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Safe and Adequate Food Supply

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**Safe and Adequate Food Supply**

By Mildred Rodgers

“A [apple a day keeps the doctor away], is more truth than poetry. How many of us have ever stopped to consider or realize just how much meaning that statement carries? In it we can find two of our most fundamental food and nutrition principles, namely, safety and adequacy. The importance of these two principles cannot be over-estimated.

I have thought that I might well take up more of the standpoint of the needs of the housekeeper, the community as a whole, and the merchants and what they can do to improve condition. Each of these groups are inter-related and have definite and responsible problems to solve.

First, of what does a safe and adequate food supply consist? Most of the common foods may be classified into the following groups: proteins, fruits, vegetables, cereals, sweets and fats. These foods must be supplied the needed amounts of minerals (calcium, phosphorus, iron and iodine) and the vitamins (A, B, C, D, X). Suffice it to say that deficiencies in these minerals or vitamins cause many disorders and abnormal growths as anemia, rickets, xerophthalmia, scurvy, beri-beri, malnutrition and undergrowth in children. There are numerous others the minor disorders that deficiencies in any of these minerals or vitamins cause or bring about in earlier stages of development.

Nutrition experts have determined the foods needed in the diet and the amounts. The majority of our homemakers today have not have the privileges afforded by a college education and cannot understand and appreciate some of the methods of determining amounts. The following score card has been planned for the average homemaker so that she may check up on her meal preparation and menu planning in as far as safety and adequacy are concerned.

**Perfect Good**

<table>
<thead>
<tr>
<th>Score Card</th>
<th>Under 20 years</th>
<th>1 qt. daily</th>
<th>Over 20 years</th>
<th>1 pt. daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Milk</td>
<td>20</td>
<td>15</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>1 serving dried daily</td>
<td>5</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving leafy vegetable</td>
<td>3 5</td>
<td>2 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving meat</td>
<td>2 5</td>
<td>1 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving potatoes</td>
<td>1 3</td>
<td>1 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving tomatoes</td>
<td>1 3</td>
<td>1 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 bowl</td>
<td>7 10</td>
<td>5 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving milk</td>
<td>2 5</td>
<td>2 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 serving</td>
<td>3 5</td>
<td>3 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 serving</td>
<td>4 5</td>
<td>4 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 serving</td>
<td>5 5</td>
<td>5 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 serving</td>
<td>6 5</td>
<td>6 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VI. Water</td>
<td>1 2 qts.</td>
<td>1 1 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Deduct 5 for:**

1. tea or coffee for children.  
2. over 1 cup of either tea or coffee during the day.  
3. eating sweets between meals.

The housewife is advised to think of the common food materials as grouped under these heads in order that she make sure the diet each day includes something from each group.

In planning amounts for the family the mother must take into consideration the amount of muscular work done; those leading sedentary lives should eat more fruits and vegetables and take smaller portions of meat (but plenty of milk), cereals, fats and sweets as these are energy yielding foods. If there be cases of anemia,rickets, and constipation in the family, then the diet should be so planned that foods can be selected that will cure and prevent such disorders. By a little careful study of dietary needs any one will be able to select foods that all members of the family can utilize, even the each may have a different aliment. By another to prepare to prepare half a dozen different meals for her family, when one wisely planned would suffice. Here I would like to refer to all homemakers, Marie Swift Rose, "Feeding the Family", for information as regards dietary needs for the family members. This text is especially helpful because it is written and easily understood by all.

"All of us would rather buy our health early from the grocer than later from the doctor in the hospital. We cannot afford to suffer, if we cannot afford the required amounts of milk, fruits, vegetables, and but I believe they can. Fortunately, the most nutritious foods are the least priced ones—for instance, cabbage is not nearly as expensive as cauliflower and is a more valuable food, containing the three vitamins A, B, C, and the important mineral salts. Prices of vegetables and fruits vary with the season and locality. Milk is a more staple product than fruits or vegetables, in the country. the problem is the problem of its wholesomeness and freedom from disease of cattle giving the milk. This is taken care of in the city by law. Every milk is far higher in price there. It would be far safer for one in the city to cut down on some other foods (sweets, etc.) and keep up the proper amounts of milk needed by the family.

Some of the fruits which are of lowest price are apples, bananas, peaches and other fall fruits; oranges are a little higher, while cranberries, when in season, are a moderate priced fruit. Lower priced vegetables include beets, cabbage, carrots, kale, onions, parsnips, potatoes, radishes, turnips, beets, turnips and tomatoes. More expensive ones are cucumbers, celery, chard, cauliflower, asparagus and green peppers. Prices of these vegetables and fruits will not interest the farm woman as much as those of the city because with a minimum of labor and cost all can be grown in the home garden. Not only will the thriving, progressive farm woman have the garden, but will keep up an orchard as well. The farm woman has the advantage when it comes to butter, from her cows. The city woman cannot, healthfully, afford to absent these foods from his diet, for they are of greatest importance, especially to the growing child.

Naturally, though, we just cannot expect everyone to eat all these vegetables and some do not even enjoy any of them.

I certainly believe that it is possible to create that attitude of mind to eat and thoroughly enjoy vegetables. There are many ways in which this may be accomplished. If all members of the family eat vegetables, then the youngsters will do likewise. No father or mother should ever be guilty of mentioning dislikes for certain foods before younger children. That power of suggestion is strong enough to cause children to form dislikes for foods he often been illustrated.

Then, some housewives just never introduce new methods of food preparation. This is uncalled for today, as there are literally, thousands of variations for preparation of foodstuffs. This is merely another proof of the old statement, "variety is the spice of life"—it surely holds true for food planning.

The addition of a speck of grated cheese, use of some other flavorful than vanilla, or a baked dish instead of the proverbially boiled or creamed often makes a pleasing variation. Dishes that may be attractively garnished and salads that are well prepared are always tempting to the eye as well as the appetite. The housewife who passes by a summer without having given her family a new vegetable salad combination is missing a splendid chance to develop a liking for vegetables. Even the use of a different salad dressing may so disguise the dish that most families do not recognize it as the same.

Another question that confronts the housewife today is: "To can or not to can." She will have to decide on which foods she can save most by canning; she will be guided by the varieties of foods that she can secure during the winter and whether she can afford them or not. Usually one zero and less than a one cent profit can be made on canning of fruits and vegetables than her city sister, as she has, no doubt, the products on the farm which might otherwise will not be so accessible to market where the fresh product is always available. If the person who lives in the city values her time very highly, it is not so affordable to can products to the extent that the farm woman can, especially when there are the better grades of canned goods available and fresh products in great abundance.

Now let us consider this question from another's viewpoint, namely, that of the merchant. Any merchant wants to satisfy the demands of his customers. Some folk ask for those products which the mill town grocer cannot afford to handle because of so limited a demand. Surely the grocer is responsible to some extent for the safety and adequacy of a food supply. It is necessary then to educate our buyers to demand certain necessary foodstuffs, better qualities and fresh products. When everyone demands these food products then the merchant can sell. Another question which presents itself at this point is how to be the major of a community to feel the need of such a program as just mentioned. It must be a community problem. One means to do this is to form a club to raise and adequ­acy in food supply is thru programs and discussions at women's clubs, in schools, home economics and similar.

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Safe and Adequate Food Supply (Continued from page 2)

clubs. Programs that deal wholly or partially with questions similar to this may well be worked out by numbers. Though these free discussions the proper frame or attitude of mind cannot help being created. Not only would interest among women be awakened by such a program but it would set the merchants to thinking, perhaps groups as the dairymen, also.

Respect for and strict enforcement of pure food laws would most surely be a plank in the platform of any progressive home economics club. It would result in inducing grocers to keep better quality products. Probably there are many food laws on the statute books of whose existence many women are ignorant. No subject on a safe and adequate food supply would ever be complete unless it is considered that all members of society have proper foods in sufficient amounts. There is always the dependent class with us and must be cared for by society. Sufficient for me to say here that county or township funds should provide ample means for supply of food for needy families with its direction for use in the hands of educated officers.

“In the Candle Light” (Continued from page 5)

is used in its natural color the woodworking and hangings furnish the color. The floor might be brown tile and the woodworking ivory and brown. If it had blue and orange in the hangings the candle sticks might be glass painted blue with orange trimmings. A bowl of the same in the center for fruit would give balance and help to carry out the color scheme.

The type of candle to be used on a buffet in the dining room might be similar to that for the service table in the breakfast room. But it is more necessary that it is carefully made. Either decorative or conventional designs might be used. Such candles are not always so pleasing in a dining room as in a breakfast room. Just now lustre ware is very popular in dining rooms. Candles and a flower bowl in orchid or blue shades of lustre ware are very effective on a buffet. They are prettiest with nothing or small doilies under them. The bowls for flowers often have a wooden stand on which they are placed. The candles should be painted the same color and a raised fruit design placed near the top. These might be made by hand with the use of sealing wax.

The decoration of candles is fascinating work for we enjoy decorating our own homes. It is really not difficult and is very useful in making gifts. Hand decorated candles also hold a personal element and there is a large field for expression of originality and individuality.

Birch Hall (Continued from page 15) could be mentioned. The chaperone’s apartments are spacious and convenient. The office is to the left of the front entrance and is very handily equipped.

Surely this new dormitory is one of the dreams of Iowa State College come true. It might well be termed the perfect dormitory. Every little detail is so in keeping with the wants of the modern college girl. There is a home-like spirit about it and at the same time a collegiate spirit that the girl wants in her college life. Freshmen living in Birch hall are getting an ideal start in their college life. With the new Home Economics building too, women of Iowa State College are having the best opportunities that any college could offer to them.

Birch Hall—the new dormitory, is one of the finest additions to the college.

McCOLLUM HEADS HEALTH SHOW

Dr. V. E. McCollum, international authority on nutrition and professor of food hygiene at Johns Hopkins University, had charge of the health show held recently in connection with the National Dairy Exposition at Indianapolis. The Food Show, in addition to being the first of its kind ever held in the United States, is of special importance to the field of Home Economics since Dr. McCollum discovered Vitamin D, the food element so necessary for proper bone growth and disease prevention.

Exhibits of milk, cereals, fruit, vegetables, meats and fish were charted and their preparation demonstrated by nutrition workers.

“Most of our common foods are wholesome when properly combined, but individually they are incomplete. We cannot condemn all foods because of their shortcomings, but we can learn the proper balancing of foods, so that what is lacking in one will be supplied in another. The purpose of this Health Food Show is to educate the public to the quality of agricultural foods and to emphasize in particular the relation of certain foods to others,” said Dr. McCollum.

Alice Stewart ‘24 and Ilia French ‘24 began their student dietitian training at Michael Reese Hospital in Chicago June 1. Mabel Rood ‘22 is getting her training in Sacred Heart Hospital, Long Beach, Calif. All three write enthusiastically of their work.

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