

# THE IOWA HOMEMAKER

"A Magazine for Homemakers From a Homemaker's School"

Published monthly during the school year by the home economics students of Iowa State College, Ames, Iowa. Price \$1.00 per year. Advertising rates on application. Entered as second-class matter at the postoffice, Ames, Iowa

VOL. XI

NOVEMBER, 1931, AMES, IOWA

NO. 5

## The Thanksgiving Turkey . . .

By Pearl Rock

And How to Carve it

**T**HANKSGIVING—the day of family gatherings and reunions. It is a yearly festival that has been developed by home life, and it always bespeaks of the hospitality which characterized the first American Harvest Thanksgiving consecrated at Plymouth in 1621.

The modern Thanksgiving dinner will differ from that of our Pilgrim ancestors. Ideals in diet and health demand that we temper our feasting. Ready-to-use foodstuffs and modern equipment make its preparation easier. However, it is necessary for the hostess to plan her menu and work well ahead of the day, lest at the last minute she will have forgotten something.

In order that the hostess may share as much of the holiday as possible with the family, she will prepare the turkey the day before. All that will be necessary will be to remove the giblets which the butcher probably has placed in the cavity of the turkey, and clean the inside thoroughly by running water through it. All pinfeathers should be carefully removed. If the oil sacs have not been taken out at the butcher's they will need to be cut out. The outside should then be wiped with a damp cloth and rubbed dry. Rub the outside and the inside with salt, and the turkey is ready to stuff.

The giblets should be washed, then cooked in boiling water until tender, chopped fine when cool, and added to the gravy when it is made.

If the legs and wings are not held fast to the body during roasting they may become dry, so the turkey should be trussed to prevent any loss of this choice meat.

To truss the turkey insert skewers through the wings and breast. Draw the thighs close to the body and thrust another skewer through them, just underneath the legs. Tie the ends of the legs together with a long, stout cord, and fasten them to the tailpiece and draw it around each end of the skewers which were thrust through the thighs. Again cross the string over the back of the bird

350 degrees F. It should be basted frequently and turned occasionally, so that it will brown evenly.

When the turkey is ready for serving, remove the skewers, cut the threads and place it, breast side up, on a warmed platter.

After mother has roasted the Thanksgiving turkey according to the highest standards, it is up to father to serve it to the best advantage. Father's success will probably depend upon his experience.

Carving is not mere luck, and to do it well it is necessary to have a good carving set, a long, stout fork and a suitable carving knife. Even an expert can't carve a fowl properly with a dull knife.

In addition to the large turkey platter there should be another, smaller, to receive the joints as they are removed.

Place the turkey on the table before the carver so that the turkey will be at his left hand. To carve it, insert the carving fork firmly midway of the breast bone, plunging it deep. The fork must balance the turkey on the platter while the disjuncting and carving of the white meat are accomplished.

Make a sharp downward cut through the skin between the second joint of the leg and the body on the side farthest from the carver. Cut through the flesh and skin all way around the joint. With the point of the knife find the socket, then with a quick outward turn of the blade, the thigh is severed from the back. This removes both leg joints at one time. The wings are removed in a similar manner. The legs and wings should be placed

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Here's a Job for Father

and wind it around the end of the skewers projecting from the wings. Fasten the string in a knot and cut off the ends.

Each family probably has its preferred kind of stuffing, yet a change might be appreciated this year. Bread is usually the basis of all stuffings, but the flavor may be varied by the use of celery, oysters, sausage, potato, chestnuts, fruit or sage.

After the turkey has been stuffed, it should be weighed, and the correct time for roasting figured. Twenty minutes of roasting are necessary for each pound. Put the turkey on the rack or tray in the roaster, and put into an oven heated to

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## It Need Not Keep You Awake

(Continued from page 2)

bland flavor and is quite clear, due to the removal of the suspended material.

Percolation and boiling without egg are the least desirable methods of making coffee. And, of course, that "method" in which the coffee boils for a half hour or more, bubbling savagely and sending its aroma to the high heavens, is entirely out of the question!

Perhaps we have committed the common error of putting the cart before the horse, for, logically, one cannot make a delectable drink from coffee that is flavorless in the beginning. During the roasting process, changes have taken place in the coffee bean with the development of the caffeine. The volatility of this constituent has been stressed previously. Therefore the manner in which the coffee is placed on the market and the methods of storing after purchase are significant.

If purchased ground, the type of package should be considered. The vacuum packed tin cans probably have an advantage over the other types of pack until the can is opened. Whatever the type of can, it should be kept tightly closed except when removing some of the coffee for use. Purchase coffee in pasteboard packages only at a store that has a rapid turnover of products. After the package is opened, the contents should be placed in an airtight jar.

Coffee sold under a brand name is a particular blend of coffee, roasted by a special process. Thus every brand has its characteristic flavor. Investigation has shown that while it is necessary to pay for distinctive flavor, strength and color may be obtained from any coffee by the use of fine granulation and proper methods of preparation.

Just a tip about buying coffee. Whether you are providing a product without caffeine or the real coffee, you should buy it in the vacuum packed cans which have kept out the oxygen. Coffee rapidly loses flavor and aroma when it comes in contact with air.

## The Thanksgiving Turkey

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on the side platter for carving later. With the fork still firmly grasped in the left hand, cut the breast into thin slices, beginning where the wing was removed, and slicing parallel to the breast bone. Separate the thigh from the drumstick, cut the meat into thin slices, and serve a slice each of white and dark meat on each plate.

To remove the dressing, make a sharp incision through the skin and serve it with a spoon.

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