

# From Cocoa Beans to Chocolate

## Miss Camp Tells Of The Origin Of Chocolate; Cocoa

By MISS JOHNNIE CAMP  
Home Service Director

Early explorers found the natives of Mexico placed a very high value on the little cocoa bean. They not only made a delicious foamy drink for banquets from the little beans, but were using them for money. A rabbit could be bought for ten beans; a slave for one-hundred; even the royal taxes were paid with bags of cocoa beans.



Chocolate history tells us that Columbus carried some of these beans back across the sea to Queen Isabella as a curiosity of the New World.

This most luscious beverage was introduced in Austria, France, Spain and England. It was so costly that only royalty could afford to drink it. Fascinating tales of romance were told over cups of chocolate in those days of royal splendor.

By the beginning of the eighteenth century chocolate was a universal favorite. As its use increased, it cost less, so that today chocolate and its products may be

enjoyed by everyone.

In 1735, Linnaeus, the famous scholar of botany, classified the cocoa tree and gave it the present name which means, "food of the Gods."

The first chocolate mill in America was erected at Dorchester, Mass., about ten years before the Revolutionary War. The Boston Tea Party stimulated the sale of chocolate, for patriotic American colonists, refusing to drink the royally taxed tea, turned to cocoa.

Plantations of cocoa trees are found throughout the tropics. The beans grow in large brown pods and when harvest time comes, they are scooped out and shipped to mills all over the world.

Chocolate is about half cocoa butter; one-fourth carbohydrate and one-fourth protein, fiber, mineral and moisture. Due to this high percentage of fat, large amounts of carbohydrate and protein and small amount of moisture—chocolate mixtures scorch very easily.

The reason hot melted chocolate separates into tiny hard lumps when added to cold mixtures is because cocoa butter becomes solid at a comparatively high temperature. If these hard bits of chocolate once form, the mixture can never be smoothly blended. For this reason melted chocolate should be about the same temperature as the mixture to which it is added.

Nearly half of the carbohydrate content of chocolate is starch, and

liquids. Since this is true, extra liquid is necessary when chocolate is added to a standard recipe that does not call for chocolate.

The fairly high percentage of starch in chocolate also makes it necessary to add extra leavening to flour mixtures. If this is not done cakes are coarse grained and heavy.

Chocolate contains certain acids that have a curdling action on milk, so care should be taken when making smooth sauces, creamy candies and cooked frostings.

There are two correct methods of melting chocolate, over hot water, and by placing in cold water and heating gradually. One of the oldest manufacturers of chocolate gives us some valuable recipes using correct methods of preparation.

### Hot Chocolate

2 squares unsweetened chocolate, cut in pieces

1 cup cold water  
dash of salt  
3 tablespoons sugar  
3 cups milk.

Place chocolate and water in upper part of double boiler over direct heat. Stir until chocolate is melted and blended. Add salt and sugar. Boil 4 minutes, stirring constantly. Place over hot water. Add milk gradually, stirring constantly. When hot, beat with rotary egg beater until light and frothy. Serve immediately. Serves six.

### Chocolate Custard

4 eggs slightly beaten  
1-2 cup sugar  
1-4 tsp. salt  
1 quart milk scalded  
1 teaspoon vanilla  
2 squares unsweetened chocolate.

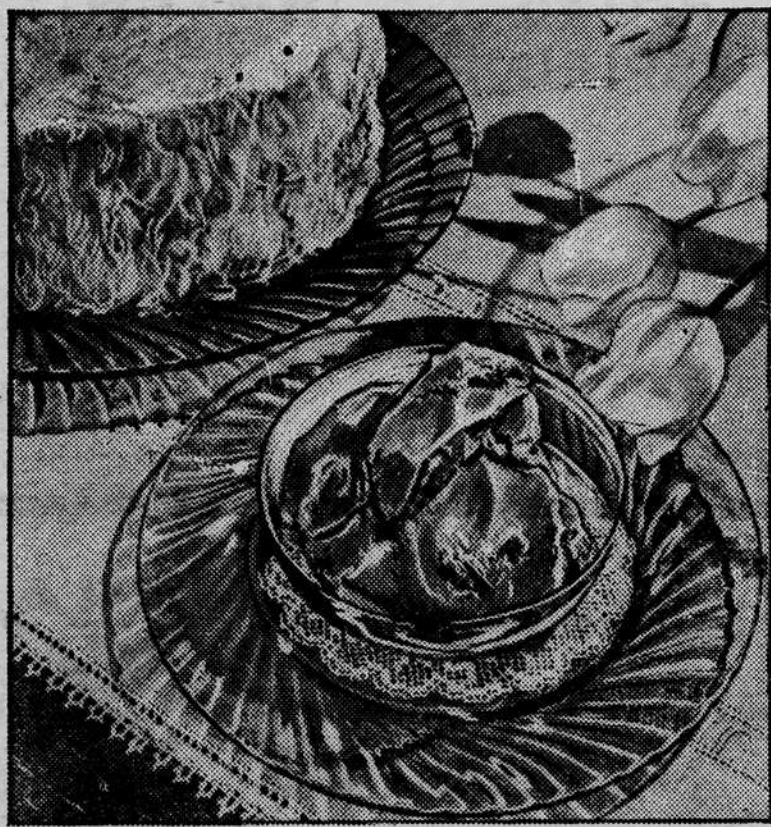
Combine eggs, sugar, and salt. Add chocolate to cold milk in double boiler and heat. When chocolate is melted, beat with a dover

egg beater one minute or until mixture is smooth and well blended. Add milk gradually to the mixture, stirring until sugar is dissolved. Add vanilla. Pour into greased custard cups, place in pan of hot water, and bake in a slow oven (325 deg.) 40 minutes, or until a knife inserted comes out clean. Chill. This recipe serves eight.

It seems to be all over but the shouting in both the National and American Leagues. The New York Giants in the National League and the Washington Senators in the American League are two mighty fine ball teams. They should have a great battle in the world's series.

They caught a giant ray over in New Jersey the other day and the volunteer firemen of Brielle charged a dime to look at it. They need money to buy a fire engine.

## Velvety Smooth, Home-Made Chocolate Ice Cream



A COOL refreshing dish of chocolate ice cream is a happy combination of a favorite food and a favorite flavor. With this recipe you can indulge your family with home-made ice cream to their heart's content since it is very economical to make. The addition of a small quantity of tapioca makes it possible to use much less cream and yet produce a velvety smooth frozen mixture without any ice crystals.

Prepare, too, for a hot summer night on the porch and keep some chocolate cookies on hand to serve with a cold drink—they will never come amiss.

### Chocolate Ice Cream

3 squares unsweetened chocolate, cut in pieces  
1/2 cup sugar  
4 tablespoons light corn syrup  
1/2 cup milk  
2 tablespoons sugar  
2 egg whites  
1 cup cream  
1/4 teaspoon salt  
2 teaspoons vanilla

Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Add tapioca and cook 50 minutes, or un-

til tapioca is clear and mixture thickened, stirring frequently. Strain hot mixture, stirring (not rubbing) through very fine sieve, onto salt. 1/2 cup sugar, and corn syrup. Stir until sugar is dissolved. Cool. Add 2 tablespoons sugar to egg whites and beat until stiff. Fold into cold tapioca mixture. Fold in cream and vanilla. Turn into freezing tray of automatic refrigerator and freeze as rapidly as possible—3 to 4 hours usually required. Or turn mixture into container, cover tightly, and pack in equal parts ice and salt 2 to 3 hours. Makes 1 quart ice cream.

### Chocolate Cookies

2 1/2 cups sifted cake flour  
1 1/2 teaspoons combination baking powder  
1/2 cup butter or other shortening  
3 squares unsweetened chocolate, melted  
1/3 teaspoon cinnamon  
1/2 teaspoon soda  
2 eggs, well beaten  
1 tablespoon cream

Sift flour once, measure, add cinnamon, baking powder, and soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, chocolate, and cream, and beat well. Add flour a small amount at a time. Beat after each addition until smooth. Roll into thin sheet on slightly floured board. Cut with floured cookie cutter and drudge with sugar. Place on ungreased baking sheet and bake in moderate oven (350° F.) 8 minutes. Makes 2 1/2 dozen 2-inch cookies.

# GROCERY

## Specials

for Fri. Sat., Sept. 22nd-23rd.

Congratulations NRA Workers of Roanoke Rapids. Splendid work is being accomplished by the NRA Drive now on in the city. We are justly proud of the fact that we were among the first to fly the BLUE EAGLE and subscribe our support to the NRA recovery program.

HOME GROUND MEAL	5 lbs.	14c
CAMPBELLS SOUP Assorted	3 Cans	25c
SPAGHETTI Franco-American	3 Cans	25c
RICE	Per Pound	5c

**SUGAR**  
In Paper Bags—  
Per lb. **5c**

**PURE LARD**  
3 lbs. for **23c**

COCOA	2 lb. Box	25c	1 lb. Box	15c
WHIPPING CREAM	Half Pint	15c		
GRAPE-LADE	Welch's Jar	25c		
CIGARETTES	Popular Brands—Pkg.	12c		
COUNTRY EGGS	Per Dozen	25c		
PORK CHOPS	Nice, Lean	2 lbs.	25c	

# M SYSTEM M

## Grocery & Market