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C. L. Fitch

Iowa State College

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Storing the Winter's Supply of Vitamines
By C. L. Fitch, Agricultural Extension Department

Why worry over the pronunciation of vitamines? Let scientific George do it. He calls it Vi-ta-min, so we'll follow suit even in the face of the "New International". Of more importance to us is the supplying our daily menus with an abundance of these valuable foods. Now is the time to garner from garden, field and wood, and to put away for the winter's use.

In the home there is no better place for storing vegetables than the cellar of a house which does not contain a furnace. If a place in the cellar can be partitioned off under an unheated room, so much the better. Furnace-heated houses can have no suitable place for storing vegetables, except for squashes, sweet potatoes and pumpkins, unless a special vegetable cellar room or cave be prepared, well partitioned off, or better, outside the foundation walls under a porch or with a roof of its own. No furnace flues or steam or hot water pipes should go thru a vegetable storage. Unless a temperature of 40 degrees Fahrenheit or less can be secured for the most of the storage period it is not wise to try to store many vegetables.

Outside caves may be built cheaply for more or less temporary use, or may be made of concrete, clay blocks, or brick, to last a lifetime. Home caves should have doors at one end only, because with doors at both ends it is almost impossible to avoid freezing in severe weather. The cave door should be well fitted and there should be a hatchway or door over the steps leading down to the cave door. A ventilator should be provided in the roof at the back end. A sewer tile with the bell end up makes a very good ventilation flue. A concrete or brick floor, especially in the center, is desirable. In some cases a drain tile is needed to carry off the seepage.

Caves may be entered from the house cellar or from the porch. It sometimes is dangerous to open up a small outside cave in cold weather. If entered from the outside the cave should be as near as possible to the kitchen door.

Where used railroad ties or similar material can be secured, a very good cave may be built at small expense as follows: Dig a hole about five feet deep, as wide as the length of a tie and as long as desired. Set ties at intervals of two feet along the sides like posts; on top of them place ties for a plate; behind them, next to the earth, place boards or brush to hold back the dirt, and on top of the plate put a solid roof of the best ties, provide a doorway and doors at one end, and cover the top with straw and a sloping roof of earth.

For vegetables which are not injured by freezing weather begins, stored in convenient piles and covered to protect them from repeated freezing and thawing. They should not be stored unti the ground is frozen and then they should be frozen solid and put away in the pit. The idea is to keep them continuously frozen or to have very few and gradual freezings and thawings. The box or barrel should be covered first with a piece of burlap or canvas, then with a mouse-proof board cover, and finally with straw or similar material. When taken from the pit the vegetables may be thawed out over night in cold water, after which they often may be kept in ordinary storage for a considerable length of time.

Pits for keeping vegetables cold and free from frost are not very reliable unless great care and thoughtfulness be used, but they are cheap and have a useful place where caves or cellars are not to be had. It is usual to dig a trench about two feet deep, as long as needed and up to four feet wide, and in it to place the vegetables in a pointed pile and to cover them with a foot of straw and then with a layer of six to eight inches of earth. It is still better to put on a layer of straw with a light covering of earth, and then later more straw and earth as the weather gets colder. This makes two dead air spaces. At first in the fall the very top is left covered only with the straw to allow ventilation and avoid heating. Later the earth covering is made complete. In severe weather the whole pit and the ground near it may be covered with manure. Those who do not have straw may use instead the strawy manure supply for the next year's garden, protecting the vegetables by covering them first with newspapers and earth, or they may use leaves or lawn clippings.

Pits are entered by chopping a hole thru the frozen earth at one end, large enough to reach or crawl into, and afterwards keeping the hole stuffed and covered most carefully and deeply with straw or old sacks, both.

Sand boxes in cellars or caves, and shelves in an upstairs room or in a dry cellar near the furnace, are well adapted for the storage of certain vegetables.

Below follows a list of common vegetables and how to store them.

**Potatoes** are best stored in covered barrels or small bins. In crates or shallow piles they lose too much moisture and shrivel. They must not be stored in...
plies that are too large, because they heat and may keep poorly or sprout in the center of the pile. No potato should be more than four feet from air. Care should be taken to keep earth out of the potatoes, as much of it in any one place in the pile may prevent ventilation and cause heating and rotting. A few potatoes in a cold cellar are far more apt to freeze than those in a large pile.

Potatoes should be kept absolutely dark to prevent greening by light. Freezing destroys potatoes. No potatoes should be purchased for storage that are dug after the ground is crusted with frost, because this prevents the moisture from frosted potatoes. All those toughed by frost will spoil, one after another. Do not buy potatoes in sacks that show wet places due to a frosted potato.

Potatoes and many other vegetables that require a storage room should not be too dry or too well ventilated. In some cases a damp earth floor or the sprinkling of the floor helps keep vegetables crisp. It is in this respect that pits excel.

**Cabbage** is not injured by moderate frost. Late varieties, perfectly sound and not too ripe, are the only ones fit for storage. To wrap cabbages in paper and to leave on the outer leaves helps keep them crisp. For use after Christmas, most cabbages is best stored frozen solid over me as a protection from the falling shaw. They are kept on shelves in a very dry place. They need not be kept specially cool.

**Parsnips, Parsley, Vegetable Oyster, Horseradish,** may be kept in the ground where grown all winter.

**OYSTER, HORSERADISH, PUMPKINS,** must be well ripened and cured. They must be free from bruises. They are best kept on shelves as vegetables.

**SQUASHES, SWEET POTATOES,** may be kept for storage that are dug after the ground is crust with frost. Beets and other vegetables mentioned under beets and parsnips, also may be stored with the roots planted in sand or earth as above indicated.

**GARLIC** should be thoroughly cured as are onions, or it may be braided by the tops into strings which are hung up in dry places for curing and storing.

**GROUND CHERRIES OR HUSK TOMATOES** may be stored for some weeks in the husk in thin layers in a dry place, free from frost.

**TOMATOES** may be kept until about Thanksgiving by bringing the well-matured green tomatoes or the vines with the tomatoes on, into the cellar or cave in the fall. Most of the tomatoes will remain and be available for use after Christmas as long as they color up. The tomatoes may be placed on shelves or in boxes, and the vines may be hung up.

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**First Hand Acquaintance With Tokyo's Earthquake**

By KATHERINE CRANOR, Househol Art Department

**AFTER** having spent a most delightful summer in the Orient, feeling that it had been rich in worthwhile experiences, I returned home on August 31, making the final arrangements for my sailing on September 4. My last bit of sightseeing was to be a day in Tokyo and a night in Yokahama the next day.

On the first morning of September at 12:40, I arrived in Tokyo. When I had been in my Rickshaw for ten minutes, I heard a queer rumbling sound and immediately looking around, saw that the houses everywhere were shaking. At the same moment it seemed that the very earth was being wrenched from under us and I immediately realized that we were in the process of an earthquake. It was my first experience with anything of the kind. My first impulse naturally was to consider some means of escape. The houses on both sides of the street were falling toward me. I could see no possible escape from death but I was perfectly calm and had no feeling of fear, nor did I have a regret. My only thought was, "My family will never know what became of me." As soon as the Rickshaw man took in the situation, he seized my wrist and helped me to the ground, placed me as nearly under the Rickshaw as possible, held on to me and doubled his own body over me as a protection from the falling tiles and timber. In an instant we were folded in with the ruins of two buildings. Imagine my astonishment when I found myself only covered with light debris and practically uninjured, save a few bruises.

The earthquake continued with great violence. I am told that the first shock lasted for one minute. It seemed that it had not really ceased when a second terrible shock came. It is said that this one was practically continuous for ten minutes. Buildings were still falling, so my hope of escape lay in keeping quiet. I looked, and as far as I could see, every building on the street had fallen, only the front of one building remained. The ones where we happened to be were two story buildings. The fact that we were living was nothing short of a miracle. We remained here in the ruins for some time, vainly hoping that the earth would cease to shake.

The ruins everywhere were in flames. Policemen and relief workers were carrying out the dead and wounded—it was a sight. Many old men and women, and little children, covered with blood and terribly mangled, were being carried on stretchers or on the backs of men and women to places of safety. I heard a policeman realize that the fire was closing in around us, and we were beginning to feel the heat. Many people were going past so I motioned the Rickshaw man and made him understand that we too must go. We started immediately, picking our way as best we could thru the ruins, hastening lest the fire overtake us before we reached an open space. In a short time we were at the entrance of the Palace Grounds. We went in. Hundreds of Japanese had already arrived. The Rickshaw man found a tree for me and motioned me to hold on to it. The policeman who had carried me to the tree remained here in the ruins for some time, vainly hoping that the earth would cease to shake.

The fire continued burning. We started at once and proceeded along the river. We started at once and proceeded around, so I had the man stop here.

After a time the Rickshaw man came back and said, thru the interpreter he had provided, that he was very anxious about his family but was not willing to leave until he had taken me to a place of safety. I realized that there was no such place, but I wanted to find English speaking people so I said, "Take me to the Imperial Hotel If we can go on a wide street." He suggested that we might go along the river. We started at once and were soon in the large open square in front of the Station Hotel. I saw that the center of the square would be out of reach of falling buildings and safe from the fire for a little while. Then, too, some English people were walking around, so I had the man stop here.

Refugees from every quarter began to come in. There were carts, Rickshaws, and people laden down with household goods