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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

TUESDAY, JANUARY 18, 1944

QUESTION BOX

*1.9 In 3 Hh  
exp. 3*  
How organize nutrition committee?  
Eat vegetables raw?  
How care for shoes in winter?

ANSWERS FROM nutrition and leather specialists of U. S. Department of Agriculture.

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Out of today's mailbag come two timely questions on nutrition: one about organizing a nutrition committee, and the other about which vegetables to eat raw. And then to finish up our mailbag session, let's take up a letter that asks about winter care of shoes.

Here's the first letter: "I'm writing for a group of women in my community to ask your advice. We feel the need of a community program of education on the subject of nutrition, and we shall appreciate any suggestions as to how to get such a program going."

Since this writer doesn't say anything about the community she lives in-- whether it's a city, or a small town, or a farming community-- any advice will have to be rather general. However, the nutrition experts of the U. S. Department of Agriculture have several suggestions that apply to the organization of a community program on nutrition in almost any community.

Here are some of the points you might keep in mind: First the program must meet a real, definable need. Evidently your group has already gone over this point, studied it, and agreed that the need for the program exists. The next step is to analyse the need, to see what specific education jobs you'll have to accomplish.

After you've done this, you'll have to enlist community interest and approval of your program. Your program can't succeed unless it becomes everyone's program -- and this means all the groups in the community, regardless of social and economic status. So include representatives from every section of the community on your central planning committee, so that you'll be sure to reach



all the people who need to learn about nutrition.

To be successful, your nutrition program should tie in with all other existing community programs and organizations. Quite often you get excellent results from committees composed of persons who represent active organizations and agencies in the community.

And last of all, since this is a community program, you'll want to report back regularly to the community, as to progress, problems, and new undertakings. The community needs to be in touch with all the activities of your program if the plan is to have community-wide benefit.

Now for our next letter: "I know we're advised to eat as many vegetables as possible without cooking, in order to get the maximum food value from them. Aside from carrots, celery, radishes, and cucumbers, which vegetables are good raw? I especially wish to know because I'd like to be able to vary the lunch I pack for my husband every day."

Besides the vegetables you mentioned, you can serve young beets, cabbage, tender young green peas, green peppers, tender greens, rutabagas, and cauliflower, without cooking. Wedges of rutabaga or turnip, florets of cauliflower, green pepper rings, grated beet, or a few green peas-- any of these, or a combination of them, will dress up a salad handsomely, and add variety to the meal. Of course raw cabbage makes the basis for many excellent salad combinations, and it's one of the best ways to get your daily vitamin C. Almost any of the greens you ordinarily cook-- beet greens, spinach, turnip greens, and the others-- are very good chopped in a mixed salad.

One warning-- prepare raw vegetables at the last minute before mealtime, if possible. When vegetables are cut up, air steals away vitamins quickly. Of course if you're putting the vegetables in a lunchbox, you can't wait until mealtime to prepare them. So pack them as air-tight as you can-- put chopped raw vegetables in a tightly covered jar, and wrap chunky vegetable wedges well in

The first of these is the fact that the
 population of the United States has
 increased from 136 million in 1920 to
 176 million in 1940. This increase
 has been accompanied by a corresponding
 increase in the number of automobiles
 and other motor vehicles. The result
 has been a corresponding increase in
 the amount of traffic on our roads
 and highways. This increase in traffic
 has led to a corresponding increase
 in the number of accidents and
 fatalities on our roads and highways.
 The second of these is the fact that
 the amount of traffic on our roads
 and highways has increased in
 proportion to the increase in the
 population of the United States. This
 increase in traffic has led to a
 corresponding increase in the amount
 of time spent on our roads and
 highways. The result has been a
 corresponding increase in the amount
 of time spent on our roads and
 highways.

waxed paper.

By the way, speaking of raw vegetables-- last year Americans wasted more than 380 million pounds of cabbage, by throwing away the core and outer leaves. At least half this waste was edible. How about checking up on your own habits in this respect? Cabbage isn't the only victim-- many greens, vitamin-filled leaves get thrown out because they're ragged or broken. Outer leaves that don't look too presentable are still useful for a chopped salad, or for soup.

Now lets go from the subject of food, to the subject of clothing, and, more specifically, those precious leather shoes. Our last letter today says, "This winter weather seems very hard on shoes, and yet we have to make our present shoes do until a new ration stamp becomes valid. Can you give me any pointers on how to prolong the life of shoes?"

The leather experts of the U. S. Department of Agriculture have these tips to offer on the winter care of shoes: keep shoes clean, dry, oiled, away from heat, and in good repair. Two enemies of leather are moisture and heat. If you get your shoes wet in the snow or rain, dry them slowly, and away from heat stronger than your hand can bear, as wet leather scorches readily. Stuff the shoes with crumpled paper to keep them in shape, and rub castor oil into the leather while its wet. After the shoes are dry, polish them.

Perspiration also harms leather, so its best to have two pairs of everyday shoes-- then you can rest each pair on alternate days, and give them a chance to dry out and air. If work shoes constantly get wet with perspiration, protect them with occasional oiling, or the leather may crack and rip. By the way, wet weather tears easily, so be careful in handling it. Oiling or waxing will keep leather soft and pliant, and help it wear longer. Lubricate work shoes with oil, and polish street and dress shoes. And if you want to preserve both wearing quality and appearance, have your shoes repaired as soon as worn places or rips appear.

You'll

You'll find complete information on care of leather shoes in the bulletin called "Leather shoes" which you can get free of charge just by writing to the U. S. Department of Agriculture, Washington 25, D. C.

CHAPTER I. THE DISCOVERY OF AMERICA

1. The discovery of America by Christopher Columbus in 1492.

2. The voyage of Columbus across the Atlantic Ocean.

3. The landing of Columbus in the West Indies.

4. The establishment of the first European colonies in America.

5. The growth of the colonies and the struggle for independence.

6. The American Revolution and the Declaration of Independence.

7. The formation of the United States Constitution.

8. The expansion of the United States territory.

9. The Civil War and the Reconstruction period.

10. The industrial revolution and the growth of the United States.

11. The Spanish-American War and the acquisition of new territories.

12. The World War I and the United States' role in the world.

13. The Great Depression and the New Deal.

14. The World War II and the United States' leadership.

15. The Cold War and the United States' foreign policy.

16. The Vietnam War and the United States' involvement.

17. The Watergate scandal and the decline of the presidency.

18. The Reagan Revolution and the end of the Cold War.

19. The Clinton administration and the end of the Cold War.

20. The Bush administration and the 9/11 attacks.

21. The Obama administration and the economic recovery.

22. The Trump administration and the 2020 election.

23. The Biden administration and the current state of the United States.

24. The future of the United States and the world.