

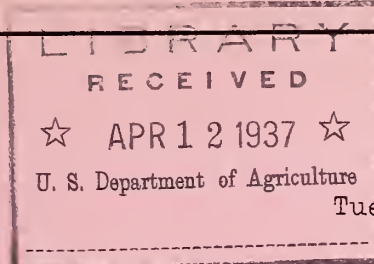
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HOUSEKEEPERS' CHAT

Tuesday, April 13, 1937

(FOR BROADCAST USE ONLY)

Subject: "QUESTIONS AND ANSWERS." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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Listeners, another what, where, when, why, and how day is here. In other words, this is Tuesday and the week's question-box is open.

Let's choose a what-question to start with. "What," writes a listener -- "what are the best foods for supplying iron in the diet?"

A very good question for a spring day. At this time of year many people are in need of more iron. For that matter, at any time of year many people need more iron. Nutritionists who have made studies of American diets tell us that they show an all too common shortage of iron. Yet it is an unnecessary shortage because so many of our common foods are rich in iron. Just a little thought in making menus can build up the supply of this much-needed mineral in the family diet.

The "main-dish" at the meal is one good place to count in iron. Eggs, that is the yolks, are rich in iron. So are lean red meats, particularly liver, kidney, brain, and heart; also lean beef, veal, pork, and lamb, and the dark meat of poultry. And oysters and shrimps stand on the iron-rich list.

Then those spring greens, you know -- turnip and beet tops especially, and also dandelion and mustard greens, watercress and spinach, chard, kale, and broccoli leaves, all are good sources of iron. Other iron-rich foods are dried fruits -- apricots, peaches, currants, dates, figs, prunes, and raisins; whole-grain flours or cereals, particularly wheat, barley, rye, and oats; and molasses, sorghum and cane sirups; fresh or dried beans and peas; and finally such unblanched nuts as almonds, hazelnuts, walnuts, pecans, and hickory nuts.

See what a wide choice of iron-rich food you have?

Second question. "Where can I get reliable directions for canning my garden produce?"

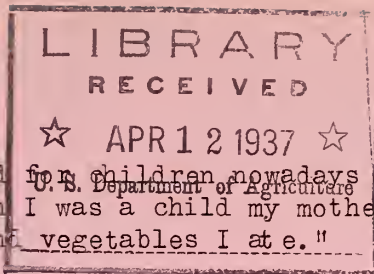
Answer: From the U. S. Department of Agriculture at Washington, D. C. The revised home-canning bulletin is No. 1762. It is called "Home Canning of Fruits, Vegetables, and Meats." As long as the free supply lasts, you can have a copy by sending a postcard or letter to the U. S. Department of Agriculture, in Washington, D. C.



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Third question. "Why do diets planned for children nowadays always include some raw fruits and vegetables? When I was a child my mother was always most careful to cook all the fruits and vegetables I ate."

Answer: Since the nutritionists have learned about vitamins and have found that vitamin C is easily destroyed by heat, they know that cooked vegetables and fruits cannot be depended on to supply the necessary amount of this very necessary vitamin. This is why they emphasize the need for some raw fruit and vegetable each day. They suggest that when the season permits it, the child's daily diet should include one raw and one quickly cooked vegetable as well as potatoes. And they say that children need leafy green vegetables and tomatoes the year around. Tomatoes, by the way, are an exception to the rule that cooking destroys much of the vitamin C in vegetables. Both cooked and canned tomatoes are good sources of this vitamin which is one of the chief reasons for the importance of tomatoes in the diet. Most children like finely chopped cabbage or celery, grated carrots, chopped lettuce or watercress. A convenient way to serve these chopped raw vegetables is mixed with creamed butter and spread on bread as a sandwich-filler.

As for fruits, again two a day is a good allowance for children -- two a day and one of them raw. Children start early on raw fruit these days. Babies have their orange juice regularly and the scraped or sieved pulp of such raw fruits as apples and very ripe bananas. Other raw fruits suitable for children are apricots, peaches, pears, plums, prunes, and cherries, provided they are well masticated.

While we're on the subject of food for children, let's answer a question about milk and appetite. A listener writes: "I always insist that my children drink milk at meals. But I find that a glass of milk often seems to take away their appetite for other foods. How can I arrange to have them eat the other foods they need and also have their daily quota of milk?"

I'll answer that question by quoting Mrs. Rowena Schmidt Carpenter in her bulletin, "Food for Children." She says: "Milk is filling and most not be allowed to crowd out other necessary foods. Lack of appetite is associated with a feeling of fullness in the stomach. If milk to drink seems to impair the child's appetitie, it is wise to give it toward the end of the meal, or temporarily to cut down the amount. Drinking it late in the meal rarely interferes seriously with the appetite. Occasionally, it may be desirable to use powdered milk or undiluted evaporated milk in cooking in order to provide the milk solids without increasing the bulk of the diet too much."

Mrs. Carpenter also suggests that though almost every child enjoys milk to drink, you can add variety to his diet by using part of his daily milk quota in other dishes. On cold days, you can serve him milk and vegetable soups, dilute cocoa, cereal cooked in milk, and hot milk toast. In hot weather he will like milk sherbets, junkets, cool custards, and milk drinks.

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