Grape Juice and Milk for School Children

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Grape Juice and Milk for School Children

By MELBA NISEWANGER

Interest in the problem of supplementary feeding of school children, and in the previous experimental work done to determine the value of various foods, such as oranges, figs and milk, for this purpose, led Zorada Titts, M. S., in foods and nutrition, July 1927, to conduct a study of the effect of the supplementary feeding of grape juice, and of milk, on the rate of growth of children, for her master's thesis.

Two periods of experimentation were conducted; one between October 22 and December 18; the other from January 19 to March 18, with children in the Roosevelt grade school at Ames. Children with an age range of 6 to 16 years were chosen from the first to the sixth grades. They were divided into four groups and the supplementary food given during mid-morning recess. One group was given milk; another, diluted sweetened grape juice; a third, undiluted unsweetened grape juice; and the fourth acted as controls. An interesting indication of seasonal growth was noted in the greater percentage of weight gains during the first period between October 22 and December 18, than was recorded in the second period.

The results of the study showed, however, that the changes in heights and weights of the children were not of sufficient significance to warrant definite conclusions upon the value of grape juice as a supplement to the diet of growing children. During both periods, the average gain in weight per week of the children in the control group equalled, or was greater, than that reported from the children in the "milk" or "grape juice" groups. Increase in height, however, was observed to be less than in other groups. The undiluted grape juice group was second, and the milk group ranked third in weight-gain during the first period.

Gains of these groups during the second period were in the same relation to one another, although that of individuals was less than during the first period.

Another Way to Save Fuel

By LUCILE HARRIS

W e are constantly urging the woman of the home to be economical. We insist that she buy food in season, that clothing be bought with the utmost care and that the family income be carefully budgeted in order to save money for other things.

But have we ever informed her how to economize on fuel? Of course, she has been careful to turn out the gas burner when she is not cooking and to economize on fuel when she is not cooking. But this table shows that there is more to this than to economize on fuel. Perhaps this would mean more if not so that during the time the gas was used per day for cooking, thereby giving the woman more free time as well as being another way to save fuel.

The Iowa Homemaker

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