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Winter Diets and the Elusive Mineral

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Specific Helps on Everyday Teaching Problems
Address Given at State Home Economics Convention

By FLORENCE E. BUSSE, Professor of Home Economics

THE HEALTH ideal has been sold to the public. It has found its way into most of our schools. The same ideal has been caught by the general public and we find much of the current advertising recognizes this fact. "Fresh Air Brings Refreshing Sleep" was the advertisement for a special screen I found in one of this month's magazines. "Science Speaks—High Authorities Prove Remarkable Health Value" of a certain gelatin. A peach and fig company claim for their product "Health Protection for the Homes of America." A sleeping garment company insists in large letters that "your child's health depends on the kind of sleeping garment he wears." The public in general seems to think of health.

This health ideal now offers a challenge to our schools. It challenges our subject matter. It rattles the bones of physiology. It challenges our school conditions, our seating, our lighting, our ventilation, our heating, the care of the rooms and toilets, our hours, the plan for the time of the children.

I have been noticing most interestingly in a certain school that the children start at the beginning of their school life wide-eyed and well. I have noticed that the percentage of underweight increases materially in the second grade. Either the school's own plan for the well being of the children has failed miserably or else we are missing the great opportunity of teaching health fundamentals which really function.

I looked into the tired little face of a six year old last week. His eyes were wide with wonder as he watched one of the students bring in the little boys and girls. The splendid teacher sensed my apprehension and said: "Charles leaves home at seven o'clock to come on the bus. " And what time does he get home again?" I asked. "He has to wait for school to dismiss so it makes it five o'clock when he reaches home." A ten hour day for our six year old with no child labor law to regulate it! No provision is made in the school for a place for him to rest, to stretch his poor tired little self to sleep when he is weary.

May I stop here to say a word in defense of rest. If some provision were made so that those who were not making the gains they should, could actually have an opportunity to rest, I feel that a splendid step would have been taken to give children much needed help. In this school there was not one place for that little boy to rest, save one uncomfortable cot in the teachers' rest room. Will there not be some day in the next few hundred and ten days when that teacher, sensing overeating in that hungry boy, might say, "Charles, you are excused from your lessons now. You may go to the quiet room, stretch out on the army cot, pull the blanket over you. Open the window and rest until I call you." I often wonder if all our indifference to rest is due to the scorn of Mrs. Rip Van Winkle for her husband. We must plan for a means of rest in our schools if we are to deal with the present physical conditions of students.

The health ideal challenges the teacher herself. She must live this health ideal. Does she plan her time well? Does she include in her busy schedule some time for rollicking, refreshing play? Does she protect her body with sufficient clothing or does she overload it? Does she eat the right kind of food at regular times? Does she indulge in too many late hours, either in gay frivolity, reading or embroidery or slavish devotion to her work?

The successful health teacher is the one who sells the idea without much talk. Clear eyes, healthy skin, poise, buoyancy, all the gains they should, could actually have were laboriously won. The teacher then who would analyze her methods will recognize that the first fundamental factor rests with herself. She cannot sell if she herself will not buy. She herself is the proof that health is a vital, desirable thing and that she is willing to make any sacrifice to develop and keep what she has.

There is not time to discuss: In what (Continued on Page 13)

Winter Diets and the Elusive Mineral

By LUCILE BARTA

IF PERCHANCE you are one of the rare individuals who passes thru winter without colds or grip, or one whose vitality at the close of winter is 98.44%, then you will not be interested in my story. However if you are not, and if by next March you will be "below par" and will have had several colds of varied duration and intensity, then perhaps a timely word on diets and minerals in particular may be amiss.

Summer, bountiful with fruits and vegetables and lazy breezes, tempts us to dishes crisp, cool and healthful. Delicious greens and fresh fruits serve as guardians of our well-being. But when winter's icy winds put Nature's herbs into hiding, and urge diets rich and heavy, then we must take cognizance of what we eat.

Here enter steaming suet and plum puddings, fruit cakes, delicious roasts and gravies, golden cakes, sausages and hot breads. If we watch not, our appetites betray us to congestion and weakened vitality. It is at this juncture that diets talk loud.

Brisk exercise in cold winds call for added heat that must be obtained mainly from carbohydrates and fats. These are very readily supplied in breads, cereals, gravies, potatoes and pastries. However the wise menu will include with "energy" foods, those that give "tone" to muscle and blood. Here enter the minerals!

If minerals then are so desirable, where can we obtain them in the foods available during winter?

Milk, vegetables and fruits supply a major portion. Some of these seem comparatively costly during winter but money expended for the benefits better net results than that spent for rich desserts and meats.

Squash, pumpkin, sauerkraut, spinach, string beans, corn and tomatoes are all among the important vegetables and make possible an interesting variety. Fortunately are the homemakers who can vegetables and fruit during the plentiful season, for the home canned foods average about one-third to one-half the cost of commercially canned. The use of dried vegetables, particularly peas and beans furnishes a capital inexpensive yet highly nutritious food.

The lowly carrot, beet, rutabaga, turnip and parsnip constitute a veritable mine of good health. If the water in which the vegetable is cooked is used, its food value is decidedly increased. Fried parsnips, brown and tasty, followed by Harvard beets, rich at least in color, dis­guise their lowly estate.

Lettuces is king of raw vegetables but celery and cabbage run a close second. Head lettuce salad or cabbage and pineapple salad offer freshness to an otherwise heavy meal. Carrot salad of celery, marinated raw carrots and dressing, with possibly nuts, is a new dish in some households and a most delicious one. Try it.

And thanks be for oranges and grape­fruit! They are at their best when other fruits are hard to obtain. The more of these that grace the menu, the better. Beginning with sliced oranges or orange juice at breakfast, and ending with cocktail or salad at dinner their pleasant use should be provided for. A salad of pineapple, cubed grapefruit and mayonnaise will delight many that tire of "just grapefruit."

Prunes, often spurned and rejected, are excellent in the winter diet. Ingenuity of the homemaker must be exercised to find new connections in which to use them. Some of these are Norwegian prune pudding, prune whip, and prune tarts.
Apples, the bounty of the Lord! The dozens of apple recipes found in home-aid books speaks of the popularity of this fruit. Apple critters, apple pie, fried apples, baked apples, candied apples, apple sauce, Waldorf salad, apple taploca and Brown Betty offer this excellent food in tempting disguise. "An apple a day keeps the doctor away" indicates the faith many have in this fruit.

These food hints make no pretense of covering all possibilities, but they prove that perhaps might be slighted. Meat, particularly lean beef, could be mentioned here but there is seldom much danger of a lack of meat in the average American diet. The affinity of the American for his steak is well known.

In this heavy use of meat and starchy foods, the small use of vegetables and fruit, so characteristic of many winter diets, that make for weakened vitality and high susceptibility, Grandmother resorted to tonics that would vie with the products of the witches' cauldron but a careful diet should keep one so fit that there is no need of special tonics.

Somewhat distantly related to this topic in general but very closely related to the subject of health is the matter of drinking water. If there is any one thing that serves as showers from the clouds of health, that one is water. Indoor life and cold temperatures do not lead one to drink much water during January. Exceedingly helpful is the drinking before breakfast habit and as many glasses during the day as can be consumed, at least eight.

Floriculture is best defined as the art and science of growing flowers and ornamental plants. Demands for information on this subject come from two distinct groups. One group, highly professional and includes greenhouse men, wholesale and retail florists, seedsmen, nurserymen and bulb growers. The other group is largely composed of amateur flower lovers and home gardeners.

It is natural for woman to love flowers and many a member of the fair sex is more than an admirer of roses, crysanthemums, dahlias or gladioli. Some actually grow these flowers to such a state of perfection that many a professional florist would be ashamed to place his greenhouse product in competition with them. It is this near-professional type of amateur grower that prompted the writing of this article. Floriculture means more to some women than a mere hobby. To many, it is a profession and an extremely interesting one.

Floriculture as a Profession for Women

Flowering plants play a very important role in the home. The development of the home flower garden and conservatory as a major subject. Fundamental training in the growing of flowers is often a prerequisite to teaching positions in botany and nature study work in primary and high schools. Many women are profiting by their knowledge of floriculture by writing for various magazines and newspapers. Some famous books on floriculture were written by women. Mrs. Frances King, Louise Shelton, Grace Tabor, Helena Rutherford Ely and Harriet L. Keeler are writers whose books on flower growing will be found in every horticultural library.

Floriculture for Homemakers

The typical American home is not limited to activities within the house. The development of the yard and garden plays a very important part, and the wise homemaker will prepare herself to cope with these outdoor problems. The kitchen garden, the outdoor flower garden and the window garden all require a special knowledge if they are to be developed to the utmost. The products of these gardens in the form of cut flowers are used for home ornament. The proper arrangement of these cut flowers and plants within the home is expected of every housewife.

It is not as easy to grow flowers in the average living room as it is in the florist's greenhouse; therefore, the amateur flower lover must have fundamental training in plant growing. Knowing how to overcome the attacks of plant insects and diseases is of great value in making the home flower garden and conservatory a success. The unlimited variety of plants and seeds listed in seed and nursery catalogs presents a veritable Chinese puzzle to the inexperienced gardener.

Many homemakers get all of their garden education in the school of experience. This is a very slow process and the failures encountered often completely discourage the beginner. A safer method of solving the house plant and garden problems is to rely upon your Agricultural College and Experiment station. The staff in floriculture recognizes the predicament of the inexperienced amateur and is willing to render as much assistance as possible by means of publications, special lectures and courses in home gardening designed to meet the needs of the average Iowa homemaker.

Flowers should be a part of every Iowa home garden.