INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
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PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
NOVEMBER 2, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics of the U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

CABBAGE AN IMPORTANT PROTECTIVE FOOD

Next to potatoes, it seems, we eat more cabbage than any other vegetable. Nevertheless, according to nutrition specialists of the Bureau of Home Economics of the U. S. Department of Agriculture, there are many who would do well to eat more cabbage than they do. These are persons who, for one reason or another, depend too largely on starchy foods. They need a balance to their bread, meat, and potatoes, for example, and cabbage is one of the foods that will help to furnish that balance. In the diet, cabbage is in the class with tomatoes, oranges, and spinach, which, with the other green leafy vegetables, are listed as "protective foods", that is, foods which help to build resistance to disease.

Cabbage has another great virtue; it is nearly always cheap. It occupies, however, a far from lowly position in the American bill of fare. Creamed cabbage, cabbage salad, scalloped cabbage and apples, are dishes of delicate flavor which appeal to the most discriminating taste, while corned beef and cabbage, ham and

cabbage, buttered cabbage, hot slaw, cold slaw, and sauerkraut never lose their popularity.

The cabbage plant grows, in some form, almost everywhere in the world, and ever since the beginning of history has been an important food. The common cabbage of our markets is only one member of the very large cabbage family; indeed, it is only one of many species classified by botanists as of the genus Brassica. Broccoli, Brussels sprouts, cauliflower, collards, kale, kohlrabi, red cabbage, chinese cabbage, savoy cabbage -- these are only some of the kinds of cabbage, some more abundant or popular than others, in different parts of the country.

Both the green cabbage and the red are good sources of food iron. Raw green cabbage is also one of the best sources of three of the vitamins -- A, B, and C. White cabbage, or the white center of green cabbage, has less iron and less vitamin A, but is rich in vitamins B and C. Thus a salad made of shredded or chopped green cabbage is one attractive way to use the exceptional food values of cabbage. To this may be added chopped celery, shredded green pepper, or thin slices of tart apples. Cold slaw, if the green leaves are used, is equally good in food value. Shredded raw cabbage by itself, or crisp strips of cabbage leaves, served in the place of celery stalks, are a still simpler way to add vitamin and mineral values to a meal. Again, if there is no lettuce at hand as a base for other kinds of salad, a thin slice of raw cabbage may be used for this purpose-- with, for example, grated carrot, diced apple and peanuts, plain potato salad, tomatoes, or other salad vegetable on top of the slice.

Cabbage is subject, unfortunately, to a very common abuse. Often it is literally "boiled to death." Its vitamin value is lost by overcooking, the mineral salts it contains are largely cooked out into the "pot liquor," and the flavor becomes too "strong." To retain the most food value and the fine flavor in cooked cabbage, and also to keep the fresh color, the cooking time should be short, the cooking vessel should be uncovered, and all the cooking liquid should be used, says the Bureau of Home Economics.

It is the long-time cooking of cabbage, moreover, unnecessary and undesirable, that fills the house with a disagreeable cabbage odor.

"Five-minute cabbage" is a highly recommended recipe, which at its best is made with cream, but can be cheapened by using milk, fresh or evaporaged. Scalloped cabbage and apples, scalloped cabbage and peanuts, and panned cabbage are other attractive ways to serve this useful vegetable-- not to mention such appealing combinations as spareribs and sauerkraut.

Red cabbage becomes dark purplish when cooked, but a little vinegar or lemon juice, added just before serving, will bring back the original red color.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Buckwheat or other Griddle Cakes
Crisp Bacon
Toast and Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Cabbage Scalloped with Cheese Sauce
Baked Sweetpotatoes - Graham Muffins
Tea (adults) - Milk (children)

Supper

Corn Fritters
Apple and Raisin Salad
Bread and Butter
Milk for all

Creamed Cabbage

3 cups milk
1½ quarts finely shredded or chopped cabbage, packed
4 tablespoons flour
4 tablespoons melted butter
1 teaspoon salt

Heat the milk and cook the cabbage in it for 5 minutes. Add the blended flour and butter and the salt. Cook for about 5 minutes longer and stir constantly. The cabbage retains its delicate flavor and color.

Swedish Cabbage

1 medium-sized head cabbage (red or green)
2 or 3 apples
Water
½ cup vinegar
2/3 cup sugar
3 tablespoons butter or other fat
Salt
Pepper

Cut up the cabbage with the apples and cook 15 to 20 minutes, or until tender, in a small quantity of lightly salted boiling water. If too much cooking water is left, boil it down to half a cup. Add the vinegar, sugar and fat, and heat for a few minutes. Pour this sauce over the cabbage and apples, and let stand until the sweet-sour flavor goes all through. Add salt and pepper to season, and serve hot.

Cabbage Scalloped with Cheese Sauce

1 large head cabbage
1 pint milk
4 tablespoons butter or other fat
4 tablespoons flour
1/3 to 1/2 pound cheese cut in small pieces
3/4 teaspoon salt
Pepper
1 cup bread crumbs

After the cabbage is washed and trimmed, cut the head into sixths or eighths, leaving part of the heart to hold the leaves together. Cook in boiling salted water about 20 minutes, or until just tender. Drain and measure the cooking water, adding enough milk to make a pint of liquid. Put the cabbage in a greased baking dish. Make a sauce of the liquid, fat, and flour. Add the seasonings and the cheese, and stir until the cheese is melted. Pour the cheese sauce over the cabbage and cover with a layer of crumbs. Bake in a moderate oven until the crumbs are brown.

Slaw

Select a hard head of cabbage, cut in quarters, and wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour hot dressing over the crisp cabbage and stir until well mixed. Serve hot or cold.

Dressing for Slaw

1 teaspoon salt
Mustard
Dash of white pepper
Paprika
3 tablespoons flour
2 tablespoons sugar
1 cup milk
1 egg
6 tablespoons vinegar
2 tablespoons butter or other fat

Sift the dry ingredients together to mix them thoroughly, add the cold milk, stir until well blended, then cook in a double boiler until thickened. Cover and cook 10 minutes longer. Beat the egg until very light and add some of the hot mixture to the egg gradually. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick; then add the butter or other fat.

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WASHINGTON, D. C.

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RELEASE FOR PUBLICATION
NOVEMBER 9, 1932 (WEDNESDAY)

THE MARKET BASKET
by
The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

WINTER APPLES PLENTIFUL IN MARKET NOW

These are apple-picking days in the apple country. By the end of November the crop will all be off the trees and in storage or on the market. Since early October, in fact, freight cars and trucks have been moving across the continent in all directions, distributing millions of bushels of apples from the regions that grow them to the rest of the country and other parts of the world. But the commercial crop, at that, is less than half the total quantity of apples grown in the United States. This is our staple fruit, grown on the home farm and on many a city lot, and counted almost as much of a standby as the Irish potato.

The popularity of apples is possibly their greatest virtue from the nutrition standpoint, according to the Bureau of Home Economics of the U.S. Department of Agriculture. It is because we eat so many, especially so many raw apples, that

their food values are important. They furnish a mild roughage, they contain vitamins A, B. and C, especially in the portion just under the skin, and they have some carbohydrate and some mineral value -- not enough, however, to be so very important if we ate apples no oftener than we eat lemons, for example. But apples, although they are as old as the Garden of Eden on the other side of the world, in modern times have become pre-eminently a North American product. Of 211,506,000 bushels grown in the United States in 1931 -- which is many times larger than the cro in any other country -- more than 104 million bushels were sold for consumption as fresh fruit. The rest of the United States crop, more than 117 million bushels, supplied the home table with apples raw, cooked, or canned, or made into cider and vinegar.

Just now the markets offer such popular varieties of apples as Grimes Golden, Delicious, Jonathan, Spitzenberg, Stayman Winesap, York Imperial, McIntosh, Rhode Island greening, Rome Beauty, Baldwin, Northern Spy, King, and many another favorite late fall and early winter apple. Later will come the old-fashioned Winesap, the Albemarle Pippin of Virginia, or, as they know it on the West Coast, the Yellow Newtown, these being saved for the last of the winter because they store better.

Apples are grown on farms almost everywhere in the United States, but the great commercial orchards are in the Pacific Northwest, in the northern tier of States including Michigan, Ohio, New York, and New England, in the Middle Atlantic area which includes Virginia, West Virginia, Pennsylvania, and Maryland, and in the Ozark regions of Arkansas and Missouri.

Tastes differ, but nearly all of the varieties mentioned are good "eating apples." The Rome Beauty, however, is valued chiefly as a baking apple. The Baldwin is considered a general purpose apple. The Jonathan and Northern Spy, among others, are also considered excellent for sauce and pie, as well as for

eating raw.

In early times in this country, apples were valued chiefly for making cider and vinegar. But the uses of apples nowadays are almost innumerable, running from such old reliable dishes as apple sauce, baked apples, apple pie, and apple dumpling, to combinations of all sorts. Fried apples and bacon, baked spareribs with apple stuffing, fried apples and carrots, fried apples and onions, scalloped apples and cabbage, scalloped apples and sweetpotatoes, are attractive dishes for the main course. Apple sauce cake, upside-down apple cake, Dutch apple cake, apple float, apple tapioca, apple brown betty, apple compote, apple turnovers, are variations for dessert. Raw apples make a useful part of many kinds of salad. And the pectin content of apples makes them excellent for jelly, jam, and marmalade.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

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Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner	Supper
Pork Chops de Luxe (with apples, potatoes, and onions)	Mixed Vegetable Salad
Hot Biscuits or Muffins - Jam or Syrup	Bread and Butter
Tea (adults) - Milk (children)	Apple sauce Cake (served hot or cold)
	Milk for all

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RECIPES

Pork Chops de Luxe

(with apples, potatoes, and onions)

5 pork chops
5 medium-sized apples, pared and cored
4 white potatoes, medium size
6 onions, cut in half
3 teaspoons salt
1/8 teaspoon pepper
1-1/2 cups boiling water
Flour

A large baking dish is necessary for this. If a casserole is not available, a roaster with a cover may be used. Grease the baking dish. Cut the onions in half, and place them in the bottom of the dish. Sprinkle with salt. Core the apples. Cut each apple into 4 or 5 rings, and stick the end of a pork chop through these rings. Then place the pork chops and apples over the layer of onions and sprinkle lightly with flour. Fill up the spaces with the potatoes, thinly sliced. Add the remaining salt and the pepper. Pour in the boiling water and cover the baking dish. Bake until tender, which will take a little over 1 hour. Then remove the cover of the baking dish and continue the baking until the top is a rich golden brown.

Apple Salad

Select medium-sized, firm, tart apples; pare, and core. Cook in a covered pan in sirup made in proportion of 2 cups water and 1 cup sugar. Use enough sirup to cover the apples. After cooking, drain the apples, chill, and fill the center with cottage or cream cheese which has been mixed with salt, paprika, and a little freshly chopped green pepper. Or form the cheese into balls, roll in ground nuts, and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

Apple Compote

6 tart apples
2 cups sugar
2 cups water
1/8 teaspoon salt

Select tart apples that will hold their shape when cooked; pare, and core them. In a pan large enough to hold all the apples make a sirup of the sugar and water, put in the apples and the salt, cover, and simmer until the apples are tender when pierced with a straw. Drain, and place at once on plates for serving. If desired, the centers may be filled with tart jelly. A spoonful of hard sauce, grated coconut, or chopped nuts may be served on top.

The sirup may be used in fruit drinks, or more added to it and another lot of apples cooked in it.

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INFORMATION FOR THE PRESS

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WASHINGTON, D. C.

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THE MARKET BASKET

by

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

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

QUICK BREADS DRESS UP THE LOW-COST MEAL

The safe way to plan a low-cost diet, says the Bureau of Home Economics of the U.S. Department of Agriculture, is to provide, within the limits of the family pocketbook, as much of the cheapest foods and as little of the more expensive foods as will keep the food supply in "balance." Among the cheapest foods are bread and cereals. As the rule works out in practice, a family of five, using 30 pounds of bread, flour and other cereals every week, needs 28 quarts of milk, 20 pounds of potatoes, 27 pounds of other vegetables, 8 pounds of meat and eggs, 3 pounds of fats, and 3 pounds of sweets to balance the 30 pounds of cereal foods in such a budget.

But that is a lot of bread and cereals, you may think! The mother in that household may find it hard to keep her family interested in so much of one kind of food. On the other hand, the Bureau of Home Economics points out, a com-

monplace meal can be much "dressed up" by some special bread, and there are almost countless kinds -- wheat bread, corn bread, rye bread, oatmeal bread, potato bread, rice bread, buckwheat cakes and all the rest -- each in turn with its variations.

Something is to be said, of course, as to the relative food values of these different breads. First of all, bread made with milk is much more nutritious than bread made with water, and breads made with both milk and eggs have still higher food value. Some bakers' bread is milk bread, and more of it doubtless will be as time goes on and bakers respond to a demand for the richer product. Fresh milk, sour milk, evaporated or dried milk have about the same food values and are equally good in breadmaking.

Then there is the variety in kinds of flour or meal that go into bread, The dark grains or flours, like whole wheat, bran, whole-ground corn meal, or oatmeal, contain very valuable food substances which are usually taken away in the process of milling. The dark breads, therefore, as well as the milk breads, contain some of the same protective values that are provided in vegetables and fruits. Not enough, it is true, but more than the white breads that are made with water, which have value only as fuel foods.

Quick breads, or hot breads -- that is, breads leavened with baking powder or with sour milk and soda -- are especially useful for adding variety to meals. Baking powder biscuits are a good example; small biscuits, medium size, or large, as you prefer, but served piping hot, perhaps with gravy, or with creamed meat or vegetable in the main course; or with sirup, jelly, jam or marmalade at the end of the meal. Biscuit dough with a little more fat makes shortcake -- for a meat shortcake or a fruit shortcake, served either in biscuit size or as one large cake.

Then there are orange biscuits, for which the rind of the baby's orange may be grated and added to biscuit dough, then a little of the grated rind spread on each biscuit top. Make these either in ordinary biscuit size and shape, or as

twin biscuit, one on top of the other. Cheese biscuit, and peanut butter biscuit may be made by using grated cheese or peanut butter in place of some of the shortening in the biscuit dough.

Pinwheel biscuit with cinnamon and sugar, or with brown sugar and raisins are another variation -- good to serve with tea or milk at supper time for instance. One kind of coffee cake is made of shortened biscuit dough, baked in different shapes and with various flavorings. Oatmeal biscuit and whole wheat biscuit also are favorites with many people; and are very nutritious.

To muffins, like biscuit, the clever cook gives many and various touches to make them different. They may be plain wheat, whole wheat, bran, rice, or corn muffins, with or without raisins, or perhaps with cranberries at this time of year. They may, of course, be toasted, too. As for corn breads, these again are numerous, from ashcake, corn dodger, crackling corn bread, and corn pone, to corn sticks, corn muffins, soft corn bread and spoonbread.

In any of the quick breads, either sweet milk or sour milk can be used. For example, if a recipe for biscuits or muffins calls for 1 cup of sweet milk and 4 teaspoons of baking powder, clabbered milk may be used instead of the sweet along with a scant 1/2 teaspoon of soda and 2 teaspoons of baking powder. The modern way with quick breads of this type is to use some baking powder for leavening in addition to the sour milk and soda.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

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Flour	1 - 2 "
Cereal	4 - 6 "
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Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Corn Cakes - Sirup
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Cod fish Balls or Fresh Fish
Creamed Peas
Carrot and Cabbage Salad
Cranberry Muffins
Coffee (adults) - Milk (children)

Supper

Bean Soup - Relish
Crisp Toast
Apples (baked or raw)
Milk for all

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RECIPES

Crackling Bread

1 quart corn meal
1 pint cracklings
3 teaspoons salt
Boiling water

Mix the corn meal and salt; pour over this mixture enough boiling water to moisten but not enough to make a mush. When the meal has cooled, work the cracklings into it with the fingers. Form the dough into cakes about 4 inches long, 2 inches wide, and 1 inch thick; bake for 30 minutes. Serve very hot.

Peanut Butter Biscuit

4 tablespoons peanut butter
2 tablespoons fat
3/4 teaspoons salt
4 teaspoons baking powder
2 cups flour
Milk

Sift the dry ingredients and rub the fat and peanut butter into the flour with the tips of the fingers. Make a well in this dry mixture and, stirring from the center, add slowly enough milk to make a soft dough. On a lightly floured board, pat out the dough to a layer about 1/2 inch thick and cut in small rounds. Bake in a quick oven from 12 to 15 minutes or until light brown. Serve at once.

Cranberry Muffins

1 egg
3/4 cup milk
2 cups sifted flour
4 teaspoons baking powder
1/4 cup sugar
1/2 teaspoon salt
4 tablespoons melted butter or other fat
1 cup cranberries

Beat the egg slightly and add the milk. To the liquid mixture, add the sifted dry ingredients. Roll the berries in two more tablespoons of sugar, and fold into the batter with the melted fat. Do not stir the mixture any more than necessary. Pour into greased muffin pans and bake in a moderately hot oven (400°) for about 30 minutes, or until brown. Serve hot.

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RELEASE FOR PUBLICATION WASHINGTON. D. C.
NOVEMBER 23, 1932 (WEDNESDAY)

THE MARKET BASKET

by

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

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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A fruit or additional vegetable	
Milk for all	

BALANCED DIET IN WINTER PROTECTS HEALTH IN SPRING

Our diet in winter has much to do with our health in the spring. The "tired feeling" that comes with the first warm days may have nothing to do with the weather, but instead may be caused by a lack of the right variety of foods in winter. Now, is the time to take stock of winter food prospects.

Lack of the necessary variety in diet is more likely in winter because some of the important "protective" foods are then out of season in many parts of the country, and therefore are more expensive. But some way must be found of supplying, if not those foods, then their equivalent in food value, all the year round and at all levels of cost. That is the task cut out for the housewife, and it is not simple if food money is scarce, says the Bureau of Home Economics of the U. S. Department of Agriculture.

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Nutritionists in the Bureau of Home Economics have worked out weekly food budgets for families of different size and make-up, at various levels of cost. The specialists know that each person in the family must have approximately so many calories of body fuel each day, according to age, sex, and degree of activity. They know that the body must have certain food substances to build or repair its blood, bone, and muscle. They know that certain "protective" substances regulate the body and help to build resistance to disease. When their calculations are complete the specialists are able to suggest a weekly market list which will include common articles of food that contain the necessary variety and proportions of the required food substances; i.e., carbohydrates, proteins, fats, minerals, and vitamins. This market list will furnish a balanced diet including fuel foods, building foods, and protective foods.

It is the protective foods, particularly vegetables and fruits, that are likely to appear on the table too seldom in winter, Green leafy vegetables, with their vitamins, their calcium, iron and other mineral salts, are just as necessary when out of season as in summer when the gardens are growing; but out-of-season foods as a rule cost more. One of the cheapest of all vegetables, however, is cabbage, which is always stored for winter use, and comes at the top of the list for protective values, In mild climates turnip tops and collards also can be available most of the year, and spinach is cheap in some localities.

Potatoes and sweetpotatoes are high in protective value, Irish potatoes for vitamin C, and sweetpotatoes for vitamins A and C. Turnips and carrots also are protective foods, yellow turnips and carrots being rich especially in vitamin A. Dried beans and peas are important for their protein as well as for their minerals and vitamins, although they do not contain the "complete" protein of milk, meat and eggs.

Tomatoes, canned or fresh, are so high in vitamin content that they rank with cabbage and other green leaves as protective foods; and nothing, by the way, is easier to serve than tomato juice as a cocktail, and in the large cans now on the market, the juice costs little more than canned tomatoes. Although classed as a vegetable, tomatoes are really fruit, and may be used for the same purposes wherever fruits are lacking. The vitamin value of tomatoes is about the same as that of oranges and grapefruit.

The citrus fruits--oranges, tangerines, grapefruit, lemons--are rich sources of vitamins. Dried fruits, although they have lost much of their vitamin content, are still good sources of minerals. Raisins, prunes, dried apricots especially are important for their iron. Among the cheaper canned fruits, peaches and pineapple retain much of the food value of the fresh fruit.

In short, the bureau's advice is this: Do not fail to eat vegetables and fruits as regularly in winter as in summer. The more limited the family purse, the more uneconomical it is to spend that precious food money for a one-sided diet, too heavy with breads, cereals, fats and sweets, and lacking in vegetables and fruits.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

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Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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A LOW-COST THANKSGIVING MENU

Breakfast

Cereal - Toast
Orange or Tomato Juice for the Baby
Coffee (adults) - Milk (children)

Dinner

Tomato Juice
Roast Stuffed Pork Shoulder with Apple Rings
Baked Potatoes - Gravy
Buttered Onions - Rolls
Hot Nut Gingerbread
Coffee (adults) - Milk (children)

Supper

Cottage Cheese Salad
Cinnamon Toast
Canned Fruit
Milk for all

RECIPES

Roast Stuffed Pork Shoulder

Have the butcher skin a trimmed, fresh, picnic shoulder of medium to large size size and remove the bones. Wipe the meat with a damp cloth. Lay the boned shoulder, fat side down, and carefully cut a few gashes in the parts where the meat is thickest so that it will hold more stuffing. Sprinkle with salt and pepper. Pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, not packing it, but putting in lightly as much as the shoulder will hold. The recipe for stuffing makes the right quantity for a 3 or 4 pound shoulder; for a larger shoulder make the stuffing on the basis of 3 cups of bread crumbs and increase the other ingredients proportionately. Rub the outside of the stuffed shoulder with salt, pepper, and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned in a hot oven (480°F.). Then reduce the oven temperature rapidly to very moderate heat (300° to 325°F.), and continue roasting at this temperature until the meat is tender. A 4-pound shoulder will require about three and one-half hours to cook when these oven temperatures are used.

Savory Stuffing

2 cups fine dry bread crumbs
1/4 cup chopped celery
2 tablespoons butter
1 tablespoon chopped onion
1 tablespoon chopped parsley
1/8 teaspoon celery seed
1/4 teaspoon savory seasoning
3/4 teaspoon salt
1/8 teaspoon pepper

Melt the butter in a frying pan, add the celery, onion, and parsley, and cook for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

Hot Nut Gingerbread

1/3 cup fat
1/2 cup sugar
1 cup molasses
1 egg
1/2 cup chopped nuts
3 cups sifted soft-wheat flour
4 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon ginger
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1 cup milk

Cream together the sugar and fat. Add the molasses and beaten egg. Roll the nuts in a small quantity of the flour. Sift together twice the remaining flour, the baking powder, soda, salt, and spices. Add to the first mixture alternately with the milk. Add the nuts. Bake in a moderate oven (350°F.) for 30 to 40 minutes. Serve hot with cream cheese, if desired.

One cup of sour milk may be used instead of the sweet milk. In that case, use 1 scant teaspoon of soda in place of the one-half teaspoon now called for, and use only 2 teaspoons of baking powder.

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THE MARKET BASKET

by

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

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all.

Every day --	Two to four times a week--
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

WINTER DIET FOR THE BABY SHOULD INCLUDE COD-LIVER OIL

With summer sunshine gone, the children's food becomes a matter of more importance than ever. The sunshine, when it could reach the children's bodies directly, protected them from rickets, a common disease of childhood. Winter sunshine is not strong enough for that in the north, and in cities, anywhere or at any season, the effects of the sunshine are weakened by smoke in the air, and by the shade of buildings or enclosures.

In winter, then, and probably all the year, say nutrition specialists, the baby's food should be supplemented by cod-liver oil twice a day, at least a teaspoonful each time. Better still, 3 or 4 teaspoonfuls a day if possible. Cod-liver oil, like sunshine, prevents rickets. It helps, also, to keep the baby free of infections. Protection of this kind is all the more necessary if the family food supply is low.

The baby's diet is planned, of course, to provide the foods that will keep him well and make him grow. That means, for one thing, bone-making foods, and milk is the best of these, says the Bureau of Home Economics of the U. S. Department of Agriculture, because of the calcium and phosphorus it contains. Milk is also the baby's best and cheapest source of the protein and fat he needs.

Next to milk, however, the most important item in the baby's winter diet is cod-liver oil. Milk and cod-liver oil supplement each other, and protect the child to some extent against the consequences of a lack of other foods. With cereals, they supply protein, fat, minerals, and all of the vitamins but one-- vitamin C. To meet that deficiency, the baby needs tomato juice or orange juice-- at least 2 teaspoonfuls a day-- in which he gets vitamin A as well as vitamin C-- though not enough vitamin A.

Cod-liver oil is an old and tried remedy, once regarded solely as a drug, but now considered also as a dietary supplement in certain vitamin deficiency disorders. It was in household use long before it was recognized by the medical profession, but doctors began to prescribe it more than a hundred years ago, and for some of the same diseases, apparently, that are now attributed to a deficiency of vitamin A. It had also been prescribed, since 1824, for rickets. But nobody knew why it worked.

At last came the vitamin discoveries, beginning about twenty years ago. Cod-liver oil was found to be rich in vitamin A, often called the anti-infection vitamin. For a time this was thought to be the only fat-soluble vitamin in cod-liver oil, but in 1922 another was found. This last was named vitamin D, and proved to be the substance essential to the prevention of rickets.

Vitamin A is found in milk fat-- therefore the importance of whole milk and of butter for babies. It is found in liver. It is also found in oranges and tomatoes-- hence the importance of orange juice and tomato juice for babies, in addition to their value for vitamin C. Vitamin D is abundant in the yolks of eggs and in various fish oils.

By taking cod-liver oil, the baby gets his vitamin D in his food. From sunshine he gets it through his skin. The human skin contains a substance called ergosterol. This substance, it is now known, is changed into vitamin D by the ultraviolet rays of the sun, and that reaction, it is believed, produces vitamin D in the skin.

Without vitamin D, the baby's bones will not develop properly, and he will have rickets-- causing crooked legs, weak arms, contracted chests. Even when he has plenty of milk to provide the bone-making materials, the baby's body can not use those materials successfully without vitamin D. Thus babies who are well-fed in other respects may have rickets if they do not get vitamin D from some source. In winter, the cheapest source is cod-liver oil.

Some people still think of cod-liver oil as a medicine, but it is really a food. It acts as a food, whatever it may be called, therefore nutritionists advise all mothers, especially those whose food supply is low, to manage somehow to save out 15 to 25 cents each week throughout the winter to provide cod-liver oil for each child under 2 years old. To relief workers who are distributing food supplies the Bureau of Home Economics suggests that cod-liver oil be included along with milk in the ration for all families in which there is a baby.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereals	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal with Raisins - Toast
Tomato Juice and Cod-Liver Oil for youngest child
Coffee (adults) - Milk (children)

Dinner

Beef Stew with Vegetables
Hot Biscuits - Jelly or Jam
Hot Tea (adults) - Milk (children)

Supper

Rice with Tomato-cheese sauce
Bread and Butter
Apple Pie (made at noon)
Milk for all

Cod-liver oil at bed time
(youngest children)

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RECIPES

Beef Stew with Vegetables

$1\frac{1}{2}$ pounds beef, rump or round
$\frac{1}{4}$ cup flour
2 onions chopped
1 quart water
3 cups diced potatoes
2 cups diced carrots
Salt
2 tablespoons chopped parsley

Wipe the meat and cut it in inch cubes. Fry out the fat from the meat in a skillet and add the meat, which has been rolled in the flour, and the onion. Cook and stir until the meat has browned. Put the beef in a saucepan, add the water, using some of the water to wash out the tasty particles left in the pan. Cover and simmer the meat until almost tender, then add the vegetables and cook until they are soft. Season with salt and sprinkle the top with parsley after it is placed in the serving dish.

Rice with Tomato and Cheese Sauce

4 cups cooked rice
1 No. 2 can tomatoes (2 cups)
1 slice onion, chopped fine
2 tablespoons melted fat
2 tablespoons flour
$\frac{1}{4}$ to $\frac{1}{2}$ pound sharp flavored cheese
Salt and pepper to season

While the rice is cooking simmer the tomatoes and onion for 10 minutes. Blend the fat and flour and stir into the tomatoes and cook until the sauce thickens. Shave the cheese, add to the tomato sauce and stir over low heat until the cheese melts. Add salt and pepper to taste. Serve the sauce hot over the rice.

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