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homemakers' chat

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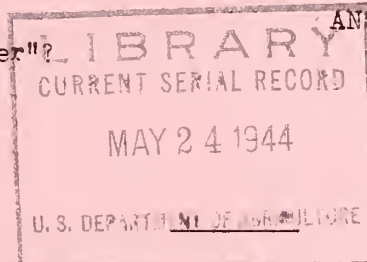
U. S. DEPARTMENT
OF AGRICULTURE

Friday, April 21, 1944.

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QUESTION BOX:

What are "gauge" and "denier"?
How get enough calcium?
How make drop noodles?



ANSWERS FROM home economists of U. S.
Department of Agriculture.

It's time for "mail call" again, and for answers from the home economists of the U. S. Department of Agriculture. Today the mail brings quite an assortment of questions; one on rayon hosiery, one on calcium in food, and a third about making drop noodles.

Our first letter says, "I don't understand the meaning of two words I see on the labels of rayon hose-- denier, and gauge. What do they mean?"

The clothing specialists say the word 'denier' designates the weight of the yarn used in making the hosiery. Rayon yarns used in hosiery vary from 150 denier, the heaviest yarn, to 50 denier, the finest. 'Gauge' indicates the sheerness of the stocking. The lower the denier number, and the higher the gauge number, the more sheer the stocking.

Of course sheer stockings are attractive, but they have to compete with vital war products for the yarn that goes into them. Sheer hosiery takes a strong yarn, one that can be spun out fine...and this same strong yarn is the kind needed for such things as parachutes and synthetic rubber products. So if you can't find sheer rayon hose whenever you'd like, remember it's not because of any government restriction on manufacturing them-- it's just that the yarn is going into more important products.

The main restrictions on the manufacture of rayon hosiery have to do with the construction and dyeing of the stockings. Rayon is so scarce, and so important to the war, that it must be put to the best use...and the best use in hosiery is



to make well-constructed hose that will give good wear. It would be a waste of rayon yarn to use it for poorly constructed hosiery. So the War Production Board has set up minimum specifications for rayon hose, and the OPA ceiling prices are based on these specifications.

This is the first time that hosiery construction has had to meet government requirements. By the way, the regulations also require inspection of the hosiery, but due to the manpower shortage this inspection isn't always as thorough as it might be. So examine rayon hose carefully before buying.

That should answer our letter about hosiery. Now on to a widely different subject. Our next letter is from a homemaker who asks, "How can I make sure my children are getting all the calcium they need? What foods should I stress in planning their meals?"

Although this letter asks about calcium for children, don't forget that everyone needs a good supply of calcium-- young, old, or in-between. Just recently, Dr. Henry C. Sherman, the chief of the Bureau of Human Nutrition and Home Economics, pointed out that in spite of the importance of calcium in the body, many Americans go through life calcium-poor. Calcium's absolutely necessary for building and repairing bones and teeth, and it also helps keep the blood, muscles, and nerves in good condition.

Children need from 1,000 to 1,400 milligrams of calcium a day...adults, about 800. Translating this into terms of food, a glassful of milk-- that is, half a pint-- gives you 265 milligrams of calcium, or about one-fourth of what a child needs every day. An average serving of turnip greens will give about 280 milligrams of calcium...an ounce of cheddar cheese, 250 milligrams.

Milk tops all other foods when it comes to supplying calcium, so use all the milk, and milk products, you possibly can in your meals. And don't waste any milk...even sour milk is good for cooking, you know.

Green vegetables come after milk in calcium-richness, so grow, or buy, as

many leafy green vegetables as you can, and serve them at least once a day. All the members of the cabbage family that have deep green loose leaves are good sources of calcium, and that includes broccoli, collards, and kale.

In addition to milk and leafy green vegetables, other good foods for calcium are dried beans...soybeans...eggs...and molasses.

Our bodies can build up reserves of calcium, to use when the daily supply runs low, so during spring and summer make good use of milk and milk products, leafy green vegetables, and eggs, to help your family build up a good backlog of calcium. Then they can draw on this backlog during the seasons when calcium-rich foods aren't so plentiful.

We've just mentioned eggs as a good calcium food. Now here's a letter about using eggs. This writer says, "I'd like to know how to make the kind of egg noodles that you drop right into the soup, instead of rolling and cutting them. I believe they are sometimes called 'drop noodles.'"

The home economists have a recipe for these drop noodles. They also call them "quick egg noodles." To make these noodles, beat up one or two eggs with a little salt until the eggs are foamy...then blend in 2 tablespoons of flour for each egg. Have the broth simmering...pour in the noodle mixture in a fine steady stream. Cook 2 minutes, and don't overcook, or the noodles will get tough.

These quick egg noodles make a nice extra touch for any kind of soup, whether it has a meat, cream, or vegetable base. And the use of eggs gives you an opportunity to make the soup more nourishing, and of course eggs are one of our plentiful foods right now.

