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Every Gram of Jam

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EVERY DROP OF WATER

Every Gram of Jam
by Ruth Kunerth

About three times each quarter she is given a physical examination. If an entire day is carefully recorded including any unusual activity such as skating or dancing and emotional strain. She says, “I don’t need to keep a diary. These records are so complete.”

This experiment on the physiological and nutritional needs of college girls is one in a regional project in which six land-grant colleges of the Midwest are cooperating.

There is little data available at the present time, and Dr. P. Mabel Nelson, head of the Foods and Nutrition Department and chairman of this six-state-cooperative project, says, “The situation, therefore, warrants a comprehensive study of girls of this age in order to obtain data on which to establish satisfactory norms of physical well-being or dietary standards, adequate to meet these norms.”

The problem of receiving good nutrition is complicated for those whose food idiosyncrasies or improper food habits keep them from eating all or most foods served. The students who don’t eat potatoes or bread, for example, do not consume the same nutritive materials which Aline receives, but the same adequate nutrition is possible for all women in these organized halls if they do not discriminate against parts of the well balanced meals. This has been proved by scientific tests carried on by Dr. Margaret Ohlson, of the Foods and Nutrition Department and chairman of the Iowa State College project.

Reducing by skimping food really isn’t much of a reality with college girls. Although they may be heard to say, “Oh, I shouldn’t eat this. Think of the pounds!” it is more for conversation and fun than for serious resolutions.

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