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Cod Liver Oil- Not a Medicine But a Food

Miriam E. Lowenberg
Iowa State College

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By MIRIAM E.
LOWENBERG

COMES NOW NOVEMBER with its bleak, brief days and the reminder that it’s time to increase Little Son’s summer quota of 1/3 teaspoonful cod-liver oil to a full teaspoon. Sunless days increase the need for vitamin D, and vitamin in cod-liver oil has an effect similar to the action of sun’s rays on a substance under the skin.

Cod-liver oil comes in a bottle from the drug store, but it isn’t a medicine—it’s a food. It isn’t a dosage to make people well, but a food needed, especially by infants and children, to keep them well.

Vitamin D, or the “sunshine vitamin,” promotes good bone formation and therefore it prevents rickets. Crooked legs or bodies may be the result of too little vitamin D in the diet. This applies particularly to the childhood diet when bones are forming fast. Lack of sufficient vitamin D also has been found to decrease linear length of bones—bones are not only likely to be deformed, but they also do not grow to their full length.

Cod-liver oil is rich in vitamin D and although the contribution of this one vitamin is reason enough for feeding cod-liver oil to both children and adults, there are other food elements it provides. Another vitamin, A, creates healthy tissues in the respiratory and gastro-intestinal tracts. It has been found to lessen possibility of infection in these tissues. That is why taking cod-liver oil is advocated in the fall and winter particularly, because it is an aid to prevention of colds.

Cod-liver oil also contains free fatty acids necessary to nutrition. These are rather important to the infant, because it receives no fats other than milk fats. We know little about these fatty acids, except that they are necessary to health and growth.

Another contribution of cod-liver oil to the diet is iodine. Since our soil in this region does not contain iodine, this goiter-preventing food element is definitely lacking in the diet. Adults may take it through iodized salt. The child’s daily teaspoonful of oil guarantees the daily quota of iodine.

Commercial brands of cod-liver oil vary in vitamin content. Most of the well-known, reliable brands, however, are now standardized to contain at least 350 to 400 units per teaspoonful. Some contain more. Since this (350–400 units) is the amount the normal child and adult should have, a teaspoonful daily is recommended for winter months. When the vitamin content is higher, less should be given.

In the summer, instead of discontinuing the child’s cod-liver oil, it is best to keep up the daily habit, cutting down the amount to 1/3 teaspoonful. Children who have rickets, and pregnant women, need more, but under a doctor’s direction.

Only brands put out by reliable drug companies should be purchased. Vitamin content can vary greatly, depending on, among other things, (1) the way the fish livers are handled before and during extraction of the oil, (2) the amount and kind of food the fish have eaten, and (3) the age of the fish. Since these are things the buyer cannot control, it is important to buy the fish oil put up by a reliable firm, to insure vitamin potency or concentration of vitamins. Use the kind manufactured by a company that has a laboratory to test vitamin content.

Children can be fed too much vitamin D. That is why it is important to watch the labels for content in the oil. Too much vitamin D has been found to cause lack of appetite for other foods and to keep the child from gaining as well as he should.

There are many concentrates of fish oils and vitamins on the market. Young Donald likes his cod-liver oil—in fact he cries for it. His mother started him early and feeds it to him every day in small portions.
COD-LIVER OIL STAINS

The simplest rule for avoiding cod-liver oil stains in children's garments is to feed the oil to the child when he is completely undressed for his bath. Once the damage is done rinse the garment (if washable) immediately in warm, soapy water. Cod-liver oil forms a stain which soon turns brown. When this has happened, use a bleach; be careful to wash and rinse the garment thoroughly so that the bleach will not injure the child's skin.

In woollens, remove cod-liver oil stains immediately with carbon tetrachloride.

in the form of capsules. The advantages of feeding infants and children the regular oil form, however, are that the oil itself is necessary in their diets and also that it makes the vitamins more soluble. Adult diets contain more fat and they may use capsule concentrated forms if they dislike the flavor of fish oil.

Children who have been "brought up" on cod-liver oil will not mind the taste—in fact, young children grow to like their cod-liver oil feeding. The secret of getting them to take it without a murmur is to start them young and feed them small amounts. Drowning the child with oil the first few times will be bound to create a dislike. Use a small coffee spoon and let him take it in small amounts so that he will not strangle. Do not feed the oil in another food, such as orange juice. This may create dislike for the orange juice.

Keep the cod-liver oil in a dark, cool place to avoid its becoming rancid. A refrigerator is the best place for it. An experiment in which the last doses in a large number of bottles were tested resulted in the following conclusions:

1. Buy only a 6-weeks' supply at one time.
2. Buy only a reputable brand.
3. Wipe the lip of the bottle after pouring out the day's amount. Otherwise the oil becomes rancid—this decreases vitamin potency.
4. Store in a dry, dark, cool place. Light, heat and moisture cause changes in the oil which decrease vitamin content.

There is no age at which to "stop" taking cod-liver oil. It is advisable for normal persons to continue the use of this food throughout life, decreasing the amount in the summer months. It is believed that more normal, healthy bones and better health will result even in adults from the life-time habit of some cod-liver oil every day.

Cooking With FROZEN EGG YOLKS

NOW THAT eggs are scarce and the price is going up, some of you are probably beginning to use some of the divided eggs you put into your refrigerated lockers last spring. The thawed whites, you have found, come out exactly as they go in, but the thawed yolks may have been thick, looking somewhat like a rich, golden cold cream.

Workers at the Iowa Station have not yet discovered why the consistency of some yolks does not change while others thicken after they have been refrigerated. But they have found that the thick yolks may be used very satisfactorily by following a few simple suggestions.

Thawed yolks to be used in cakes, cookies, custards, puddings, ice cream and bread dough—recipes calling for sugar—may be mixed thoroughly with the sugar or the sugar and fat until the whole mixture is light and fluffy.

In recipes calling for a small amount of sugar such as pancakes, waffles, muffins and other hot breads, the yolks may be beaten with one tablespoonful of hot water for each yolk. If beaten long enough the yolks become almost as light as beaten whites. The amount of water used is subtracted from the total amount of liquid in the recipe.

For omelette, the yolks may be beaten with hot water before adding the beaten whites. For scrambled eggs one yolk may be mixed with one tablespoonful of milk or cream before combining with the whites. For noodles, two yolks and one tablespoonful of water will take up about three-fourths cup of flour, the standard recipe for noodles.

If you want to use most of the frozen whites for white cakes and meringue desserts, the yolks may be used alone in custards, puddings, ice creams, breads, noodles, cookies and meat and fish loaves by using two yolks for each whole egg called for in the recipe.

In case you have forgotten—1 1/2 tablespoonsfuls of white and 1 tablespoonful of yolk equal 1 whole egg.