

FOOD SECTION

Origins of Everyday Foods

These were obtained from Charles Panati's "Extraordinary Origins of Everyday Things". It's a great book for the curious.

Potato chips: At a restaurant in Saratoga Springs, New York, a patron kept returning his order of slices potatoes, demanding thinner slices. Finally, the chef (out of angered exasperation) cut them purposefully too thin to be speared by the consumer's fork. The customer was actually thrilled, and "potato chips" caught on.

Pretzels: An Italian monk, in A.D. 610, awarded bread sticks to children who memorized their prayers. He naturally decided to shape the dough into forms resembling children's arms folded as if in prayer.

Hot dogs: The weiner itself originated in Frankfurt, Germany in 1852. The coupling of the weiner with bread buns arrived in the 1890s, when a struggling vendor was caught between two ideas: selling hot sandwiches or selling sausage weiners. The sausage weiners needed a gimmick to alleviate the problem of holding them when they were hot, so the vendor introduced hot weiner sandwiches.

Graham crackers: The Reverend Sylvester Graham, in the 1830s, was a health freak, and believed in eating food beneficial to the digestive tract. Believing in coarse bran, he scoffed at breads and cereals, he pushed followers to eat unprocessed foods, opening a market for--what would soon be called--graham crackers.



"Aunt Jemima" was a prototype character, created to portray an hospitable Southern mammy, the Davis Milling Company brought Aunt Jemima to life--via a local cook, Nancy Cook--in the 1893 Chicago World's Fair.

Health & Nutrition Questions & Answers

I am by no stretch of the imagination a doctor, but please send in your questions and I'll do my best to answer them, researching at the library and calling doctors. For more in-depth information, please call or see your doctor.

Q. I read that once you gain fat cells, you never lose them. If that's true, why do you become thinner when you diet?

-Shawn McConnell

A. That is true. There are two reasons people can become thinner when dieting: 1-while one can't lose cellulite, the cells do shrink, resulting in a more slender appearance 2-if, while on a diet, a person does not upkeep their nutritionally required amount of protein, their body will "consume" their muscle tissue, also resulting in a thinner--yet less "toned"--appearance.

Q. How do I know if I'm not getting enough iron, and what foods are good sources of it?

-James Barnett

A. If your body lacks iron, you may experience some of the following symptoms: breathing difficulties, brittle nails, pale skin, fatigue, and constipation. Foods that contain high amounts of iron include blackstrap molasses, eggs, fish, organ meats, poultry, wheat germ, liver, and shredded wheat.

If you have any recipes, household hints, food events, or health/nutrition questions, please send them to: Angelique Sanders, c/o The Portland Observer, 4747 N.E. Martin Luther King, Jr. Blvd., 97211. I test everything before including it, and we reserve the right to edit or otherwise alter contributions before publication.

Good News For Dieters

Finally, some good news for those watching their weight: ice cream may be allowable in your diet plan!

Ice cream (and other similar frozen dairy products) is high in carbohydrates, which speed up your metabolism, helping your body burn more calories faster. Regrettably, this only works in small quantities: your metabolism can only speed up so much, so it isn't true that the more ice cream you eat, the thinner you'll be (dam! That would be a diet I could stick to!). However, a few spoonfuls before you go to bed will quicken your calorie-burning while you sleep. Here is a list of various types of ice cream, and the amount of calories, fat, and carbohydrates each contains (the ideal product would contain low fat, low calories, and high carbohydrates). This information is for a 4 oz. serving of vanilla (or any flavor, for Dole sorbet).

Brand name	Carbs.	Cals.
Breyer's all-nat.	15	150
Dole fruit sorbet	27	110
Dreyer's dietary	14	130
Haagen Dazs	23	260

"Citrusline"

Just in time for the beginning of the canning season, Sunkist is sponsoring a "citrusline": a telephone hotline that customers can call at no cost and ask questions about citrus fruit.

CITRUS LINE
1-800-CITRUS-5
Monday through Friday
(except holidays)
8:30 a.m.-5:00 p.m. PST

This service ends July 31.

Product Recommendations: Inexpensive Food Staples

The following foods are must-haves: when the cupboards start to look bare, these items are inexpensive, filling, and versatile.

Rice (about \$1.00 for 2 lbs.): It's cheap and it expands to three times its size! You can eat it plain, with spices, with gravy, with vegetables, with sauces, just about anything. You can add milk and sugar and make a good rice pudding, too.

Pressure-packed canned biscuits (Pillsbury has a special promotion right now, and they're only about a quarter for a can of ten): These things you should experiment with a bit. I've had success with the following: rolling them out and filling with any of the following: 1) pizza sauce or spaghetti sauce, and cheese 2) jam or jelly 3) casserole 4) or usually you can slide in some leftovers and no one will notice. After rolling them out and adding any of those things, simply fold in half and push shut, then bake like usual. Also, you can cut holes in the center of the dough and fry in cooking oil, then roll in cinnamon and sugar for a great doughnut.

Instant mashed potatoes (about \$1.50 for a small box): These have a bad reputation, but actually taste pretty good. Don't spend the extra money investing in an expensive brand; it tastes the same as generic. Instant spuds are fast, easy, microwavable, they don't burn, you only add milk, water, and butter, they're cheap, a small box makes 24 servings, and kids like them.

Recipe Section

This recipe contains ingredients that most every household has. Additionally, it is inexpensive, keeps well, and is fairly simple to make. Leftovers can be used for stuffing, bird food, added to meatloaf, etcetera.

Buttermilk cornbread

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 cup margarine
- 1 cup buttermilk
- 1 egg

Combine first five ingredients. Dump in margarine and blend until mixture looks like cornmeal. Stir in buttermilk and egg. Stir to combine and pour into greased 9-inch square pan.

Bake at 400° for 20-25 minutes, or until edges pull from sides of pan and middle is firm.

Nutrition information: (per serving, 1/8 of pan)
Calories: 170 Fat: 33mg. Price: \$0.20

Household tip: Freeze your candles before burning them: they'll melt more slowly and last longer.

Fast snack idea: top rice cakes with chili and cheese.



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