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Don't Laugh at Anemia . . .

By Virginia Rowe

ARE you one of the thousands of college students who has recently discovered that he is anemic? Probably not, but you are likely to be interested anyway in knowing that there are really appallingly many of them nowadays in universities and colleges the world around.

Modern authorities tell us that there are three types of nutritional anemia. The first is caused by a general shortage of food calories. This type is probably most prevalent among the coeds, for it is a common result of the "reduction diets." The best means of preventing this caloric anemia is, of course, to eat the proper ration of food per day.

Since women are not considered grown until they are twenty-five years of age and men not until they are thirty, we can see that the average college man or woman should eat the average number of calories for adults, 2,300 per day, plus enough more to replace all the tissue which has been used up. Some of us require less than this number and others more, depending upon our size and the exercise we take.

The second type of anemia, and the most recently discovered, is that caused by a shortage or complete lack of vitamins. The study of vitamins is so comparatively recent that most authorities still have little information to give on diseases caused by the absence or presence of them. However, they feel that all of the vitamins are necessary to a well-balanced diet.

THE third type, and perhaps the most generally known one, is the kind caused by too little mineral. It has been known for some time that raw liver contains iron, which is necessary for the prevention of anemia. This can be found in other sources, such as spinach, but only in quantities large enough to maintain health if the body is already healthy.

If you are already anemic, your physician will probably prescribe some form of iron capsules or liquid. One concentrate of iron is of such strength that 10 cubic centimeters of it are equal to 100 grams of raw liver. After enough of the iron concentrate has been taken to return the body to a healthy state, a normal diet of iron-containing foods will keep the ratio in the proper proportions. However, many of these foods, such as liver, lose the desired quality if cooked at extremely high temperatures. For this reason most authorities recommend either raw or very slightly-cooked liver in preference to the broiled food.

Other minerals which are important, but to a somewhat lesser degree than

iron, are phosphorus, calcium and manganese.

Since each individual case of anemia is somewhat different from any other, each individual diet for cure must be pre-



Eat These if Anemic

scribed by the physician or dietitian in charge. For this reason few specialists will prescribe a general diet to be used in a wholesale manner. Rather, they recommend that each person be taken

care of as an individual, so that his particular deficiency may be treated.

HOWEVER, in most cases of nutritional anemia improvement begins with making sure that the diet is sufficient in quantity and in quality. No, this doesn't sound very simple, and it isn't. There are many things to consider.

A physician or dietitian can easily tell you how many calories you need each day, if he knows how much you weigh and what sort of work you do. And he can tell you what foods to eat in order to get the necessary vitamins and minerals. Many of the foods containing vitamins are also rich in iron, the most necessary mineral for the prevention of anemia.

Most fresh fruit and vegetables, and some cooked ones, are rich in vitamins. Plenty of whole-grain cereals, eggs, milk and butter are also necessary to prevent anemia caused by vitamin deficiency.

Important iron-rich foods are bran and whole-grain cereals, eggs, liver, dried beans, prunes, spinach, peas, potatoes, beets and oysters.

For most of us, anemia can be prevented by eating sufficient amounts of the right kind of food. Sufficient sleep is also necessary to keep the body in such condition that the food can be utilized to best advantage.

But after anemia is once contracted it is best for the average person to seek advice from an authority before his condition becomes serious. If you discover that you are becoming easily fatigued or are in a generally lethargic condition—see your physician!

Skilled as a Professional . . .

By Helen Weaver

FRENCH pastry in the home may be made as delicious and enticing as that we purchase in the restaurants and pastry shops. It can never be called a really cheap dessert, nor is it easily made. However, it is no more expensive than any choice dessert and makes a pleasant change for dinner or the tea table.

Professionals display a large variety of pastries on their trays, but we may have variety by using a small number of materials and putting them together in different ways. It is necessary to have pastry, cake batter, a cream filling, fruit preserves and candied pineapple, strawberries, citron or cherries. Chocolate, nuts, whipped cream and confectioner's sugar help to make for variety if they are at hand.

Puff paste finds a number of uses in French pastry, but it is a great deal of work. A pastry made like an ordinary

pie crust, using butter for shortening, will do. Or, in the same recipe, add a portion of the butter to the flour, add water and roll out, then add one-third of the remaining butter, roll out, and repeat the process until all material is added. Keep the dough in a cold place till ready to bake.

For the cake batter, one may use any good white-cake or butter-cake recipe, and a cream filling may be made by using one-half cup sugar, two tablespoons flour, two eggs and a pint of milk. This mixture is cooked in a double boiler till thick, then cooled and flavored with almond or vanilla extract, or both. Fruits, nuts, chocolate or various flavorings may be added to the filling for variety. A simple lemon filling calls for one cup sugar, one lemon, two eggs and one tablespoon sugar cooked together until thick.

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