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Monday, May 1, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Feeding Children in Economy Times." Information from the Bureau of Home Economics, U.S.D.A.

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Of all our national holidays, I vote for May first as the one that signifies the most for America's future. Of course, I don't need to mention to you that May first is National Child Health Day, the day set aside by the President each year to remind us how much the progress of the country depends on the health of our children. This day — and what it stands for — deserves special attention in times of economic stress when health is too likely to be neglected.

Since children's health depends so much on their food, this seems a good day to talk about feeding children when food money scarce. The specialists say, "Think of the children first, when you are planning a low-cost diet for the family. For when food supplies are cut, the children are likely to suffer more than the grown-ups." This is because the children are growing, and growth demands not only more food but more of the right kind of food. No sound construction can go on without enough and the right kind of building materials. That's true for both buildings and bodies. Growth hastens the bad effects of an inadequate diet. Startling examples are the so-called deficiency diseases in children -- rickets, scurvy, and pellagra. Each one of these diseases is the result of a lack of some specific food substance. People who suffer from any one of these ills have lacked certain vitamins in their meals. As I said, these diseases are the startling results of diet that is inadequate. But serious results come also from general malnutrition, general underfeeding over a period of time. Though the results of malnutrition are less noticeable and more easily overlooked, they may be no less serious to the child's future. In hard times when families must economize on food, children may suffer both kinds of damage, unless their meals contain the protective foods. Fortunately, a safe diet doesn't need to be an expensive one. Children can thrive on low-cost food. Economy and good mutrition can go hand in hand. But -- mothers must choose the food wisely.

Relief workers are saying a good deal about the need for protective foods in emergency diets. We all need to remember their value. For health and growth, every child's diet must contain, first of all, milk, vegetables and fruits, and cod liver oil for all children under two years. These are the protective foods because they contain safeguards to health and growth not supplied sufficiently in other foods. Of course, the child needs other foods, too. He needs foods to supply energy—— breads, cereals, sugars and some fats. And he needs foods to supply more body-building materials —— cereals, beans, and peas or other legumes, eggs, cheese, meat and fish. But no amount of these other foods will take the



place of milk, vegetables and fruits, and cod liver oil for the youngest. So whenever you're buying or planning food for the family, here are a few points to remember. Every child every day needs at least one pint of milk and more, if possible. He needs also one or more fruits or vegetables, especially raw vegetables and those of green or yellow color. If he is less than two years old, he needs two teaspoons of cod-liver oil. That's the minimum in protective foods. When you have supplied these, you can add to the child's diet energy foods and body building foods, according to the size of your purse.

The Bureau of Home Economics has several leaflets on emergency food suggesting ways to buy at low cost, yet allow for enough food for the health of the family. If you want help on planning a low-cost diet, you can write for these leaflets, either to this station or direct to the Bureau of Home Economics at Washington, D. C.

Now about today's menu. This is a dinner planned especially for the needs of the children in the family, with emphasis on the necessary protective foods. The main dish is a new one -- spinach baked with cheese sauce and served with crisp bacon. The menu: Spinach baked with cheese sauce; Crisp bacon; Baked potatoes; Toasted rolls or toast; Milk to drink; and, for dessert, Rhubarb sauce with raisins.

Now suppose you want to lower the cost of this menu. If you have a gas or electric stove, you can cut down fuel expenses by cooking on the top of the stove instead of in the oven. Then the menu may be like this: Spinach, chopped and served in white sauce, or with butter; Crisp bacon; Potatoes, mashed or boiled in their jackets; Milk to drink; Toast or bread and butter; A sweet spread for the bread, or stewed fried fruit, or rhubarb sauce if you have a garden to supply the rhubarb.

Just a little planning, you see, can cut costs on the memu, yet provide adequate food for the youngsters.

Now here's that new recipe for spinach baked in cheese sauce, one of those dishes that ought to make even a contrary member of the family enjoy this good green vegetable. Eight ingredients:

1 pound of spinach, chopped fine

2 tablespoons of butter or other fat

2 tablespoons of flour

1 cup of milk

1/4 pound of soft flaked cheese

1/2 teaspoon of salt

1/2 cup of buttered crumbs, and

Slices of crisped bacon.

I'll repeat that list. (REPEAT)

Heat the spinach. Stir and cook for about 2 minutes. Make a sauce of the fat, flour, salt and milk. Add the flaked cheese and stir until the cheese melts. Wix the sauce with the spinach. Pour into a medium-sized baking dish, cover with the buttered crumbs, and bake in a moderate oven until the crumbs are brown. Lay the crisped bacon over the top and serve.

Tomorrow, we'll talk about making a canning budget, for your summer canning and preserving.

