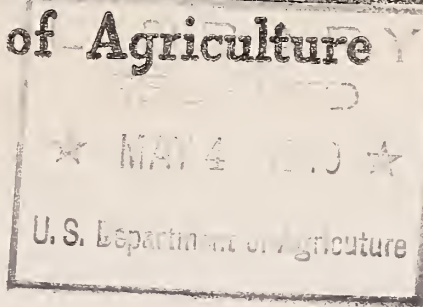


INFORMATION FOR THE PRESS

United States Department of Agriculture



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THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

THE CHILD AT THE FAMILY TABLE

Today is Child Health Day throughout the nation. But in homes where there are young children, the family takes part in a Child Health program every time it sits down to a meal.

By the time a child eats at the family table or at a little table of his own--he's growing up. He's small in size, it's true. But he's ready to eat grown-up food, if it's wholesome and nutritious.

Children growing fast and playing hard, need foods that will produce strong bones and teeth, build tissue, make red blood, and furnish energy. But children's tummies are small and quickly filled. So every bite they eat must be as full of food value as possible.

Milk is the most economical source of the materials needed for growth. From three to four glasses during the day are needed. Most children like to drink milk--but it is often best to give the milk at the end of the meal, so it will not crowd out other foods that are also important. Some milk can also be included in cooked foods--cereals cooked in milk, vegetables combined with milk in a cream soup, and milk in custards and sherbets.

Eggs are also excellent body builders--rich in protein, vitamins, and minerals. Give the child at least four or five eggs a week. Serve them soft-cooked, poached, shirred, or baked. Or use the eggs in custards or in souffles, with vegetables or cheese.

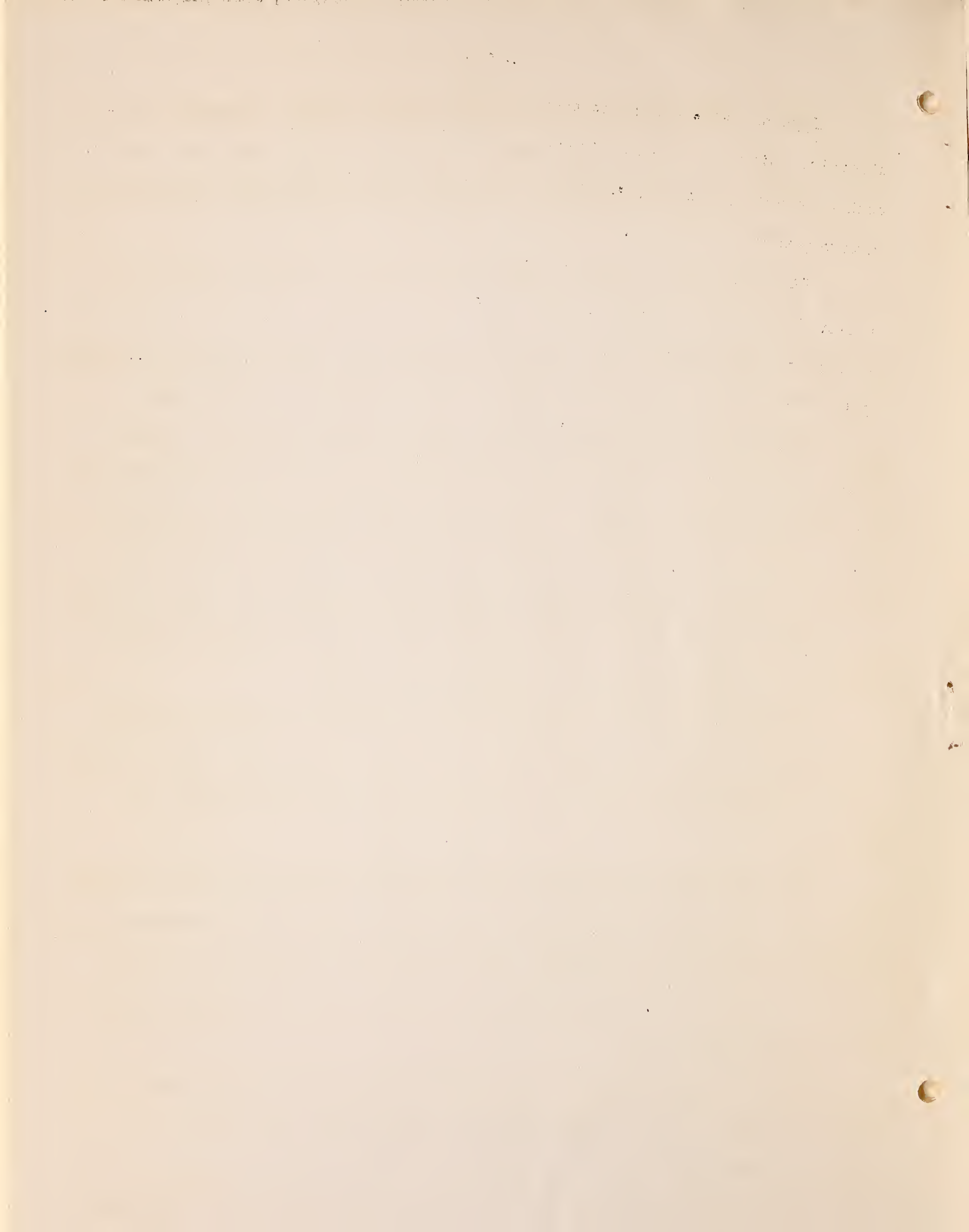
"At least four servings of fruit and vegetables a day," is a good rule to follow for the entire family. It's easy to include them if you serve a fruit for breakfast, a vegetable at noon and again at night, and a fruit dessert at one meal. It's a good plan to add more vegetables to both the noon and evening meal.

Choose one of these fruits or vegetables to supply vitamin C. Citrus fruits and tomatoes are rich in this vitamin; so are greens and the vegetables of the cabbage and turnip families. When planning the day's meals, also remember that the green vegetables are valuable for vitamin A and iron, as well as for vitamin C. Potatoes and sweet potatoes give good returns in food value for their cost. Prunes and other dried fruits, dried peas and beans, as well as canned fruits and vegetables are useful in rounding out the list.

Children enjoy chewing carrot strips and crisp green cabbage or lettuce leaves rabbit fashion. A sandwich filling of butter creamed with chopped lettuce, cabbage, watercress, or parsley is a way to tuck in some extra vitamins and minerals.

When vegetables are cooked, there's always the problem of saving the food values. But three simple rules make it easy to save most of the vitamins and minerals found in the raw vegetable. They are: Cook vegetables in as little water as possible. Stop cooking as soon as the vegetables are tender. Make use of any liquid that is left.

Fruit is an ideal dessert for all the members of the family, no matter how old or how young they are. Fresh fruits in season may be eaten as they are, or mixed in a fruit cup. For small children, it's best to dice the fruit into very



small pieces. Stewed dried fruits also make a good dessert, and fruit in a plain or whipped gelatin is always a favorite.

Cereals are another "must" in the well-planned diet. Whole grain cereals, including whole-grain flour for bread, are especially important for their vitamins and minerals. But don't forget to count rice, grits, macaroni, spaghetti, and noodles as cereals that supply energy.

Lean meats are quite suitable for children once a day; and sometime during the week, the child's meat dish should be liver or kidney or sweetbreads. Coarse stringy meat is hard for a child to chew, so it is best to grind it or chop it fine. Broiling is a good method to use for tender chops, steaks, and liver, and for ground meat patties. Roast the tender cuts of meat, and braise the less tender ones. Braising means browning the meat in a little fat and then cooking it slowly until tender in a covered pan with a little moisture added.

A piece of candy or other sweet is certain to delight a child. And if desserts do not take the place of more important foods, they may be served as a special treat at the end of the meal. Desserts that the entire family will enjoy are custards, puddings, ice cream, fruit sherbets, plain cookies, and plain cake.

Both Father and Junior will benefit from meals planned according to these rules. In fact, the amount they eat may be the only difference in their meals. But Father may like highly seasoned foods, while Junior prefers the simple natural flavors. In that case, it's easy enough for Mother to take out the children's portions before adding pepper, mustard, sauces, or spices. She may also plan some double-duty menus with a simple dish for the children and a more elaborate variation for the grownups.

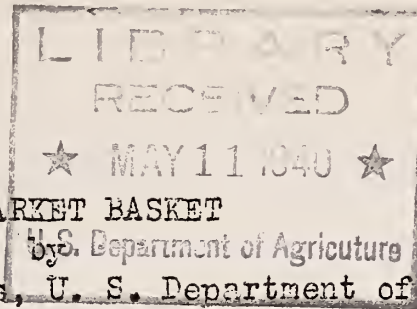
Child health is a year-round program, but today is a good time to check up on the family's meals. If the diet is varied and consists of wholesome and carefully prepared foods the children's chances for good health are high.



INFORMATION FOR THE PRESS

United States Department of Agriculture

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WASHINGTON, D. C.

Bureau of Home Economics, U. S. Department of Agriculture

FASHIONS IN VEGETABLES

There's been a change for the better in vegetable fashions. Americans are eating more vegetables, now that they are brought fresh from all parts of the country in refrigerator cars. New varieties, developed with consumer needs in mind, and a new appreciation of food values have also done much to increase the use of vegetables.

Before the improvement of refrigeration facilities, the choice of vegetables was limited to what the home garden or nearby farms could supply. The season for most vegetables was short, and the climate restricted the number of vegetables a family could get.

Now that vegetables can be kept under refrigeration on long trips, many of them are "in season" throughout the year. And recently, vegetables have also been coming to market in the quick-frozen form. Long before the "home grown" season, fresh lettuce and tomatoes are on display in city markets. Even with snow on the ground there are golden carrots, green peas, baby beets with the fresh leafy tops for greens, lima beans, and hosts of others.

While refrigeration was lengthening the vegetable season, scientists were finding out about the food values in vegetables. Along with other discoveries, they learned that the "greens" are important for their calcium and iron; and that



the greener the leaves, the better they are as sources of iron. In some vegetables such as cabbage, calcium is also related to the depth of green color.

Vegetables are important for vitamins, too. The green vegetables, especially green leaves, and the yellow vegetables -- carrots, sweetpotatoes, yellow squash yellow corn, and yellow turnips--provide vitamin A. These and other vegetables supply vitamin C, tomatoes most of all. And almost all vegetables supply some vitamin B₁, many of them vitamin G as well.

New varieties, as well as more abundant supply, have been the growers' contribution to the changing fashions in vegetables. These new varieties are the result of their experiments to give consumers high quality, crisp, tasty vegetables of uniform size and color.

One of the newcomers in vegetable fashions is the green bean with no strings attached. This new "snap bean" is long and slender, and it's much easier to shred than the old-fashioned "string bean."

Carrots have been streamlined, so they can be scraped with less waste. Many varieties now have rounded tops with smooth sides that taper down to the root. Brighter color and less core also give carrots a higher popularity rating.

A really "stylish" vegetable is the longer, straighter cucumber. It yields more slices, because it is longer and the ends are less pointed.

Once the tomato was known as the beautiful "love-apple." Since then, this vegetable has been much improved for eating purposes. It is now firm and meaty, smooth and round, bright and shiny.

The new Iceberg lettuce is another popular style trend in the vegetable picture. This Iceberg, or New York, lettuce has a firm, compact head -- almost like a cabbage. It has crisp, tender, curling leaves just about the right size for cups to hold salad. And this lettuce makes a perfect salad by itself, when the hearts are served with a favorite dressing.



Celery is still another vegetable in the style news. A new variety, with less stringy fiber, is now being developed. It's crisp and tender all the way through, from its greenish outer stalks to the heart at the center.

The Agricultural Marketing Service has set up a system of standards and an inspection service, as another important development in the last quarter century of vegetable history. Growers and wholesale buyers voluntarily make use of this service, and there is an increased effort to grow and sell vegetables that meet the requirements of U. S. Grade No. 1.

New ideas in marketing include the use of a thin wax coating to make rutabagas look better when they reach the market. Experiments are also being made on the waxing of cucumbers, peppers, and eggplants. Another new trend is the shipping of the less perishable vegetables, such as potatoes and onions, in consumer-size packages -- small enough to be conveniently stored at home. And in some markets, you can buy fancy vegetables wrapped in transparent paper.

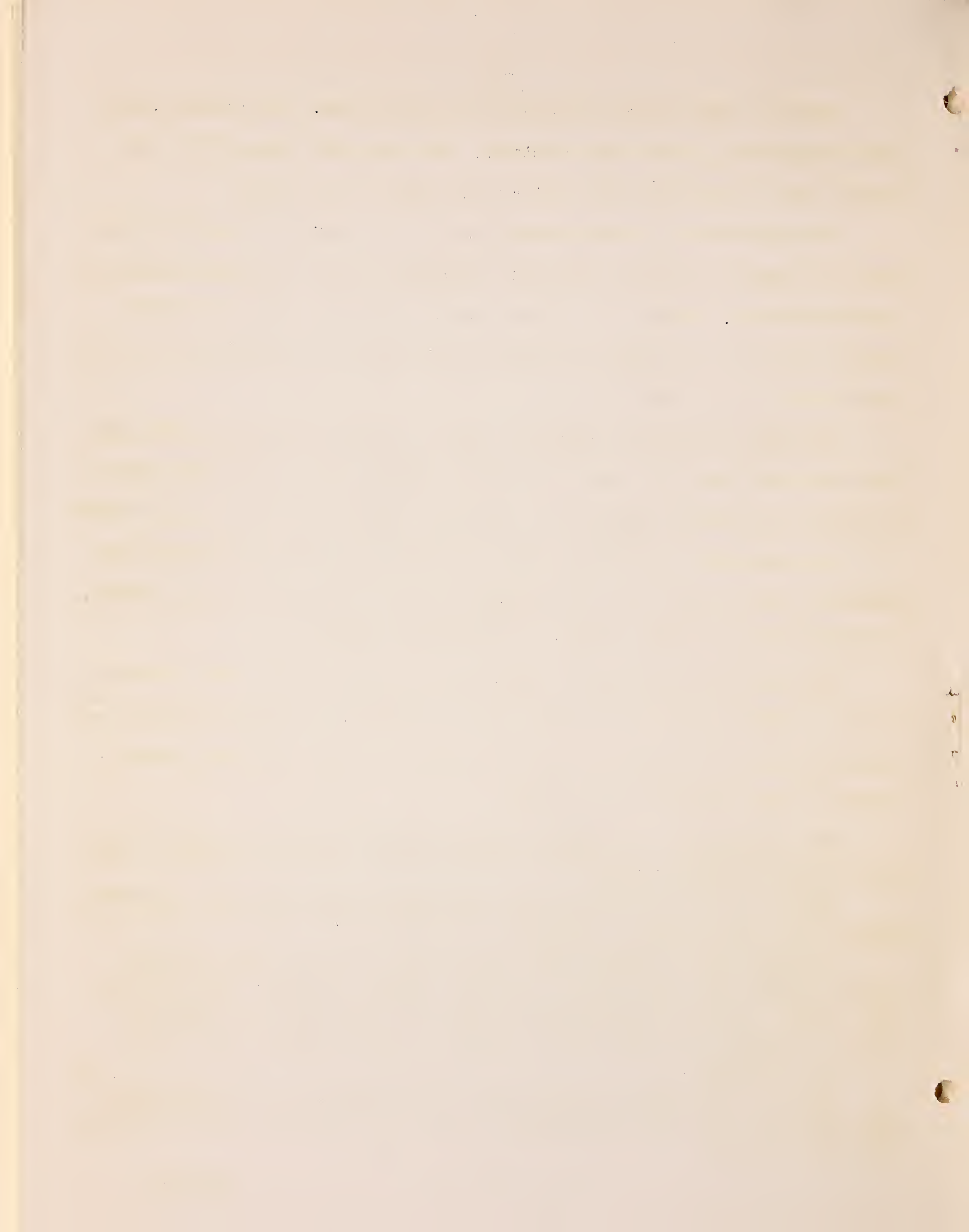
Along with these changes in vegetable fashions has come a marked increase in the per capita consumption of many fresh vegetables. The greatest increase has been shown by the more succulent vegetables such as lettuce, asparagus, celery, tomatoes, onions, broccoli, and carrots.

But studies made by the Federal Bureau of Home Economics show that the use of even more vegetables, especially the green-colored and leafy vegetables, would help to improve American diets.

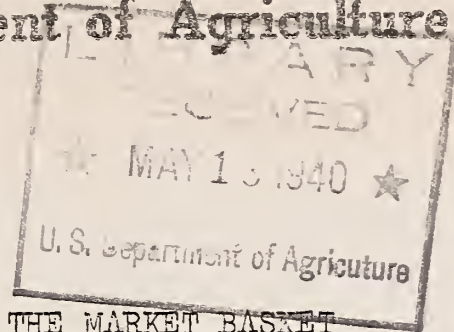
Salads are one of the best ways to make use of greens and other vegetables. Raw vegetable combinations are refreshing for warm days, and there's no loss of vitamins and minerals through cooking.

A simple salad is usually best. For example, have you tried combining shredded cabbage with grated carrot, with thin slices of onion, or with chopped green pepper? Grated raw rutabaga and chopped celery also make a delicious raw salad. Then there is the ever-popular combination salad--made with slices of tomato and cucumber on lettuce with a garnish of onion, radishes, green pepper rings, or watercress.

For appetizing salads, see that the vegetables and the salad plate are both cold. Crisp the vegetables by placing them in the hydrator of the refrigerator after they are washed. For best results, combine the vegetables with the dressing just before serving.



United States Department of Agriculture



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THE MARKET BASKET

by
Bureau of Home Economics, U. S. Department of Agriculture

GOOD NUTRITION ON A FOOD BUDGET

No financier makes more important investments than does the woman who spends the weekly food allowance. She sees the results of her money management reflected, not in financial loss or gain, but in the health and happiness of her family.

Homemakers the country over are well aware of this importance of adjusting the family diet to the family income. Questions on food budgets are repeated daily in the mail that comes to the Federal Bureau of Home Economics.

Although no two letters of inquiry are identical, they all have one thing in common. In each case, the homemaker wants information that will help her get the best possible diet for her money. This is especially interesting in view of the fact that recent studies of family living show that many families could improve their diets without adding much to the cost.

How can a family get the most for its food money? The Bureau of Home Economics illustrates with four diet plans--each plan scaled to a different amount of money available for food. Because these plans are intended as guides, they are elastic enough to allow for plenty of variations by each individual homemaker.



All diet plans are set up for families of 2, 4, and 7. Along with each diet plan there are also tables to help a family of any size work out a budget to suit. One plan is for a "liberal" diet, one a "moderate-cost adequate" diet, another a "minimum-cost adequate" diet. The fourth, recommended for emergency use only, suggests ways to spend a very limited amount of ^{food} money to the best advantage.

Of course, the more limited the amount of money available for food, the more difficult it is to provide all of the essentials that go to make up an adequate diet. So it might be helpful to study the plan suggested for a good diet at a minimum cost.

Secret of the success of this plan is that it makes use of the most nutritious of the inexpensive foods. Milk and cereal foods are its mainstay. There are just enough vegetables, fruits, eggs, and lean meats to supply the vitamins, minerals, and protein not furnished in sufficient quantities by cereal and milk. Fats and sweets are used to round out calories.

In most sections of the country such a diet could be purchased for a family of four for from 9 to 10 dollars a week. A sample weekly market order would include the following:

Milk -----	17 $\frac{1}{2}$ quarts
Potatoes and sweetpotatoes -----	11 pounds
Tomatoes and citrus fruit -----	4 pounds
Leafy, green, and yellow vegetables -----	7 pounds
Dried beans and peas, peanut butter, and nuts -	2 pounds
Dried fruits -----	2 pounds
Other vegetables and fruits -----	7 pounds
Eggs -----	1 1/3 dozen
Lean meat, poultry, fish -----	4 $\frac{1}{2}$ pounds
Flour and cereals -----	15 pounds
Fats -----	3 $\frac{1}{2}$ pounds
Sugars -----	3 $\frac{1}{2}$ pounds
Accessories (coffee, spices, etc.) -----	45 cents worth



For a family that lives in a town or city and has to buy all the food it eats, getting all this for the money means smart shopping. It means buying the inexpensive but no less nutritious cuts of meat. It means taking advantage of food bargains--knowing the kind of green vegetables and fruits, for instance, that are at the height of their season and good buys. The shopper will buy cheap and nutritious cereals and make sure that part of them are the whole-grain kind that furnish minerals and vitamins as well as calories.

On the other hand, a family that lives in the country may be able to get a moderate-cost or even a liberal diet for the same amount of money. For a vegetable garden, a cow, some chickens will furnish more of the protective foods that make the difference between an ordinary "adequate" diet and a very good diet.

In the liberal and moderate-priced diets suggested by the Bureau there are larger amounts of milk, eggs, leafy, green, and yellow vegetables, and meat. There are smaller amounts of cereals and starchy vegetables. Because of this increase in the protective foods, the more expensive diets provide not only the minimum of food values needed by adults and children but a wide margin for safety.

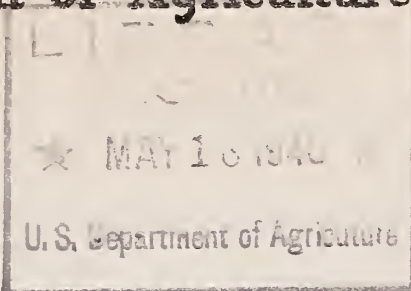
To make sure that the family gets all the nutritive values that come from the store or the farm means that the homemaker has to "follow through" with good cooking. This is true no matter how expensive the diet, but if there is a minimum of money to spend it is even more important. And with a skillful use of inexpensive seasonings the homemaker can make low-cost meals most attractive and seemingly more varied than they really are.

These four diet plans--along with suggested weekly market orders and menus--are available free from the U. S. Department of Agriculture, Washington, D. C. They are included in Farmers' Bulletin 1757, "Diets to Fit the Family Income."



United States Department of Agriculture

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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

ALL READY TO CAN

A touch of red in the berry patch--heavy pods on the pea vines--tiny green beans in another garden row--and the curtain rises on the canning scene in many homes.

There'll be a smooth performance if the stage is set, with all the canning equipment checked and ready to do its part. For there'll be little time to check the pressure cooker or to send for extra jar rubbers, after the fruits and vegetables are in the kitchen.

A canning budget is a big help in getting ready for the canning season. Records of the canned foods used last year will be helpful. But if you don't have such records, you can start now to keep some for future use. If there's a family garden, it should be planted to supply the fruits and vegetables for canning, and still leave plenty for daily use while fresh.

It's unwise to "put up" more than the family will eat by next spring, because most canned foods are much better the first year than the second or third. It is also a poor policy to can foods when there is no suitable place to store them so they will keep.

After the canning budget is made, it's time to check on the supply of jars or cans. Inspect glass jars carefully, and discard any that are cracked or chipped. If the jars are the lightning type with glass tops, see that the wire clamps fit tightly. If they have become loosened, remove the top wire and bend it down in the middle. If necessary, also bend the sides inward to fit the jar.

Next, check to see that you have enough lids in good condition to go around. Glass lids can be used over and over, unless they are cracked or chipped. Metal lids with a procelain lining can also be used over, unless the edges are dented or the linings are loose.

Jar rubbers of good quality are extremely important in the successful use of glass jars. So it's best to get new rubbers each year, and also to replace the gaskets on the automatic-, self-, or vacuum-sealing type of jars. Make sure you're getting good quality rubbers by doubling a ring together and pressing the fold with the fingers. A good rubber will not crack under this treatment, and it can also be stretched twice its length and returned to its original shape.

If you have a sealing machine and use tin cans, now is the time to get this year's supply. Certain foods require cans with a special kind of enamel lining. The C enamel, identified by its dull finish and light-gold color, must be used to keep some vegetables from turning dark. Use C enamel for corn, lima beans, kidney beans, and when canning corn and lima beans together as succotash.

The other type of enamel finish on tin cans is called sanitary enamel, fruit enamel, or R enamel (it's used for canning most red foods). This enamel has a deeper gold color and a brighter finish than the C enamel. Use it for beets, all kinds of berries, cherries, cranberries, pimientos, plums, pumpkin, and squash.

While planning the number of jars or cans you'll need it's well to remember that certain sizes are recommended for certain foods. When there is a thick mixture

of food in a large container, it's hard to get the center heated to the temperature necessary for killing all the organisms that cause spoilage. And by the time the center portion is hot, that near the outer surface is overcooked and mushy. So it's best to use pint size jars or No.2 cans for corn, peas, and snap beans. Other vegetables, fruits, and meats may be canned in pint or quart jars and No.2, 2 $\frac{1}{2}$, or 3 cans.

Neatly labeled cans are the pride of every homemaker. While checking the cans or jars, it's easy enough to get the labels ready to put on. Then on canning day all you have to do is put on the date and the name of the food. For glass jars use gummed labels or cut small slips of paper that can be pasted on. But for tin cans make sure that the labels are long enough to go around the can and lap over, because the paste will not hold on tin. Or use a wax pencil that writes on either tin or glass.

Besides the jars or cans, there are other pieces of equipment that must be ready to use in canning. Many are kept handy for other kitchen uses, such as shallow pans, collander, quart and cup measures, ladle or dipper, long-handled spoons, paring knives, cutting knife, scissors, household scales, vegetable brush, and a thermometer.

Other pieces of equipment, used only for canning, may be stored away between seasons. Check the condition of these pieces--large preserving kettles, a wire basket, jar funnel, jar tongs, and the processing equipment--before using them.

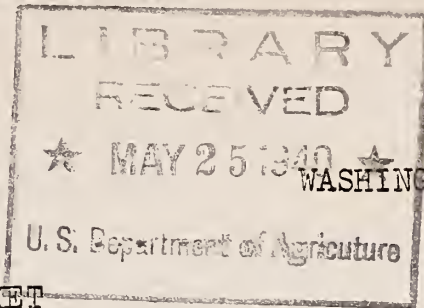
Fruits and other acid foods are usually processed in a boiling water bath. For this a wash boiler, bucket, or any large container is satisfactory if it has a tight cover and is large enough to hold a convenient number of cans and permit covering them with 1 to 2 inches of water. A steamer or oven can also be used for processing. And then there is the open kettle method that calls for large kettles to cook the fruit or tomatoes, and also to sterilize the jars.

For canning vegetables, other than tomatoes, a steam pressure canner is necessary. Vegetables do not contain much acid, so they must be processed under steam pressure in order to obtain the temperature needed to kill the organisms that cause spoilage. If you have a pressure cooker, it's a good plan to have the gage checked at the beginning of the canning season. The best way is to send it to the company for checking, but your home demonstration agent can also do the checking.

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THE MARKET BASKET

by

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BUILDING BONES

NOTE TO EDITORS: This is the fifth in the series of monthly articles based on the 1939 Yearbook of Agriculture -- "Food and Life." A reprint of Part I of this volume, called "Human Nutrition," can be purchased from the Superintendent of Documents in Washington, D. C. The price is forty cents.

No scientist can make bones by shaking up a mixture of calcium and phosphorus in a test tube. But in the body, through some complicated processes, these two minerals are combined to make up a large proportion of the rigid structure of the bones and teeth.

Of course, other substances are needed for the building of bones. One of the most important is vitamin D, although this vitamin does not actually go into the structure of the bones. Vitamin D must be present to help the body in absorbing the calcium and phosphorus, but it will not take the place of either mineral.

As children grow, they build bones at a rapid rate. So a supply of calcium and phosphorus and vitamin D is particularly important for them. Even before a child is born, his bones and teeth are forming. Then during infancy and early childhood these soft structures are becoming hard firm bones. Besides, the child's bones become longer and thicker as he grows.



When the child does not get enough calcium, phosphorus, and vitamin D a disease, known as rickets, is likely to develop. And the unlucky child may have bow legs, a flat chest, and other misformed bones for the rest of his life.

The wise mother checks to make sure her child is getting enough of the materials needed for building sound bones. Daily sun baths and out-of-door play will supply vitamin D. But foods rich in vitamin D, especially the fish-liver oils, are a more dependable source all the year round.

The best way to give a child his daily supply of calcium is in the form of a quart of clean, pasteurized milk. In addition, this milk furnishes a generous amount of phosphorus, the other bone-building material. Phosphorus is also supplied by the egg yolks and cereals that are added to the child's diet at an early age; and later, lean meats and fish supply additional phosphorus.

But even after a person is fully grown, he needs a supply of bone-building materials. Although the bones are no longer growing larger, they must be maintained and kept in good condition.

The supply of calcium merits special attention because diets are so often low in this mineral. In fact, the Federal Bureau of Home Economics recently made a diet study of city families the country over, and found that less than half the families surveyed were getting as much calcium as they could use to good advantage.

A pint of milk a day will supply the adult's need for calcium. This milk can be used as a beverage, or it can be used in cooked foods. Cheese is also an important source of calcium. The green leafy vegetables furnish generous amounts of calcium, too. But, unless a person takes milk in some form, it is almost impossible to get a liberal supply of this mineral.

Nearly all of the calcium-rich foods also contain phosphorus. In fact, phosphorus is so well distributed throughout the common foods that there is little danger of a shortage in this mineral, if a person eats a good assortment of the everyday foods.

