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## What's in an Egg...

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## What's in an Egg . . .

By Clara Gebhard Snyder

*This is the second in a series of stories written especially for the Homemaker by a prominent alumna. Mrs. Snyder is the director of the Foods and Nutrition Department of the Institute of American Poultry Industries, in Chicago.—The Editor.*

THE egg and poultry industry, like almost every other food industry, has a story to tell about its products—a story which, when told, should be of mutual benefit to the consumer and to the industry.

Telling this story is the task of the foods and nutrition department of the Institute of American Poultry Industries. In regard to eggs we agree heartily with this statement of Blunt and Cowan in their book, *Ultraviolet Light and Vitamin D in Nutrition*: "Physicians and nutritionists are realizing that the excellent campaign for increasing the use of milk could well be supplemented by a similar one for eggs, to the great advantage of babies, children and adults."

The work of our department up to the present time may be divided into two general types: (a) collecting available information about eggs and poultry, especially about their nutritive value and cookery qualities; (b) translating this information into the language and practice of consumers and retailers.

The means for accomplishing our aims are various, for they are the means employed by most educational organizations. But in spite of a variety of activities which to an outsider might perhaps seem somewhat planless, there are an underlying routine and definite objectives to which each activity contributes something.

Each month, for example, the foods department is responsible for a signed article to be published in the United States Egg and Poultry Magazine, the publication which serves as the mouthpiece of the Institute. Sometimes there are several articles in one issue. Most of our articles are based on information gathered through interviews, supplemented by library research. Besides the article there is a regular section in the magazine known as "Mrs. Snyder's Notebook," for which items of current interest from various sources are collected and condensed.

ANOTHER routine task is the preparation of releases which are sent out each month to the food editors of over 200 leading city dailies. Last year approximately 12,000 of these releases were sent out. Special articles are prepared on request, both for newspapers and magazines. Information is supplied to

writers, radio speakers and others who request it. Occasionally we take part in radio broadcasts. Cooperative work, usually in the form of cookery demonstrations, is carried on with newspaper cooking schools, household equipment sections in department stores and equipment manufacturers. Plans and suggestions for demonstrations or exhibits are sent out on request. Exhibits for conventions, food shows and poultry shows in which the Institute takes part are prepared. Many invitations are accepted annually to talk to women's clubs, P. T. A. groups, and housewives' leagues.

The preparation of informational pamphlets, such as "The Nation's Egg Supply," "What's in an Egg" and "Let's Have EGGS!" is still another part of our work. There is also the

preparation of carton inserts, such as those on modern cold storage and candling, which have just come off the press.

There are, of course, many miscellaneous activities. A few examples may, perhaps, serve to indicate the type. A year ago, on very short notice, plans for an "Autumn Egg Week" were made; special publicity was prepared and distributed. During one of the national dressed poultry contests 2,500 women, mainly teachers, dietitians and club leaders, were invited to make a tour of one of Chicago's large cold storage plants—our Community Refrigerator Tour, we called it. Parties must, of course, have refreshments, so hot chicken soup and egg sandwiches, made from refrigerated products, were served, and guests were introduced to frozen eggs by means of a dessert made from them.

A growing bibliography of egg and poultry literature requires continual changing to be kept up to date. Recipes must be tested before they may be published.

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## Soda Pop Is Good for You . . .

By Evelyn Covault

AH, WHAT is so invigorating, so refreshing after an evening of dancing or bridge as a bottle of good old soda water? It is cold; it is sweet; it quenches the thirst; its beautiful color appeals to the eye, and its flavor to the taste. All in all, could one ask for anything more delightful?

And now if you have a yearning for a bottle of pop, and have put it from you because you believed that this longed-for beverage had only these superficial qualities (and you are one who seeks merit in all things), or if you have denied yourself the pleasure of a cool, refreshing draught because you feared dread germs and noxious atoms lurked within the clear, sparkling fluid, fret no more! For carbonated drinks are free from poisons, bacteria, or any harmful constituents, and, what's more—they have a definite worth.

The Department of Physiological chemistry and Nutrition at Iowa State College recently conducted experiments on the food and nutritional values of carbonated beverages. These experiments, carefully controlled, showed rats, when given carbonated beverages in addition to an adequate basal diet, grew as well or even better than animals without. Their water-consumption and even their milk consumption, increased.

According to Professor J. H. Buchanan, under whose direction Professor V. E. Nelson and W. B. Cook conducted these experiments, the vitamin content may practically be disregarded. Of course, in some fruit drinks which contain real fruit

juice, such as many which are on the market today, there are vitamins in proportion to the amount of fruit juice used.

One of the most beneficial constituents is the carbon dioxide gas, which, as it stimulates respiration, has a therapeutic value. Then there are in many flavors fruit acids, principally citric acid and tartaric, as well as the phosphoric acid.

Probably the chief benefit is derived from the sugar, which is transformed in the body to "quick energy." The average six and one-half ounce bottle, usually purchasable for a nickel, contains about 12 percent cane sugar or 96 calories. Corn sugar is now advocated as a sweetening agent for soda water because a greater caloric content results. It is less sweet than cane sugar and must be used in larger amounts. At least 16 percent is necessary to equal 12 percent of cane sugar, thus raising the number of calories from 96 to 128.

It is interesting to note also that these beverages serve to stimulate the appetite—another point in their favor.

Dr. Buchanan stated that there is no question as to the general purity of the beverages. There is no sediment in them, as one can readily see upon examination. In some instances there may be the natural settlings from fruit juices, but this is not true of those synthetically flavored. Of course, the presence or absence of sediment may not mean either purity or impurity, but it is a fact that these are absolutely clear, and that adds to our enjoyment of them.

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freshmen as being one of the most outstanding talks ever given by a student.

Margaret is undecided as to her future work. She is a most enthusiastic foods major and would like to do experimental research or welfare work along this line. However, she is also "crazy about people" and is thinking of doing personnel work after her graduation. Whatever Margaret's chosen career, we're sure it will be successful.

### Pop Is Good for You

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Further experiments and investigations were carried on to determine conditions under which our popular brands of "pop" were prepared for market. The product is entirely wholesome, for all work is done through machine controlled processes. The bottles are washed in hot alkali to guarantee a perfectly sterile container. Syrup is now prepared in clean metal or glass-lined tanks. There is no contact with human hands. The better class of bottling plants put out a wholesome food drink which does not contain bacteria.

So eat, drink pop, and be merry, for no diseases, no poisoning, nothing but a healthy appetite will be the result!

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## What's in an Egg

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lished. Occasionally special testing must be done to enable us to answer special questions, or to acquaint us with the qualities of a product. For example, in order to talk intelligently with food manufacturers who use large quantities of eggs, it was essential to become familiar, through first-hand experience, with the qualities and performance of different types of eggs—fresh and refrigerated shell eggs, frozen eggs and dried eggs. In order to be able to speak with conviction about fresh and frozen poultry, drawn and undrawn poultry, we cooked dozens of birds, tasting and carefully judging both the uncooked and the cooked.

**A**T PRESENT several special problems are occupying much of our thought. One of these is the task of telling the consumer, especially the homemaker, the story of modern cold storage and of the service it renders, both to her and to the producer. It is our hope that eventually she will take full advantage of it in her household economy.

Another thing is the development of a plan for creating in trade channels nearest consumers an appreciation of the perishable nature of eggs. Still another is a plan for a survey of consumer preferences in eggs. These are the so-called *big* things. But around and between these larger activities are the many smaller ones, such as the preparation of the new turkey bulletin, "The All-American Bird," which has just been completed, and the carton inserts on storage and candling. At present we are testing recipes and preparing copy for a booklet on eggs in the low cost diet, and for some weeks now we have been collecting interesting information for an article on the uses of dried eggs. Another article, one of a series on refrigeration, must be prepared, and in our spare moments we will write the article on eggs and one on refrigeration which have been requested by two publications other than ours.

"Tell us about your work with the Institute of American Poultry Industries." That was the editor's request. Whether or not I have filled her assignment she is best able to judge. But one thing I *can* do, and that is to send hearty greetings to other alumnae, and to extend my sympathy to those who may be in for a similar assignment to "tell us about your work."

### The Fashions

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capelets of fur, which may be worn with wool suits or street dresses. Other coats are made with a fur top and cloth skirt, and sometimes matching muffs are seen. Even if you have hands that someone said were "little white snowflakes," you