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What's Your Beef?

Jackie Morrison

Iowa State College

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What's Your BEEF?

Meat Research underway at Iowa State will eventually aid consumers.

Ever stop to wonder how that roast you're sticking in the oven will taste; what causes your excess weight; or how well our school children are fed? Iowa State women working in foods and nutrition research are giving you the answers to those varied questions.

Age Considered

Miss Belle Lowe, head of experimental cookery projects here, and her associates are experimenting with beef. Those concerned with the work are cooperating with the Bureau of Human Nutrition of Home Economics and are studying the palatability and composition of the different ages of beef. They are Miss Belle Lowe, professor of foods and nutrition at Iowa State; Mrs. Helen Gill, an associate; Mrs. Alma Plagge, an associate; Miss Madge Miller, assistant professor of food and nutrition; and Mr. Ray Hsia, an associate.

Although there have been no results obtained so far, this experiment is interesting to the consumer. From these tests the consumer will receive information about which age of beef is the most nutritious and most palatable.

In this experiment four beef animals of different ages are used each year. One animal is from 5 to 6 months old; two are 18 months old, and one is 3½ to 4 years old. One 18-month-old beef is Choice grade beef and the other three are Commercial grade.

Palatability Scored

Miss Lowe does the cooking of this meat in her laboratory. Both roasts and pot roasts are cooked. The weight loss during cooking, shear force, and the press fluid value is determined and checked. The palatability of the meat is scored by a test panel. Cooked and uncooked samples of meat are tested for pH, fat analysis, total nitrogen, collagen nitrogen, and elastin nitrogen; also the histology, the study of minute structure of animal tissues, is studied. Mrs. Helen Gill takes the fat analyses, and Mrs. Plagge studies the histology of the beef in Home Economics Hall in Room 206 and 207. The nitrogen composition is done in the Chemistry Building by Miss Miller and Mr. Hsia.

This experiment is still far from being completed, and it is not the only research that is being conducted in foods and nutrition in Home Economics Hall. In Room 11E, Sue Judge, Cecilia Pudalkewicz, and Elaine Claridge, associates, and Mrs. Beth Lambert, a fellow, are studying the nutritional status of Iowa school children. They are under the direction of Ercel S. Eppright, head of the Department of Foods and Nutrition. Blood samples, dietary sheets, and sizes of children receiving and not receiving school lunches are compared. These results are compiled with other states.

Older Women Aided

Another one of these experiments is the survey of the nutritional status of older women. It is a national cooperative study through the Agricultural Experiment Station under the Research Marketing Act. It too is a cooperative study with other states. Blood samples, urine samples, basal metabolism, and dietaries are taken of women from the ages of 30 to 65. This research problem is to help solve the overweight problems of older women. Harriett Roberts and Isabel Christenson, associates; Jane Smith, a full-time technical worker; and Evelyn Hollen, a fellow; under the direction of Miss Pearl Swanson, professor, and Miss Charlotte Roderick, assistant professor, are conducting this experiment.

1 Today the government system has changed but the meat in this experiment was graded by the old system. The seven United States beef grades are designated by both a name and a number, as follows: A 1, Prime; 1, Choice; 2, Good; 3, Commercial; 4, Utility; 5, Cutter; 6, Canner.