1942

Any Meat Today?

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UNCLE SAM'S carving knife has begun to slice America's meat supply, but it's far from the bone. Although we are faced with meat limitations of 2½ pounds per person per week, we still will have sufficient meat. What we will not have is the particular choice sirloin or lean bacon strip we've been accustomed to since childhood.

Pork supplies for civilians will be cut most. The armed forces will take the loins, ham, bacon and shoulders, leaving for home consumption brains, tongue, heart, scrapple and tripe. Veal and lamb will not be available in appreciably greater amounts than in former years.

Iowans have a good chance of not really feeling the meat-limiting system. Located in the top poultry-producing state, they can eat all the poultry they want as it is not included on the "restricted" meat list. They also are fortunate because of the accessibility of eggs, milk and cheese, highly desirable meat alternates. Unlimited use can be made of the specialties—hearts, kidneys, livers, sweetbreads, tongues and brains.

Now with most of the pork chops and beefsteak going to the men behind the guns, civilians will have to use some of these edible by-products for part of their 2½ pound weekly ration.

If the meat ration for the week runs out, meat "stretcher" dishes can be prepared to spread the flavor of meat through the week. Stews, meat loaves and vegetable and meat casserole dishes are economical to prepare. The homemaker also can use meat alternates—cheese, milk and eggs. Navy and lima beans, as well as dried peas and soybeans, are incomplete proteins and not true meat alternates but might be combined with a small amount of meat to make a nutritionally satisfactory dish.

"Sharing the meat" is the government's solution to a food problem prompted by the war emergency. Our record total supply of meat is 24 billion pounds, but we have a total demand this year of 27½ billion pounds. Army, Navy and Lend-Lease orders account for 6½ billion pounds, leaving 17½ billion for civilian use. Having 3½ billion fewer pounds of meat than we normally use means distributing the meat equally.

The 2½ pounds per week is the maximum permitted to persons above the age of 12. The amount allowed for children from 6 to 12 years is 1½ pounds and for children 6 and under, ¾ pound. The ration includes meat eaten in restaurants, meat eaten as a guest in a home, the bones, gristle and waste that comes with edible meat and the meat fed to the family dog and cat.

—Marjorie Beneke