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No Stamps Required

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Baked pike, halibut, perch, trout or whitefish may be attractively served with lemon, tomato wedges and crisp water-cress.

Margaret Honz describes ration-free meat that will aid the homemaker in conserving red points.

The restricted meat supply, offering a challenge to the home economist, has caused a search for a variety of meats which are ration-free as well as inexpensive. Game and fish have always been used to supplement menus but now unfamiliar meats which have caused considerable discussion are appearing on the market to extend the meat supply.

One of the more unusual and interesting subjects in the field of nutrition is hoppophagy or the practice of eating horse meat. Although this meat is reasonably popular in many European countries, Americans are reluctant to add it to the list of possible war meats. Aside from sentimental reasons, an explanation for this prejudice may lie in the fact that early Christians abstained from eating horse flesh because of the association of the horse with certain pagan rites.

The United States Department of Agriculture has determined that horse meat is from three to five percent higher in vitamin content than beef. Another point favoring the use of horse meat is the fact that horses never have trichina or tapeworm and seldom have tuberculosis.

Horse meat is rather sweet and closely resembles beefsteak in flavor yet this non-rationed meat is approximately half the price of beefsteak. Federally inspected horse meat is marked with a green, hexagonal stamp.

In many communities the domestic raising of rabbits has been urged as a practical method of extending the individual's meat supply. According to authorities, any yard suitable for the raising of chickens can be used for this project. Persons who plan to supplement their ration with rabbit meat should remember these suggestions as a protection against tularemia, or "rabbit fever." The rabbit that is easily killed should not be used for meat because it may be ill. When cleaning rabbits, rubber gloves should be worn to keep the hands from coming in contact with the internal organs and blood. The rabbit meat should be cooked thoroughly.

Turtle meat, which has a flavor similar to pheasant, has never achieved the popularity it deserves. One of the favorite methods of preparing turtle is to soak the meat in salt water, parboil for three hours and fry. The Office of the Coordinator of Fisheries predicts the addition of 2 million pounds of shark meat to alleviate the current wartime meat shortage. Shark meat has a flavor not unlike that of smoked salmon. The less expensive fish such as carp, suckers, lake herring and the like should not be forgotten, because they are a rich vitamin source.

The presence of the word "rat" in muskrat discourages many people from trying this meat which is just as palatable as wild duck or squirrel. In fact muskrat has proved to be quite desirable in Philadelphia and Baltimore when it is marketed under the name "marsh rabbit."

A familiar recipe in Massachusetts is starling breasts rolled in corn meal and flour and fried in butter. Various authorities also recommend blackbirds, ricelands and crows which compare favorably with the more domestic fowl. Pigeons were raised for food in Egypt as early as 3000 B.C. and their popularity there has been such that the passenger pigeon is now extinct. However, there are still 12 varieties of edible pigeon in the United States.

Scientists have found that aside from the flesh of a few poisonous snakes, there is probably not one kind of meat which is inedible. Americans could discover many savory additions to their protein diet if prejudices set by tradition could be overcome.