1932

Vitamins Are on a Budget...

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Recommended Citation

Rock, Pearl (1932) "Vitamins Are on a Budget...," The Iowa Homemaker: Vol. 12 : No. 1 , Article 4.
Available at: http://lib.dr.iastate.edu/homemaker/vol12/iss1/4

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**Vitamins Are on a Budget...**

*By Pearl Rock*

"HOW will you provide sufficient food for sound nutrition at a lower cost?" is the challenge the American housewife has hurled at her today. "What shall we eat?" she asks as she checks prices, menus and literature for low cost foods.

To reduce food costs without sacrifice of sound nutrition, intelligent planning and wise buying are necessary. We must prepare simple foods well and serve them attractively. Good cooking can ruin or glorify many a dish. High standards in food necessitate careful preparation, not high expense. Let us discriminate carefully in the choice of food from all the brands and varieties that are available.

To have the courage to try something new may be a real help in the food budget problem.

"Through simply a wiser emphasis in the daily choice and use of ordinary staple foods, there may result improvement in the vitality of the individuals or the family, all within the bounds of normal nutrition, but of very real significance for the maintenance of health or for recovery from disease," says Professor H. C. Sherman, one of America's best known chemists working in the field of nutrition.

Professor Sherman says that we should not look for quick results from improvement in human nutrition, as they are more likely to be fully apparent only when continued through the greater part of life.

Therefore the housewife will need to choose very wisely to provide the essential food which must supply energy for work and play, provide for the growth of the children, maintain health and build resistance to disease for the family. The everyday diet of a family should include a quart of milk for each child and a pint for each adult, two vegetables beside potatoes, one leafy variety if possible; some fruit daily, and fresh fruit at least three or four times a week; one egg for each child daily, and a minimum of three or four eggs every week for each adult; cereals, fats and sweets; additional protein foods, such as meat, fish, cheese, dried peas and beans. A good plan is to provide meat three or four times, fish once, and cheese, eggs, beans or peas once or twice a week as a meat substitute.

Milk is superior to any other food for bone and muscle building. It is the most inexpensive, and is the surest protection against nutrition deficiency. The less money there is for food, the more important milk becomes. Evaporated milk has all the important nutriment properties of the original milk, and is completely valuable for minerals and vitamins. Fish builds and keeps muscles strong, and should be served at least once a week. Salt water fish are rich in iodin, and are to be preferred if they are obtainable.

Vegetables are essential for health and well-being. They protect the body from many diseases, help prevent constipation, and help build the blood. Root vegetables are good and usually inexpensive. Tomatoes, either fresh or canned, depending upon the cost, should be provided two to four times a week. They furnish vitamins for growth, stimulate the appetite, and aid in digestion.

An inexpensive green leafy vegetable should be provided two or three times each week. Potatoes when selling at a low price may adequately take the place of part of the cereals and bread. Allow them at least once each day.

Fruits in some form—fresh, canned or dried—should be eaten at least once each day, and, if possible, twice. They are

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**He Won’t Spoil the Broth...**

*By Margaret Stover*

As THE smartly dressed wife went out the front door of her equally smart new bungalow she called back over her shoulder, "Jack, I'll be bringing a guest for dinner; do have a nice one!"

And the point is that Jack was NOT the butler; he was the HUSBAND!

Absurd, you say, for the husband to be getting the meals? Why? Lots of them do and like it.

Have you ever helped your husband wash the car? You got a "bang" out of it, didn't you? Did it ever occur to you that your husband might get just as big a bang out of helping you, too?

Of course men have an inhibiting fear hanging over them. Someone might whisper the word "hen-pecked" in their hearing, therefore the tacit of the situation lies with you, the wife.

Men are only human. They love to feel that they are doing something well that most men can't do. There's your first card! Most men know a great deal more about cooking than their wives give them credit for. So give them a little leeway at first and see what they can do before they are urged on.

Most men have been on camping trips at some time or other; thus they know how to make coffee, better than you, perhaps, how to fry delicious eggs and bacon, and how to bake potatoes in ashes. They really know how to do a good many things which women rarely give them credit for.

Then considering that your John, Bill, or Henry knows how to cook potatoes, bacon, eggs and coffee, let him try combining some of them. Don't suggest anything complicated right at first, but do be sure it looks complicated as a finished product!

For Sunday night supper have him crisp the bits of bacon, then scramble eggs in it and serve it on a gaily parsleyed platter, all while you set the table and make
tea and toast.

Then try him on Sunday morning waffles. Here's a simple recipe:

1 c. milk
1/4 c. flour
2 eggs
4 T. fat
2 t. baking powder
1/2 t. salt

Just tell him to dump the liquid into the dry ingredients and turn him loose! Then you might intrigue him into using different flavorings in the waffles; orange maralade, pineapple jam or just plain peecans always make a hit with every man. And besides, it's different!

After he's made them a few times he will acquire a skill equal to your own.

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valuable for minerals and vitamins, and help prevent constipation. Dried fruits such as apricots, dates, figs, peaches, prunes, raisins and the like, are usually less expensive in winter than the fresh or canned fruits. Prunes, raisins and figs usually provide the most nourishment for the money. When the family is living on a small amount of money, fresh fruit—oranges or grapefruit—or tomatoes should be allowed at least two or three times each week. Sales of oranges, grapefruit, ripe bananas and apples should be watched for.

Fats keep the body warm. Everyone needs some fat at every meal. Butter is the most easily digested and the most healthful fat, but also the most expensive. (Tub or bulk butter costs less per pound than package butter). The less expensive fats, such as side meat, peanut butter, and white fats, may be used when the family on reduced income receives the full requirement of milk, and some green leafy vegetable every other day or often. Children should have two tablespoons of cod-liver oil daily, regardless of other fats taken.

Sugar and molasses are excellent sources of energy and are the cheapest sweets for the family. Fruits, particularly the dried ones, are inexpensive sweets. Since molasses and brown sugar give the body minerals, especially iron, not found in the white sugars, they should replace the white sugar on low cost menus, for the sake of both health and economy. Cookies, cake, ice cream, candy and other sweets are energy foods. They should be eaten as a part of, and preferably at the end of the meal, in order not to decrease the appetite for the more all around nourishing foods.

In allotting money for the various foods, the following proportions are most often given: for grain products, one-fifth of the total amount of food for more; for meat, fish and eggs, one-fifth or less; for fruits and vegetables, one-fifth or less; for milk and cheese, one-fifth or more; for fats, sweets, etc., one-fifth or less.

In low cost menus cereals and breads are used extensively. When this is the case, whole grain cereals and breads should be purchased to prevent a deficiency of iron. It is wise to buy cereals on which there is a special price for that week. A good inexpensive cereal may be prepared by grinding clean wheat in a coffee mill, and cooking the same as any other whole wheat cereal. Day-old bread, which can be quite fresh, may also be purchased by the housewife who finds it necessary to choose carefully.

Special weekend sales, or end-of-the-day bargains should be used to the best advantage, especially in the case of perishable fruits, vegetables and fish. Perishable foods should be purchased only in quantities for immediate consumption to avoid waste. If storage space permits, non-perishable foods should be bought in quantity to profit by the lower unit cost. A good rule to follow is to purchase by weight, and bulk. Packaged goods are usually higher.

The following "low cost" menus were planned by some students in the dietetics classes last quarter:

**Menu I—Dorothy Hidy**

**Breakfast**
- Prunes
- Oatmeal
- Whole wheat toast
- Butter
- Poached eggs
- Milk

**Dinner**
- Hamburg steak—tomato sauce
- Rice
- Butter and bread
- Milk
- Gingerbread

**Supper**
- Baked beans
- Cornbread
- Stuffed baked potatoes
- Cabbage and raw carrot salad
- Chocolate bread pudding
- Milk

**Menu II—Leona McLaren**

**Breakfast**
- Prunes
- Fried mush—syrup
- Buttered whole wheat toast
- Milk

**Dinner**
- Beef stew—rice, beans, potatoes
- Cabbage in milk
- Creamed peas
- Whole wheat bread, butter
- Baked apples
- Milk

**Supper**
- Baked potatoes
- Escallop tomatoes
- Whole wheat bread
- Butter
- Cheese
- Baked custard
- Milk