1942

Enter: Variety in Army Menus

Mary Schmidt
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Available at: http://lib.dr.iastate.edu/homemaker/vol22/iss2/7

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Mary Schmidt explains how the Army is using modern menus and balanced diets in camps and in the field.

Both in army camps and in field maneuvers the old complaint of “beans, beans and more beans” has disappeared with the making of modern menus at the United States Army Subsistence Laboratory. Here the diets of enlisted men are carefully balanced by specialists. Checking to see that menus contain proper vitamins, minerals and calories insures meals that satisfy health requirements as well as appetites.

Bread is the backbone of the army diet. The men eat an average of three slices at each meal. Because the men demand it, bread is served with every meal.

Big meals are the rule in our army camps. A typical Sunday dinner includes baked ham, candied sweet potatoes, buttered carrots, white bread, butter, vanilla ice cream and coffee.

For every 100 men this meal requires 50 pounds of ham, 15 pounds of white bread, 6 pounds of butter, 13 quarts of ice cream, 5 pounds of coffee and 7 pounds of sugar. For apple pie 11 pounds of flour, 5 pounds of lard, 6 No. 10 cans of apples and 6 pounds of sugar are issued by the supply officer.

If it’s true that an army’s morale depends upon its food, Uncle Sam’s workers are doing their best to keep our men contented. However, there are many food problems which, if they are solved, will make it possible for the men to have more variety in their field rations.

The daily cost of feeding an enlisted man is 42 cents. This includes three regular meals a day and “extras” such as ice cream. The mess sergeants use the “rule of thumb” in cooking for their men. They strive to keep them satisfied by serving them what they want to eat. They know that if there is plenty of gravy the men will want bread to eat with it. Soldiers don’t want fancy food, but they want food that tastes good and plenty of it.

Type C Field Ration consists of meat units—meat and beans and meat and vegetable hash or stew. It is highly satisfactory, but for variety the Army wishes to introduce three different items in this ration. One suggestion that is working satisfactorily is the use of beef and noodles which can also be packed in No. 10 cans.

In the Type K Ration the veal and pork now included are too much alike. For variety cheese and ham combinations are being used as substitutes.

The Army is eager to develop a liver product in the field ration because of its nutritive value. As a result of tests that are being made, it is believed that a satisfactory one will soon be available.

Canned pork sausage is often wasted in the field because the flavor is not like that of fresh sausage and also because the moisture and fat tend to render out. Pork sausage patties, fried before canning, may be substituted, since the taste is not affected and the waste is negligible. The objection to this is the slowness of the process.

In solving problems of variety in rations there are several things in particular to be developed. Sterile canned hams, for example, which will withstand tropical heat without refrigeration would be a great advantage. A heat-resisting spread for bread, a “mountain ration” that won’t be affected by freezing and an improvement in the flavor and consistency of “roast beef” are needed.

Several ideas developed in the laboratory have proved satisfactory. Hungarian goulash shows promise of becoming more popular than chili con carne. Pork hash has possibilities and concentrated soup stock or gravy made from bones is advantageous in the field where boneless beef is used.

Favorite of the men in the armed services is bread. Soldiers eat three slices each meal, either plain, as toast or as sandwiches.