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Check Up on Your Calories...

Olive Jenson
Iowa State College

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Check Up on Your Calories . . .

By Olive Jenson

TIREDF? For most people a 16-hour cycle is exceedingly long, yet that constitutes the labor day for many a homemaker.

In the evening when the housewife hastily summarizes all her daily duties, she is often perplexed as to what has been accomplished. Three times the dishes have been washed, dried and put in the cupboards. Three meals have been cooked. In the regular routine endless tasks—dusting, sweeping, running errands, ironing and mending—hold important positions. Her day has every possible niche occupied. Indeed, this busy woman has a good excuse for being tired!

It is not the housewife alone that has such a busy schedule. Many people working at their various jobs are equally busy. Even a lazy person is destined to use some energy, although he does not exert himself to do it. Moreover, during sleep, when one is apparently completely at rest, continual metabolic processes are occurring. Thus, it seems evident that no matter what one does, his energy is constantly being used. People who accomplish a great deal, work very quickly, and do difficult tasks are naturally those whose energy expenditure totals a great figure. How much work these people do, their caloric needs and how they keep their bodies fit are items of interest to the average person.

FOR the majority of girls, household tasks usurp part of the day's program. A glance into the homemaker's plans should prove informative for everyone. She is the person who thinks that nothing has been accomplished at the end of the day; whereas, in reality, she has had a very strenuous time. Any plan made to conserve the amount of energy expended while employed at these household tasks would be most welcome to Mrs. Housewife.

To realize the amount of work done and the energy used, figures and a little arithmetic will undoubtedly help. In this way one can concisely determine for oneself how much energy is expended and what one needs to maintain the body under such conditions. All the data given here can be found in Sherman's "Chemistry of Food and Nutrition" on page 195, table 23, where the figures compiled by Professor M. R. Rose are printed. There the energy expenditure is shown by the number of calories both per kilogram and per pound per hour for different kinds of muscular activity. By multiplying the given numbers by the number of hours that certain activity was

performed and then by the body weight, one can approximate the energy expenditure for the person at that given time. A total of all the activities for the day calculated in the above manner will give

Did You Know That?

Potatoes and dried beans are excellent energy foods. They are alkaline-forming in the body.

Leafy vegetables, whole potatoes and dried beans are good sources of minerals.

In cooking vegetables use 1 teaspoon salt to 1 quart water. It is well to boil the water five minutes to expel the air before adding the vegetable; this aids in preserving vitamin C, which is easily oxidized.

Strong-juiced vegetables should be cooked uncovered for a short period of time.

Green vegetables should be cooked in a slightly alkaline medium for a short time, uncovered during the first part of the cooking.

Red vegetables should be cooked in an acid medium, covered.

Yellow vegetables may be cooked in either acid or alkaline medium, but care must be taken not to caramelize their sugar.

The minerals of the grain are found in the germ and outer layers.

In cooking cereals there must be enough water to swell and soften the starch, and the cooking period must be long enough to expose the starch to the action of the heat and water.

Eggs are used to add food value, give flavor, thicken, improve texture, leaven, give color and to form crust in frying.

Tender meat should be cooked with dry heat. Moist heat is used for less tender cuts.

Salads add color to the diet besides furnishing minerals and vitamins and permitting the use of left-overs.

the day's caloric needs. Further estimations can be made by obtaining an average of the activities performed during the week. From them are determined the average daily amount of calories in food needed.

SLEEP, the activity in which everybody participates, comes first. Although a person may think his energy requirements are nil then, Rose puts down

the average figure of .43 calories per pound per hour. As this is the lowest figure quoted for any kind of activity, anyone wishing to conserve energy would find sleeping an ideal way.

One household task which is difficult to escape, no matter how irksome it may seem, is dishwashing. The figure given for this, .93, more than doubles the "at sleep" percentage. No wonder doing dishes is such a nuisance!

If in an unhandy kitchen the housewife must trot some distance from the sink to the cupboards with her china, she has added work. The trotting would be classified by Sherman as "walking moderately fast," and that item calls for 1.95 calories per pound. Doing dishes three times daily, the owner of an unhandy kitchen would have to spend a large portion of her time in walking. Small, handy kitchens are indeed blessings to the majority of maids. Not only are work and energy conserved, but the saved steps also lessen fatigue. In many household tasks, the size and lack of conveniences of the kitchen and house play so important a part that the item, "walking moderately fast," assumes a major field. Perhaps in house work should be included "active exercise," for the day's work certainly involves some miscellaneous tasks requiring exercise. The "active exercise" is rated at a slightly lower figure, 1.88 calories per pound per hour.

Usually about 12 o'clock, when hastening to finish the luncheon preparations, one suddenly discovers that there is no more milk for the white sauce and a frantic trip has to be made to the nearest grocery. Everyone has experienced the fatigue caused by running some place, whether to the grocery store or to a class recitation. The caloric expenditure clearly gives a reason for the out-of-breath condition when one arrives at his destination. Professor Rose points out that 4.22 calories per pound per hour are used for walking at an extremely rapid rate. Here, if one would stop to think, a change to running would conserve more of the energy output, as that requirement is only 3.70. But most women cling to conventionalities and walk at a rapid rate rather than fall into an easy run.

HOUSEHOLD tasks are so numerous and vary so in their nature that the housewife has hundreds of possibilities for using her time. In many homes, ironing is done several days a week. This includes the seemingly endless Tuesday ironing. The ironing statistics are rather

(Continued on page 13)

Check Up on Calories

(Continued from page 10)

surprising. They're identical with those for dishwashing—.93 calories per pound per hour.

Another task, not always pursued daily, is sewing. Tedious as sewing appears to some, it comes in the smaller energy expenditure classifications. The data for sewing is .72. If one were to choose between making a living at sewing or washing dishes, the former, from the energy viewpoint, would be easier.

There are various other items that could be mentioned. The business-woman housekeeper perhaps typewrites, which uses .91 calories per pound per hour. Various kinds of exercise are taken throughout the day. Figures for "light exercise" are 1.10; "active exercise," 1.88; and "very severe exercise," 3.90.

Of course the homemaker's day is not all drudgery. She enjoys her favorite hobbies and takes an occasional ten minutes for rest. Sherman prints .65 as the number of calories used when "sitting at rest." For "reading aloud" .69 calories per pound per hour are required. Perhaps the woman's hobby is swimming.

That exercise requires greater energy output, or 3.25 calories.

With all the various duties that a housewife must perform, it's reasonable that she demands all the new improvements and conveniences. She's busy, and anything that will save labor will be easier for her. The quoted statistics prove her ideas on the difficulties of household tasks.

A brief estimate of the total energy expenditure in calories per day can be made by a trial schedule. This woman will weigh 110 pounds, and her average daily schedule will read something like this:

For this woman a total of 2520.65 calories in food are needed daily, according to the above work schedule. Many activities have been combined and classified for convenience under the title best describing the activity. For instance, with "sitting at rest" eating was included. This is a more or less strenuous program and perhaps the number of calories per pound per hour given by Professor Rose is high, but it gives an estimate of the energy expenditure.

Now, do a little arithmetic for yourself and see how much work you are doing and what your calorie needs are!

Activity	Hours	Cal. per pound per hour	Total Cal. per pound
Sleeping	8	.43	3.44
Sitting at rest	3	.65	1.95
Dressing and undressing	1	.81	.81
Typewriting	1/2	.91	.455
Ironing	1	.93	.93
Dishwashing	1 1/2	.93	1.395
Sweeping floor	1/2	1.09	.545
Light exercise	3 1/2	1.10	3.85
Active exercise	3	1.88	5.64
Walking moderately fast	2	1.95	3.90
	24		22.915

Olives and Vitamin A

HAVE you been thinking all these years that olives were just fancy appetizers to tease the taste? Well, here's a nice surprise. The olive is a healthful food as well as a delightful appetizer. Nutrition experts at the Bureau of Home Economics have been experimenting with olives lately and have found that they are a rich source of vitamin A.

If you're well up on your vitamins, the very mention of vitamin A will make you look at the olive with new interest. But if you don't know—vitamin A is often called the fat-soluble vitamin. Vitamin experts report that you have to have a certain amount of this substance in your food for growth, for well-being at any age and for successful reproduction. When you lack this vitamin in your diet the body tissues are weakened, and there is increased susceptibility to bacterial infection.

Laboratory rats without any of this vitamin in their food presently develop various ailments such as serious eye trouble, abscesses of the tongue, inflammation of the ears, sinuses, lungs, skin and so on.

Although the body can store this vitamin to a certain extent for future needs, people of every age need an ample supply at all times. This is especially important for children in order to safeguard them against serious infections in later life. The period of growth when bodies are being built is the time to build healthy tissues that will resist infections later in life.

Is it any wonder that the nutritionists are always urging us to eat plenty of milk, butter and other dairy products as well as eggs, liver and leafy vegetables? These are the foods that are richest in vitamin A. And now we can add olives to that list—olives both ripe and green.

—Homemakers Half-Hour Over WOI.

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