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Sidelights on the Dietetics Association Convention

By Clara Mann

The fifteenth annual meeting of the American Dietetics Association was held in the Hotel Pennsylvania at New York City Nov. 6-10. Iowa State College was represented by Dean Genevieve Fisher and by Miss Miriam E. Lowenberg of the Child Development and Foods and Nutrition staffs.

Of interest to Iowans is the fact that Dr. Kate Drumm of Iowa City was elected to succeed Dr. Martha Kochne as president of the Dietetics Association next year.

The conference was attended by nearly 12,000 members from various parts of the country who are engaged in the professional aspects of dietetics work. The practical phase was exemplified in the preparation of unusual foods excellently prepared and served at the conference through the cooperation of the association and hotel management.

The dietitians of America were urged to consider flavor as well as the nutritional needs in planning diets. One part of the convention which was of particular interest was the "Flavor luncheon." Here it is: grapefruit, cucumber, and fresh pineapple cup; baked beef in con. Here it is, and this amount will serve 50 persons:

- 25 lbs. tenderloin of beef
- 2½ lbs. bacon
- 5 lbs. sliced onions
- 2 bunches finely chopped parsley
- 2½ lbs. butter

Cut tenderloin into desired portions and enclose each piece in strip of bacon. Sprinkle salt and pepper on top of meat. Place plenty of bacon in large roasting pan and place the meat in pan. Melt butter in large frying pan, add sliced onions and parsley and stir until a light golden brown. Place lemon rind and a slice of lemon on top of each portion of meat, then pour the browned onion mixture on top. Cover and bake slowly until meat is tender.

Remove meat from pan, thicken the drippings with flour and add cream. Stir until it has thickened. Strain through cheese cloth. To serve: run meat, with butter on top, under the salmander until browned. Serve sauce on the side.

In order to make this dish less expensive, top round, kips, or sirloin butts might be substituted for tenderloin, and rich milk could be used instead of cream.

See New York at Midnight

FIVE HUNDRED delegates to the American Dietetics Association Convention viewed New York City markets at midnight in 17 big buses, recently. Miriam Lowenberg, instructor in child development and foods and nutrition, was one of Iowa State's delegates to the convention and brought back with her many interesting facts about New York's foods markets.

The great city receives most of her supplies at night because the cooler weather permits the food to stay fresh, Miss Lowenberg says.

New York receives some of her butter from Ireland, New Zealand, and South America, but a third of it comes from Iowa. Milk is the only food which the city receives by rail, Miss Lowenberg reports.

Due to the efficient and superior marketing organization and to the geographic location of New York City, fruits and vegetables are very cheap and are not seasonal. Strawberries are as easily obtained in January as in June, and for practically the same money!

It is interesting to trace the food that comes to the city, she says. Practically all of it goes to New Jersey by either rail or truck. From here it is taken across the Hudson River on "floats." Each float is capable of carrying 10 carloads at one time. These floats carry food to piers which cover a stretch of 2 miles along the riverbank on Manhattan Island.

Twenty-two states ship food by truck into the city. Fruits are now trucked from California to New York in five and one-half days. The time can be shortened when bridges which can stand heavy loads are built, Miss Lowenberg says.

Three drivers accompany the trucks, sleeping and driving in shifts. Sixty carloads of milk, each containing 6,000 gallons, are shipped into one milk station in the city each day. Eighty carloads of strawberries are necessary to furnish a daily supply in New York City.

At one time, Miss Lowenberg reports, there was a scarcity of lettuce in New York. But as soon as the word got out, a ship load of lettuce was sent from Egypt.

Alumnae Lunch Together

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who is now director of Foods and Nutrition with the Fremont Canning Company at Fremont, Michigan; Helen Monsch, formerly of the Foods and Nutrition staff, L. S. C., who is now head of the Department of Foods and Nutrition at Cornell University, Ithaca.

Margaret Jane Koenig, '26, who is with an advertising agency; Betty Barker Kendall, B. S. '29, M. S. '30, who is doing graduate work at Teachers' College, Columbia University; Mae Louthan, '22, who is a student dietitian at Grasslands Hospital, Valhalla, New York; and Miriam E. Lowenberg, '29, of the Child Development and Foods and Nutrition staffs, Iowa State College.