a fondness for it in the shape of various confections. The taste for popcorn "au naturel" at least, should be encouraged, for it is wholesome and nourishing. Its chemical analysis shows it contains 10.7 per cent protein, 5 per cent fat, 1.3 per cent ash or mineral matter and about 78 per cent carbohydrates, while its fuel or energy value per pound is 1,875 calories, which is higher than that of any other grain or breadstuff except parched hominy. In addition, its fiber or refuse makes it one of nature's best laxatives, greatly to be preferred to drugs of any kind for either children or adults.

If popcorn and popcorn confections were more generally used as a substitute for highly-concentrated sweets it would be better for the stomachs and health of chronic candy eaters. The following are some methods of using popcorn that the writer has found excellent. They will produce wholesome sweets at small cost much to be preferred to cheap candies of doubtful quality or in fact to most all sugar confections of any kind, for they may be freely eaten by children without ill effects.

One of the simplest and daintiest is frosted popcorn. Have a gallon of nicely-popped corn free from hard grains. In a large enameled or alumi-

num kettle, boil two cups of granulated sugar with one-fourth level teaspoonful of salt and one-half cup of water until it spins a thread. Then with the kettle still on the stove quickly put in the corn and stir rapidly with a long spoon from the bottom until all the syrup is mixed with the corn and the grains separate and rattle, and remove at once from the fire. The grains should be snow white, crisp and sugary when finished. The flavor and color may be varied by boiling a tablespoonful of cocoa, chocolate or peanut butter with the syrup and adding a teaspoonful of vanilla before turning in the corn.

Popcorn Crackle—This is a universal favorite in our family. Run two quarts of popped corn through the coarse wheel of the food chopper into a paper bag tied on the machine, or put in a muslin bag and crush with a rolling pin. Melt a pound of granulated sugar in a frying-pan—stirring constantly until melted, when it should be a light-amber color. Then at once put in the chopped corn and stir rapidly until thoroughly mixed with the syrup, turn quickly into a buttered pan, pressed down slightly with the spoon and break or cut in pieces when cold. Only as much corn should be used as the syrup will hold together.

Popcorn Taffy or "Brittle."—Boil two cups of sugar, one cup of New Orleans molasses, one-fourth level teaspoonful each of salt and soda and one-fourth cup of water until it hardens in cold water, then quickly pour half the taffy into a buttered pan, press into it a layer of slightly-crushed popcorn, cover with the rest of the taffy and break up when cold.

Sea Foam with Popcorn.—Boil three cups of light brown sugar, one-fourth teaspoonful of salt and one cup of boiling water till it spins a thread from the spoon, and pour slowly into the beaten whites of two eggs, beating constantly. Flavor with vanilla and continue beating until it starts to grain—then quickly stir in three cups of crushed or chopped corn, pour into a buttered pan and cut in squares when cold.

### A Good Roast from a Tough Cut

An excellent roast may be made from a very tough cut of beef by the following method: Select a thick cut of the lower round or any other portion that is without bone (this should be three or four inches thick). Pound flour into the meat on both sides (about one and one-half cups of flour can be pounded into a three or four-pound piece). The pounding breaks up the fibre and the flour retains the juices. Sear the meat all over and place in a roaster. Pour the contents of a can of tomatoes over the meat. Onions and other seasonings may be added, according to taste. Cook slowly. This makes a tender roast and excellent gravy. It also is very good when sliced cold.—May C. McDonald, N. D. Experiment Station.

### Home-Made Dish Mop

Every housekeeper should have at hand a small dish mop. One can be easily made at home by unraveling a piece of manila rope, and firmly tying one end of the threads to a short stick. A piece of broom handle about a foot long will make a good handle. With such a mop one can use scalding water or strong washing powder in cleaning pots and pans without danger of injuring the hands.—Olive Richey.

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