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The Reason for the Addled Egg

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work was done and at one o'clock school was called again.

"An inspection of the improvised kitchen showed us a row of tincups hanging on one side of the wall. Each child had his own drinking cup and used it. Boiling water was kept in a cooler in one corner. The water pails contained water for washing. Each child emptied his own basin and kept an individual towel on a hook just inside the school door. In some cases where more than one child came from a family the children had a 'family towel.'

"In the cupboard were few utensils. Two pails which could be used as a double boiler in making cocoa, some tin cups for serving, a baking pan, a box of scouring powder and some large spoons had been found adequate.

"Mrs. Schultz told us that every morning a nearby farmer left several quarts of milk at the school and the cost was divided among the children's families at the end of every month. Eggs, potatoes or other special food planned for the day, was donated.

"One of the most noticeable things about these children was that they had as much life in the afternoon as they had in the morning. They did not become listless and restless toward the end of the day as children who have lunched on a big breakfast and a banana or a pickle are certain to do.

"A visit around the community showed us that the parents were enthusiastic about the whole arrangement. One mother who had five children in school said that she had noticed an improvement in the health of every one of them since 'hot lunch had been started at school.'"

The country schools which are still tolerating cold lunches and those in which a hot lunch has deteriorated into the mere setting of a coffee pot on the stove in the noon, may use the Big Springs school as an example.

A HOME SCORE CARD.

For many years farm and home products have been scored at fairs. In recent years babies have been scored at Baby Health Contests and now Dr. Caroline Elizabeth McCormick Memorial Fund, Hedger in charge of Child Welfare Work, Chicago, has prepared a health score card for children of different ages so that the parents can score them at home.

This score card is prepared in booklet form with full directions for use and kindly admonitions to parents to play the game squarely.

First of all there is a score for parents in care of children; not a score for parents health, but a score for the care they give their children. There is a score card for a baby from birth to nine months, and from nine months to two years. The child from two to six scores the mother and the adolescent girl, each have separate score cards.

It has been necessary to charge a small fee to cover cost but the entire booklet may be purchased for 25c. The child from birth to nine months, and from nine months to two years. The child from two to six is 2c. This can be ordered through Margaret M. Baker, Specialist in Foods and Nutrition, Extension Service, Ames, Iowa.

The Reason for the Added Egg

By C. H. PLUNKETT

"WHAT IS so rare as a good egg in September or October? If ever there come perfect eggs, it seems my tough luck to miss them."

This thought no doubt comes thru the mind of many a housewife as she breaks open a big box of eggs, and finds only a few that are usable.

Eggs rank with bread, milk and potatoes as one of the well nigh indispensable items of food. Since they are such an important part of the family food budget, the housewife is vitally concerned about a steady and continuous supply of them at reasonable prices and of good quality.

Price and quality long since have been divorced. Price changes from time to time but quality in so far as the housewife who buys her eggs is concerned, remains ever the same—"pump." These conditions exist but what can she do about them? Scold the baby and complain to "hubby" when he comes home? Well yes, but how far will that get her toward a remedy? To point out a few remedies, for prevailing conditions, is one of the main objects of this story.

There is no secret about egg marketing processes, and no law against the housewives' studying them with the full purpose of finding out where the trouble lies and what she can do toward making it mild.

Figures from city markets show that egg production exceeds consumption only during the months of March, April, May, June and July, leaving a period of seven months when normal consumption is greater than supply. That we do not go more or less eggless during these months is due to modern cold storage methods, whereby the spring surplus can be stored and used during periods of scarcity.

Eggs, when laid, aside from variation in size, are a very uniform product. But between the new laid egg and the egg that the housewife buys on the market, there is a vast discrepancy, as she knows only too well from bitter experience. A few of the disease factors which cause eggs to deteriorate while on their way to market, will be given below.

The actual age of an egg is of much less importance than its environment. Wetting an egg shell is apt to result in the dissolving of the gelatinous coating by which it is normally protected. The contents will evaporate and leave the egg stale. Odors are absorbed, giving it a bad flavor. Bacteria creep in and cause rotting. Molds begin to grow and give the egg a musky flavor. Heat hastens all these processes, in addition to causing the development of blood rings in fertile eggs. Incubation goes on slowly between 65° and 103° Fahrenheit, and rapidly between 103° and 107° F.

Strawboard fillers which hold eggs in cold storage are largely responsible for the characteristic "cold storage taste" of cold storage eggs. Moreover eggs, when taken from cold temperatures into warmer ones, will "sweat" or collect moisture and odors from the surrounding air.

It is apparent, then, that if the consumer is to have a good edible egg, it must be guarded from the time it is laid, against excessive moisture, heat and strong odors. This means a revision of the habits of, first, the farmer who lets his hens have nests in the open air, and hails his eggs to market without protection from rain and sun; second, the small dealer who leaves eggs in the sun at the railroad station; third, the retailer who leaves them in his stone window exposed to heat and sun; and fourth, the housewife who keeps them in a moist cellar, an odiferous ice box or a warm kitchen.

The country merchant who buys eggs from the farmer to get his trade buys on case count basis and sells to surrounding buyers on the same basis. As a result, no effort is made to secure good eggs. The wholesaler or buyer usually repacks the eggs but may or may not grade or candal them. He gets quotations from city markets, and sells by wire, usually in car load lots.

Eggs are graded according to size, cleanliness, cracks, color, freshness and firmness of body. Grade A eggs are fresh, large weight, 45 pounds per case of 30 dozen, clean and sound-shelled. Second grades may be any one or a mixture of the following: small, clean, sound-shelled, fresh eggs; clean, large, sound-shelled, stale eggs, or eggs with incipient chick development, not yet developed to the point of blood rings. Dirlies are all variations of size and freshness and are sold at low prices. Discards are spots, blood rings and checks.

There is a decided loss due to careless handling by collectors and wholesale dealers. Records kept in New York City for one year, according to the New York Bureau of Markets, show that shipments of eggs from 9 states shipped into New York as fresh eggs, 64.4 percent firsts, 10.5 percent dirlies, 9 percent cracks, and 3.5 per-
A Well Packed Portable Case of First Grades
Notice the Uniformity in Size and Color

Ringgold County's Health Campaign

IOWA WAS THE first state to put on a baby contest at a state fair.

And now Iowa, by putting on a three month’s nutrition campaign, is “first” again. Ringgold county is first of all the counties to take up the work.

Last year the Red Cross county nurse weighed and measured all the youngsters in the schools over the county and found 24 percent of them to be seriously under-weight. A large percentage of them were country children. The fathers and mothers looked at each other and then at their children and said, “How come? Our boys top the market but our children are under-weight!” It was plain that the feeding problem had become commercialize.

Now the farm bureau in Ringgold county put their heads together and decided that their county should have a nutrition campaign with a specially trained leader for three months. The county agent, J. A. Bliss, went to the Extension Department of Iowa State College and asked for such a leader. The Extension Depart-ment immediately made plans for the first county wide nutrition campaign ever put on in Iowa or any other state.

After the county agent and the Red Cross and several other organizations had paved the way by diligent advertising for the preliminary meetings, Miss Elizabeth Storm, an Iowa State College graduate, went to Ringgold county September first to start the campaign.

In the first week she made eighteen talks, organized classes in food study, made arrangements for exhibits, visited schools and held private conferences. Since then the days have been full of meetings and school visits.

Sometimes Miss Storm goes out with the county agent for his poultry culling demonstrations and after the men and women have learned to know a good healthy, profitable hen when they see and feel one, she explains how to discover malnutrition in children, how it is caused and how it may be cured.

At the township farm bureau picnics Miss Storm stretches a cord from the Ford to a tree and hangs up her educational posters. On the running board of the same handy Ford are displayed the free bulletins on child health, food for the family, milk, etc. While the older boys play ball and pitch horseshoes and the parents visit, the youngsters walk solemnly around the picnics, reading and explaining to their younger brothers and sisters that this poor little rat didn’t have any milk protein and this nice fluffy rat had all he wanted.

Then the mothers come up and talk, too, about what their boys and girls need and how they coax them to eat it. One mother not long ago said, “James was so anxious for milk that he carried his cup and a macaroni stick down to the barn and his daddy milked right into his cup for him.”

One little school ten miles from a town, is especially proud of its nine scholars, for none of them are seriously under-