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6-1927

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Recommended Citation

Wilder, Susan Z., "Desserts That Are Different" (1927). *Cooperative Extension Circulars: 1917-1950*. Paper 261.
http://openprairie.sdstate.edu/extension_circ/261

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DESSERTS

That Are Different

Extension Service
South Dakota State College of Agriculture and Mechanic Arts
Brookings, South Dakota

Desserts That Are Different

By

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The up-to-date homemaker plans intelligently to meet the many needs of her family. She wants her efforts to produce the greatest possible results in their lives. One of her many problems is feeding the family adequate meals that they will enjoy. She can serve the plainest food and make them feel satisfied if she will serve desserts that are different.

Changes in basic recipes for cereal puddings, custards, gelatin and frozen desserts will give results that bear very little resemblance to each other. The real secret in following this plan is to have the finished product well flavored and attractively served. Whipped cream, frostings with ground nuts or whole nut meats, chocolate shot, colored candies and candied fruits improve the appearance of the plainest desserts and make them taste better. Tall-stemmed delicately-tinted glasses or the individual service of small plate with glass to match improves the dessert.

The serving of these desserts will cut down the food cost which must always be considered in the average household if the family is to be properly clothed, housed and enjoy some recreation.

The home maker must see that the meal is balanced. If she serves a heavy main course she will plan a light dessert, possibly an ice with a wafer or fruit. If the dinner is light she may have a rich dessert, pie or cake with whipped cream.

She will try to serve the things the family likes. However, in the well regulated family the children are trained to eat whatever is placed on the table since the mother always plans to serve foods that will make them grow and keep them in health.

Fruits can be used alone or with other foods. Because of their popularity and food value, the desserts in this circular are fruit combinations. They are an important source of certain vitamins. Therefore much of the discussion is given over to this topic.

Fruits are valuable in the diet because they contain vitamins, minerals and cellulose. The fruits are alkaline in their reaction in the body, and tend to neutralize the acid reaction of the meats and cereal products. This is invaluable since the fluids must be neutral if the body is to be kept in health. There is a common belief that it is not safe to eat an acid fruit and drink milk. Acid is always present in the stomach and is used in the process of digestion. The addition of an acid fruit will cause no ill effect.

Fruits contain cellulose, a woody-like material which is only partially digested. It gives bulk to the waste as it passes through the alimentary tract.

Vitamins

Vitamins are those substances needed for health and growth.

Vitamin A—Antiophthalmic vitamin—When Vitamin A is inadequate in the diet over a long period of time a disease of the eyes known as xerophthalmia may appear. During the World War, many children in European countries suffered from it. This disease is not common in the United States in its extreme form. It is the lowered vitality due to the lack of Vitamin A in the diet that homemakers are concerned with.

Children need an abundant supply of Vitamin A during the entire growing period. A baby that is given modified cow's milk may not have sufficient Vitamin A. He should therefore be given a very few drops of codliver oil until six months old when he can be given a half teaspoonful. This amount may be gradually increased to meet the baby's need, a teaspoon and a half at a year. It is a bad practice to skim the cream from the bottle of milk for coffee. This is robbing the children of Vitamin A which they need so badly. The adults had better go without coffee or buy more cream.

A nursing baby is likely to have a sufficient supply of Vitamin A. However, this depends on the supply in the mother's food. She must eat foods rich in Vitamin A in order to give the baby an adequate supply in the milk. The amount present in cow's milk depends upon the diet. The original supply comes from the plants where it is formed in the green leaves. The milk is likely to have a higher Vitamin A content in the summer when there is plenty of green grass than in the winter when cows are fed on dry hay. Adults also need Vitamin A because it is an aid in maintaining a standard of health. Tuberculosis is a respiratory disease in which those foods rich in Vitamin A are important factors. The body can store Vitamin A when there is too great a supply in the food and use it later when the supply becomes less. The only safe plan is to maintain a constant supply. The eye disease or condition of ill health will disappear and leave no trace, if it is not too severe, by feeding food rich in Vitamin A, butter, cream, whole milk, green leaves, cod liver oil, carrots, sweet potatoes.

A mother should know the Vitamin A foods and see that they are used by the family. Unless planned for, Vitamin A is not likely to be present because it is not widely distributed.

Some of Vitamin A is lost by the ordinary methods of cooking since it is soluble in water. Therefore, raw foods rich in Vitamin A should be used liberally in the diet.

Vitamin B—Antineuritic vitamin—Vitamin B is often spoken of as the antineuritic or anti-beriberi vitamin. The severe form of the disease which follows the failure to get an adequate supply of Vitamin B has appeared in only a few instances in this country. It is very common in the oriental countries. There were outbreaks of it in Europe during the World War. There are conditions of ill health in this country that both adults and children are subject to that are probably due to an insufficient supply of Vitamin B in the diet. These are no appetite, weakness, loss of weight, indigestion, constipation and colitis. These conditions may never become severe enough to cause beriberi but they may be the forerunner of serious trouble.

Pregnant or nursing mothers need foods rich in Vitamin B since the baby must receive its supply from the food the mother eats. Vitamin B is needed by the growing child and the adult in order to keep in health. The amount needed seems to increase with growth. It is more widely distributed than any other vitamin in the animal and vegetable kingdom. Animals receive Vitamin B from the food they eat. The body cannot store it. The supply must be maintained through the food eaten. Milk, eggs, whole cereals, fruits and vegetables are rich in Vitamin B. They should be used freely in the diet every day if an adequate supply is to be maintained for health.

Refined cereals contain very little Vitamin B, since it has been removed with the germ and outer husk. If the refined cereals are used almost entirely, the deficiency must be made up by eating a greater amount of other foods rich in Vitamin B. The homemaker can train her family to eat more whole cereals. The demand will bring them onto the market.

Vitamin C—Antiscorbutic vitamin—Scurvy is a disease that results when Vitamin C is not present in the diet in an adequate amount.

Scurvy has existed for years in the far north and on long sea voyages where the men lived almost entirely on salted meats and bread because it was impossible to get fresh fruits and vegetables. After America was discovered and the potato was introduced into Europe, the outbreaks of scurvy were less. A total failure of the potato crop meant an epidemic of scurvy.

Scurvy is not common. Babies often have slight symptoms of scurvy that are taken for rickets. There are conditions of poor health that are very common which are probably due to an insufficient supply of Vitamin C. Children may be irritable, have no energy, a poor complexion, slow growth, pains in the joints or legs. This is often called rheumatism but it may be due to the lack of Vitamin C. Poor condition of the teeth may also be due to too low a Vitamin C content. Those who do not have sufficient vitamins seem to be more susceptible to disease. One may eat enough of Vitamin C to protect him from having scurvy and yet not have enough to keep in the best of health. The plan to follow is to use every day a generous amount of foods high in Vitamin C.

Animals probably get their supply from the plants. They cannot store it. There is Vitamin C in the glands and blood but very little in the muscle tissue. The Vitamin C content of milk varies with that in the food. A nursing mother must be sure to have enough in her diet to protect the child. Probably a pint of fresh milk from properly fed cows will furnish sufficient Vitamin C for a growing child. If the milk has been boiled or pasteurized, the anti-scorbutic properties may be somewhat destroyed. In the case of feeding babies artificially, a small amount of orange or tomato juice is given to supply Vitamin C. Vitamin C in a food containing an acid, such as tomatoes, is not entirely destroyed by boiling. Equal amounts of canned and fresh tomato juice will not have the same Vitamin C strength yet the canned juice has sufficient strength to be a valuable source of Vitamin C.

Certain foods are rich in Vitamin C—oranges, lemons, tomatoes, raw cabbages. Potatoes, apples, carrots, bananas are important sources of Vitamin C because they are eaten in large quantities.

Vitamin C is destroyed by drying and long boiling. It is retained in cooked tomato juice because of the acid that is present. Therefore homemakers should use more raw vegetables, fruits and tomatoes cooked and raw. A generous supply of canned tomatoes throughout the winter season is a protection. If other vegetables are not available, serve canned tomatoes four times a week from September to June.

Vitamin D—The anti-rachitic vitamin—Rickets are the result of a condition in the body which prevents the normal development of the bones. It is impossible to say that an insufficient supply of Vitamin D is the cause of rickets. There are a number of factors that are involved,

the supply of calcium and phosphorous, the anti-rachitic vitamin, Vitamin D, and the ultraviolet ray are factors in rickets. The body may have enough calcium and phosphorous but not be able to use it. The presence of the anti-rachitic vitamin in food (cod liver oil especially) and the ultraviolet ray can bring about a change so that the supply of these two minerals will be properly used to develop the bones. Both the muscle and bone tissue require calcium and phosphorous for normal growth but the latter requires the greater amount. In rickets, the bone tissue has grown slower than the muscle tissue. Rickets show especially in deformed bone skeleton, enlarged and swollen joints and bow legs. Rickets really affect the whole body. Children may be irritable, cross, listless, refuse to play, not sleep well, muscles flabby and still the mother not be aware that the baby has rickets. The children with rickets are slow to walk. Their teeth appear later than for most children. The abdomen is often enlarged and distended. Children that have rickets are more likely to be subject to respiratory diseases.

Rickets appear especially in young children from seven months to two years. Babies may even be born with it if the mothers have not had the proper diet. They appear more often in bottle fed than breast fed babies. Older children may have rickets.

It has been found that adults that have a sufficient supply of Vitamin D are in better health.

The ultraviolet light from direct sunshine or the quartz mercury vapor lamp is equally effective in the prevention or treatment of rickets. Many children have been cured through the use of the ultraviolet light from both sources. Ultraviolet light probably acts on the cholesterol in the skin which bears the same relation to the human body as the chlorophyll of the plants and produces the anti-rachitic vitamin which then enters the blood stream and has the same effect as the anti-rachitic vitamin introduced into the blood in codliver oil or other foods.

The anti-rachitic vitamin in cod liver oil, egg yolk, fresh vegetables, whole milk and butterfat has the power to bring about the utilization of the minerals, calcium and phosphorous in the body for bone development. Whole milk is especially valuable, if the cows have been properly fed, because it contains the anti-rachitic vitamin and the minerals calcium and phosphorous.

Young children are often fed too much cereal. This may mean an unbalanced diet which will develop the muscle tissue faster than the bone tissue and may result in rickets. The unborn child gets its supply of anti-rachitic vitamin from its mother through her food or the effect of sunlight on her body. If the mother gives attention to these factors the baby will have a sufficient supply for some time. Vitamin D can be stored in the animal body and made use of when needed. Therefore, the mother should see to it that she has this store in her milk to protect her baby against rickets. Probably rickets in young children is due very largely to the failure on the part of mothers to provide this supply. The statement is made that if pregnant women would use a generous supply of green vegetables and milk and spend more time in the sunshine and expose their babies to direct sunshine every day and feed them cod liver oil for two or three years that rickets would never occur; also that this treatment would do away with the caries of the teeth.

Vitamin E—Anti-sterility vitamin—Vitamin E has been discovered only recently and very little is known about it. Well planned experiments on animals have proved that it is essential in the diet of pregnant and nursing mothers because of the formation and growth of the young since new tissue is built rapidly. Vitamin E is not destroyed by light, heat or air. It can be stored in the body. Since it is widely distributed and only a small amount is needed probably there is enough in a well planned diet. It is found in quantity in the embryo of seeds, green leaves and milk from properly fed cows. Butterfat contains it. It exists in small amounts in muscle tissue, viscera and vegetable oils.

Summary

Life cannot go on without vitamins. They have always existed but people have not known about them. Fortunately for the human race, they are widely distributed but some foods are richer in certain vitamins than others. They are more stable generally in raw foods which should be included in the daily diet.

The mother should plan the meals from the foods of known value. She should see that the family has whole milk for which there is no substitute. She should also add the leafy vegetables, because they contain valuable vitamins as well as mineral. They are an aid to proper elimination. Raw fruits, fruit juices and vegetables are needed because of the anti-scorbutic vitamin. They must be supplemented with cooked fruits and vegetables. With these needs taken care of first, less meat and cereal products will be used and a better balanced diet will result.

The failure to supply the body with sufficient vitamins prevents normal development of the bone and muscle tissue, the nervous system is affected, one becomes easily fatigued and irritable, there is a lower state of vitality and the body is likely to succumb to respiratory diseases more readily. The continued use of a faulty diet is likely to show serious results after a time.

Success in life depends on good health. One of the most important factors in securing it is a well balanced diet.

Budget Your Fruit Needs

1. Use fruits in season.
2. Serve fruit every day; three times a day if you can afford it.
3. Learn to cook fruits.
4. Buy fresh fruits in large quantity to cut the cost. Apples, oranges or peaches by the box.
5. Buy fresh fruit when the supply is at its height. "There is a carload of apples on the track."
6. Raise some small fruit.
7. Raise a good garden, tomatoes particularly.
8. Learn to can fruits successfully. F.B. No. 1471—"Canning Fruits and Vegetables"—U. S. Department of Agriculture, Washington, D. C.
9. Fill every available can when fruits are plentiful.
10. Buy dry fruits in bulk if you have good storage facilities. Store dried fruits in sealed glass jars or tight tin cans in a dry cool place.
11. Buy a good grade of canned goods in quantity if there is a fruit shortage.

Cooking and Serving Fruits

Fruits are cooked in an unchipped earthen ware or granite kettle

because these materials are not affected by the fruit acids. Otherwise the cooked fruits may have a poor flavor.

Fruit is not boiled because it is more attractive if the pieces are cooked and served whole. Fruits are cooked in a covered kettle below the boiling point. Add sugar to the fruit after it is cooked but while still hot. There is a difference in flavor in fruits sweetened before and after cooking. From two tablespoons to a half cup of sugar is added to a cup of cooked fruit depending on whether it is very sour.

Fruit will hold its shape better if cooked in a syrup. This method is followed when preserving fruits or preparing them for a garnish or salad.

The flavor of fruits can often be improved by the addition of one-eighth of a teaspoon of salt, a bit of nutmeg, candied ginger, cinnamon, lemon or orange rind or juice.

Dried fruit is cooked until tender. The sugar is added before it is removed from the fire. Dried fruit is fine if soaked over night and then cooked. The fruit does not shrink. It requires but a short cooking period.

Pie Souffle

8 egg whites
 $\frac{1}{2}$ c. sugar
 $\frac{3}{4}$ c. raisins, prunes
 2 T. ground nut meats

Fruit is cooked and run through a sieve. Beat the egg whites stiff. Fold in the other ingredients separately. Bake in a greased dish in water in moderate oven. This souffle may be baked in large or individual pastry shells.

Fruited Angel Food

$\frac{1}{2}$ c. fruit
 $\frac{1}{2}$ c. whipping cream
 6 servings sponge cake

Drain fruit. Pile whipped cream on cake. Add sliced fruit. Sliced chocolate creams may be used instead of fruit.

Junket Parfait

1 package raspberry junket powder
 2 c. milk
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. whipping cream
 $\frac{1}{4}$ c. cocoanut
 1 c. mixture (dates, figs, raisins, nuts) chopped
 2 egg whites

Add the lukewarm milk to the sugar and junket until dissolved. Add the beaten egg whites and pour mixture over the fruit in serving glasses. When the junket is set, chill and serve with cream.

Iced Surprise

Place soft cooked custard in individual serving dishes. Add a small serving of ice cream. Cover with crushed sweetened fruit. Garnish with nuts.

Fruit Meringue

4 egg whites
 1 c. sugar
 Canned peaches

Beat the egg whites stiff. Add the sugar. Make nest-like mounds on glazed paper. Bake in slow oven. Transfer to individual glasses. Place fruit in center. Top with whipped cream and nuts.

Fruit Snowballs

1 T. gelatin
 $\frac{1}{4}$ c. cold water
 $\frac{1}{2}$ c. hot water
 2 T. lemon juice
 1 c. fruit pulp
 2 egg whites

Soak the gelatin in cold water. Add the hot water and lemon juice. When mixture begins to set, beat until light and fold in the stiffly beaten whites and fruit. Place in wet mould and chill. Serve with grated cocoanut.

Chocolate Cream Dessert

Make a plain cake batter. Fill greased pie tin half full. Butter the top. Add another layer of dough. Bake. When cold, cut individual servings. Open the cake and cover with a thick layer of sweet whipped cream. Replace the top. Cover with chocolate sauce.

Pineapple Pudding

4 c. milk
 1 c. rice
 $\frac{1}{2}$ c. marshmallows
 $\frac{3}{4}$ t. salt
 1 t. vanilla
 2 c. pineapple
 $\frac{1}{2}$ c. walnuts or almonds

Cook the rice in the salted milk. Add the marshmallows. Cool. Add the other ingredients. Place in moulds. Serve with whipped cream.

Fruit Whip

2 c. strawberries or other fruit
 $\frac{3}{4}$ c. whipping cream
 $\frac{1}{2}$ c. powdered sugar
 2 egg whites

Combine sugar and cut strawberries. Whip egg white stiff. Fold in the fruit and whipped cream. Sprinkle with nuts, chocolate shot or cocoanut. Chill.

Peanut Cream

$\frac{1}{2}$ c. whipping cream
 $\frac{1}{2}$ c. peanut brittle

Grind the candy and fold it into the cream. Chill. May be served over crushed fruit with wafers.

Rhubarb Blanc Mange

1 c. milk
 $1\frac{1}{2}$ c. rhubarb sauce (strained)
 $\frac{1}{4}$ c. cornstarch
 $\frac{3}{8}$ c. sugar
 Salt

Combine sugar, salt and cornstarch. Add the scalded milk stirring constantly. As the mixture thickens, add the rhubarb sauce. Cook in double boiler. Serve cold.

REFERENCES:

Chemistry of Food and Nutrition—Sherman.

The Newer Knowledge of Nutrition—McCollum.