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WEDNESDAY, Nov. 22, 1933

3 Hh  
HOUSEKEEPERS' CHAT

(FOR BROADCAST USE ONLY)

SUBJECT: "MEALS FOR UNDERWEIGHTS." Information from the Bureau of Home Economics, U.S.D.A.

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In one of our chats last week, the plump ladies, who wanted to lose weight, had the attention. Perhaps you remember that we talked over the right way to go at this job of reducing--and why. Well, today, just to prove that I'm not partial, I'm going to give my thin friends the center of the stage. And I'll tell you what I've learned about ways to put on weight.

Of course, we all know that slenderness is the style these days. The trim, youthful figure gets the admiration generally. But being slim is one thing. And being lean and lanky is quite another. Haven't you noticed that the woman who is too thin often appears older than her age--has that gaunt, worn look? Most people find curves more attractive than sharp corners. Nobody admires a combination of skin and bones and wrinkles.

But this matter of looks isn't the only disadvantage in being underweight. Health and dispositions suffer as well as looks. Just think over the underweight people you know and see if that isn't true. Now, for example, there's skinny Mrs. Brown, just a bundle of nerves, who nags her husband and children out of house and home. Then there's that fidgetty, fretting little Miss Black, who's always in a stew over something, who can't sleep at night for worrying, and who never gets any fun out of life. And then there's poor Mrs. Smith, who is continually overdoing, always ailing, catching every germ that blows her way.

A little more upholstery over high-tension nerves--that's what most of these friends need to solve their difficulties. You know, sometimes a little extra padding is better than rose-colored glasses for making life look more cheerful.

The specialists tell me that the best guides we now have for correct weights are the averages that the insurance companies give for height and age. Of course, in using these averages, you have to allow a little leeway for your special build. For example, a short person with broad shoulders and wide hip-bones will naturally weigh more than another person of the same height with smaller bones. The insurance company records show another interesting fact about weight. They show that young people are safer if they are over the average in weight, but that, once past thirty-five, safety lies in keeping a few pounds below.

Lots of underweight people don't realize how much unnecessary fatigue and nervous strain they endure. Of course, a few pounds under won't make much difference, but if you are fifteen or twenty percent underweight, better make



a definite effort to acquire more flesh. Underweight young people are particularly prone to tuberculosis and pneumonia.

So, you see, the thin lady has as much of a problem as the fat lady. And the wise way for her to solve it is by diet and rest and proper exercise. Let's talk about the thin lady's meals first. The specialists insist that food is the big factor in weight. The amount and kind of nourishment you assimilate tells the tale of whether you gain or lose or stay "as is". Perhaps you remember that we mentioned last week that, fat or thin, you need a foundation of protective foods, foods that protect your health--a safe quota of protein, minerals and vitamins. That's why we all need some milk, eggs, fruits and vegetables. On this safe foundation, you can build according to your weight. The thin person will add a generous supply of fattening or energy foods. She'll try, wherever possible, to increase her calories, while the fat lady will cut down on her calories. What are these fattening foods? Well, the starches, the sugars, the fats--and all dishes containing a good deal of them.

Let's discuss the different kinds of foods and see how to fit them into a fattening diet. Let's start off with that very important food--milk. If you want to gain, help yourself liberally to whole milk. You can drink it in place of part of the water you take at meals, and you can indulge in mid-afternoon or bedtime milk shakes, fixed up with ice cream or whipped cream, fruit juices or egg. Rich whole milk or full-cream cheese, butter and cream help you raise your daily calories.

Now about bread and cereals. The specialists suggest using both white and dark bread as well as breakfast foods. You know that the whole-grain products help supply minerals and vitamins. The plump person stays away from hot breads because they tempt her to use butter freely, but her thin sister can do just the opposite. Butter and cream not only whoop up the calories, but also help you enjoy your breads and cereals.

Vegetables and fruits? O.K. for everybody. You need plenty of these whether you are trying to gain or lose. Yes, thin people need even the watery green vegetables and tomatoes and oranges. Though these don't go in the fattening class, they help supply the minerals and vitamins and bulk or roughage we all need. And they help the appetite. You can raise your calories by serving your vegetables with butter or cream sauce or salad dressing and by sweetening your fruits.

Now we come to the fourth class of foods--the fats and sweets. If you want to gain, season as liberally as you can with fats and sugars; enjoy rich gravies and sauces, add a little jelly or marmalade here and there, use plenty of salad dressing, eat what you comfortable can of cakes and pies and puddings. Eat candy or nuts now and then.

Finally, the protein group--meat, fish, poultry and eggs. Thin people can eat fatter kinds of meat like fresh pork, ham and bacon. And you can indulge in the richer kinds of fish like salmon and sardines, herring and mackerel.

The specialists have a few last words of comfort to add to all this advice. They say no one should feel discouraged if she doesn't get quick results from her diet. Slow and steady and comfortable--that's the best kind of gain to make. If you try to eat too much and put on weight too fast, you may spoil your appetite and overtax your digestion. One to two pounds a week is enough.



I don't have to mention to you that rest and sleep, fresh air and sunshine, and mild exercise all go hand in hand with your good diet for successful results. Some women lack appetite just from weariness--and don't know it. Others need exercise to wake their appetites. Some people don't make the most of their food because of nerves and worry. And, between you and me, a few people I know scrap at mealtimes. A family quarrel can spoil the best food in the world.

Tomorrow: "Labels and Advertisements."

