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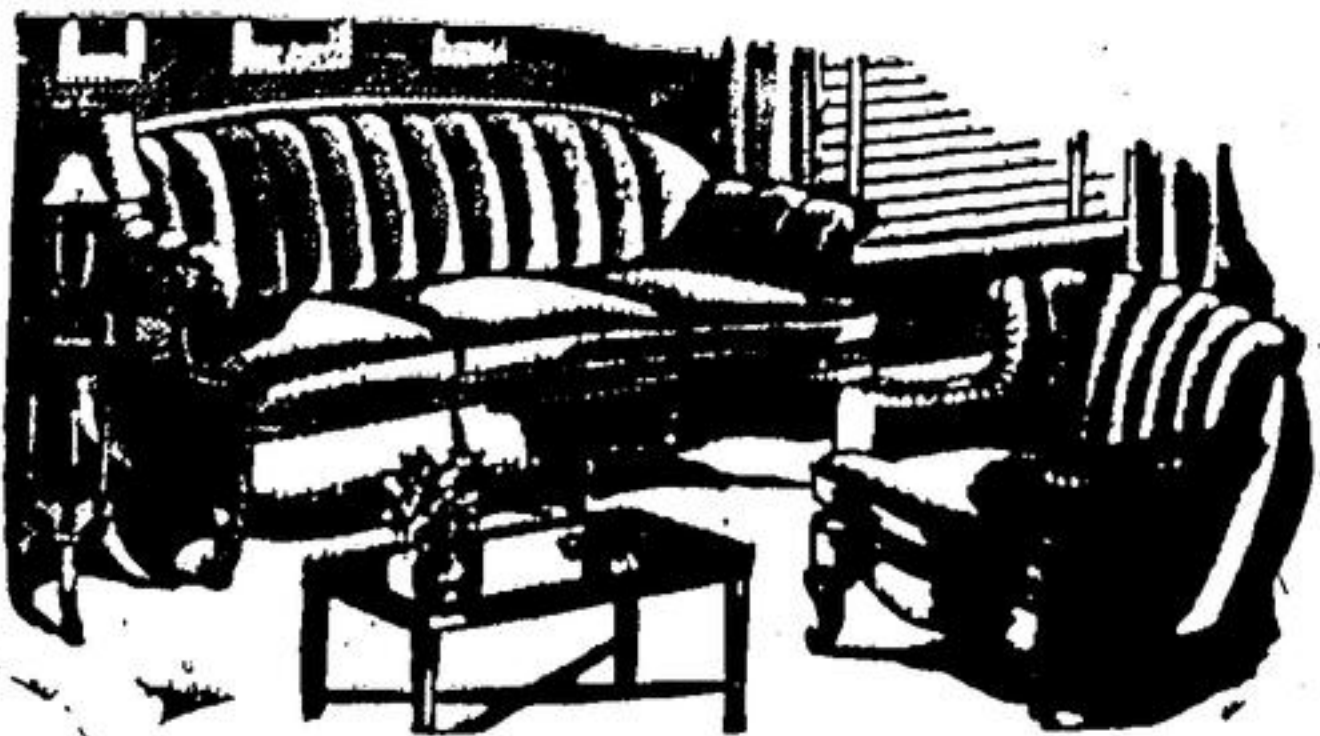
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Hello Homemakers! There is a natural curiosity about how margarine is compared to butter is made. It does not seem so long ago that grandmother said, "Now keep churning steadily until the fat is about half the size of wheat kernels." In those days on the farm butter was made from the cream taken from the separator, and pasteurized by placing the can in hot water on the stove. We watched the thermometer, as it rose to 145, and then grandmother pulled it to the back of the stove for 30 minutes. The next job was pouring cold water over the covered can of cream to chill it quickly to a temperature of 56 degrees. Mean-while grandmother scalded the churn — an oak barrel fastened like a teeter-totter. The cream had to be strained and the quantity was guessed or measured as one third of a barrel with a few drops of coloring and then churning began. One of us sat on a stool and turned the handle at a speed that would give the cream a good drop or fall. After counting to 80 we pulled the plug, and drained off a quart of liquid. We were always reminded that should the churning be stopped too soon the small granules of butter would be carried off with the first drawn buttermilk. After the buttermilk was drained out, the butter was rinsed with about a gallon of cold water of 40 degrees. Again the plug was pulled to let the water drain off. (Temperature was a more important fact than quantities). As the butter was ladled into the big wooden bowl it was sprinkled with salt. About 1/2 oz. per pound of butter, but the measure was a handful or two. The wooden ladel worked or creamed the butter until it was free from holes and the beads of moisture were very small. Finally the one-pound print box was filled and turned out on a square of parchment paper to be packaged for market—and so were 8 or 10 other pounds made, every other day of the week.

How is Margarine Made

This depends upon available fats. Most manufacturers will use oils from soya-beans, peanuts, cottonseed, flaxseed and such.

Most of the vegetable oils are stirred mechanically until ready to be used. Meanwhile the skim milk received daily is inspected and pasteurized. As in the butter process at the dairy, milk is usually put in an upright tank containing a hot water coil which revolves through the milk throwing the milk in a thin film and quickly heating it to 100 degrees then it flows into tanks where it is chilled to 52 degrees by means of revolving coils containing cold brine. To this sweet, skim, pasteurized milk is added a "starter" which is a lactic ferment culture. The milk begins to ripen in tanks fitted with coils containing cold water then hot water. The temperature of the coils is accurately controlled to obtain the proper degree of acid.

Meanwhile the oils have been chlorinated by bleaching methods and hydrogenated by chemical treatment. After the various materials are measured the mixing process requires about ten minutes. The temperature control is very important and both mixtures must be stirred quickly as the emulsion forms.

The final stage is crystallization so that the ingredients do not separate. One method is a continuous processing by a long revolving chilling machine. It is then printed, wrapped and packed in cartons.

What We Know About Margarine

1. That as a spread it keeps well under proper refrigeration. It does not become too hard to use when taken directly from the cold.
2. Margarine is an economical spread.
3. If the oils are high quality and pasteurized and if skim milk is added, the product has high nutritive value.
4. Margarine can easily be coloured to a delicate yellow tint by mixing with vegetable coloring.
5. Margarine adds flavour to vegetables and sauces, and can be used as a butter substitute in the most tender cakes and cookies.

Orange and Spice Muffins

- 1/2 cup margarine
 - 1 cup granulated sugar
 - 1 tsp. baking soda
 - 2 eggs
 - 2 tbsps. grated orange rind
 - 1/2 tsp. salt
 - 2 cups once-sifted pastry flour
 - 1/2 tsp. ground cloves
 - 1/2 tsp. ground allspice
 - 1 tsp. ground cinnamon
 - 2-3 cup sour milk
 - 1-3 cup orange juice
 - 1/2 cup chopped nuts
 - 1 cup raisins
1. Cream margarine and blend in sugar gradually.

2. Dissolve soda in beaten eggs and add to margarine mixture, a little at a time, beating well after each addition. Add orange rind.
3. Mix and sift flour, salt and spices twice and add, alternately with sour milk and orange juice to margarine mixture, stirring just enough to blend.
4. Add nuts and lightly floured raisins.
5. Turn into margarine-coated and lightly floured muffin pans.
6. Bake in moderate electric oven (350 degrees) about 30 minutes. Yield: 10 to 12 medium-sized muffins.

Butter Tarts

- 3 tbsps. margarine
 - 1 cup brown sugar
 - 1 egg
 - 1/2 tsp. salt
 - 1/2 tsp. vanilla
 - 1 cup currants or walnuts
- Recipe for double crust pie paste
1. Cream margarine and blend in brown sugar gradually.
 2. Add egg, a little at a time, beating after each addition.
 3. Add salt, vanilla and currants or walnuts.
 4. Line shallow tart tins with pie paste and fill to 2-3 with filling.
 5. Bake in moderate electric oven (375 degrees) until paste is cooked and filling is set.

Hello Homemakers! For wholesome winter meals at low cost, cereals are the homemaker's best buy. From porridge at breakfast time through the whole day to that snack at bedtime, cereals can play a stellar role.

Today, we will focus attention on cornmeal, that favourite cereal of southern cooks. How can cornmeal help out with low cost winter meals? For breakfast, an appetizing dish of golden cornmeal porridge sprinkled with brown sugar or drizzled with honey or corn syrup will provide lots of energy for the day. For lunch or supper cornmeal souffle makes a satisfying main course dish. You can vary the flavour by adding different seasonings and a little grated cheese or finely chopped leftover ham or chicken. At dinnertime you can stretch a chicken or meat stew with cornmeal dumplings. And an excellent winter dessert is that ever popular Johnny cake served hot with applesauce.

With this quick survey you can see the versatility of good old-fashioned cornmeal in everyday meals. The following recipes show how to make some of the dishes we have mentioned.

CORNMEAL PORRIDGE

- 4 cups boiling water
 - 1 teaspoon salt
 - Two thirds cup cornmeal
- Put water and salt in saucepan over direct heat. Bring to a rapid boil. Add cornmeal gradually, stirring constantly. Cook 5 minutes. Cover and cook over water or on electric element turned to simmer, 20 minutes. Yield 2 servings.

CORNMEAL MUFFINS

- 2 cups yellow cornmeal
 - 2 cups boiling water
 - 1 tablespoon melted butter or margarine
 - 1 teaspoon salt
 - 2 eggs, well beaten
 - 4 teaspoons baking powder
- Grease muffin pans — about 18 medium. Preheat electric oven to 375 degrees. Mix cornmeal and salt. Gradually add boiling water, then milk. Beat eggs until fluffy, then add to cornmeal mixture. Add butter. Stir in baking powder. Pour at once into pans and bake for about 20 minutes.

CORNMEAL SOUFFLE

- 1 cup yellow corn meal
 - 1/2 cup chopped onion
 - 1 teaspoon salt
 - 1 tablespoon sugar
 - 3 egg whites, beaten
 - 4 cups milk
 - 1/2 cup chopped celery
 - One eighth teaspoon pepper
 - 3 eggs yolks, beaten
 - 1 tablespoon margarine
- Combine cornmeal, milk, onions, celery, salt, pepper, sugar. Cook for 20 minutes over low heat, stirring frequently. Remove from heat and gradually mix into egg yolks. Allow to cool slightly then fold in beaten egg whites — pour into greased casserole. Dot with margarine and bake in slow oven of 325 degrees for 1 hour or until set. Serves 6 or 8.

TAKE A TIP

1. If you prefer your cereal cooked a long time, do most of the cooking the night before, then reheat over boiling water in the morning.
2. A little more water may be added during cooking if a gruel is preferred.
3. Serve cornmeal muffins for breakfast with marmalade, jam or jelly. For supper, they are ideal with vegetable salad or a fruit cup.

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