

CHAPTER I

What the Homemaker Needs to Know About Food.

THE homemaker of today has many food problems to solve which are quite different from those of a generation ago.

First, she has many more foodstuffs to use, which the ends of the earth contribute to her table at all seasons of the year, thru the development of modern transportation and refrigeration, whereas, in years gone by she has been limited mainly by the foods grown in the home garden and farms and orchards. But further, the changes in occupation and mode of living have been vast, and have made necessary corresponding changes in the dietary needs of the family.

Then, too, agriculture has developed better products which are now graded and classified, making buying a more complex task. With this has also come a development of a more critical taste, and often a preference for fewer foods which may be more pleasing to look at, but which after all may not hold life giving vitamins and valuable food nutrients needed for proper development of bone and muscle. The complexity of modern life, too, has introduced prepared food in many forms, of whose value to the body we know very little, since scientific investigation of their food value has only begun.

But of even greater significance to the homemaker is the fact that scientists and nutrition specialists have learned more about the real food needs of the body and what different foodstuffs contribute to its proper development. Many long established notions about foods have been upset and many new principles have been established. All the knowledge about carbohydrates, proteins, vitamins and calories that has come into use in foods and cookery has come into use in very recent years. Virtually, meal planning is a new art in many respects and today the home-

maker's problem is not a simple problem, but a complex one.

To aid her in the solution, this chapter sets forth some of the basic facts that the homemaker should know about foods.

WHAT THE BODY NEEDS:

Food to furnish heat to keep it warm.

Food to furnish power or energy to do work.

Food to furnish material from which to build and repair bone, muscle and other tissues.

Foods which regulate or keep all processes going at a normal rate of speed, i. e., circulation of the blood and digestion of food.

Foods Furnishing Power or Energy and Heat:

The body can use all kinds of food, but the best and cheapest for this purpose are the foods that contain starch, sugar and fat.

Foods Rich in Starch

Cereals, breakfast foods
Macaroni
Flour
Sweet potatoes
Bread
Potatoes
Dried beans and peas
Rice
Cornmeal
Hominy
Oatmeal
Spaghetti
Cornstarch
Bananas
Tapioca
Crackers

Foods Rich in Fat

Butter
Nuts
Salad oils
Cooking fats
Cream
Bacon
Salt pork
Fat parts of meat
Oleomargarine
Nut margarine

Foods Rich in Sugar

Cane, beet and corn sugar	
Molasses	Raisins
Honey	Prunes
Maple syrup	Figs
Corn syrup	
Dates	
Candy	
Many fresh fruits	

Foods Building Tissues and Repairing Waste

1. A substance called protein is necessary to build and to repair worn out muscles and tissues. The main protein foods are:

Milk	Meat	Nuts	Beans & peas
Eggs	Fish	Poultry	Cheese

2. Mineral matter is also an important constituent of bone, teeth and body fluids, as the blood. These foods aid in the regulation of body functions as well.

Foods Containing Lime:

Foods Very Rich	Rich	Medium
Cheese	Mustard greens	Currants
Almonds	Boston brown bread	Rutabagas
Cottage cheese	Buttermilk	Kohl-rabi
Molasses	Clams	Celery
Figs	Dandelion	Raisins
Egg yolk	Cauliflower	Parsnips
Milk	Cabbage greens	Leeks
Turnip tops	Dried beans	Oysters
Chard	Kidney beans	Oranges
	Pecans	Lima beans
	English walnuts	
	Shrimp	

Foods Containing Phosphorus:

Foods Very Rich	Rich	Medium
Wheat bran	Dried beans	Peas
Cheese	Dried peas	Buttermilk
Egg yolk	Rolled oats	Milk
Clams	Cornmeal	White bread
Almonds	Whole egg	Farina
Oysters	Graham bread	Sweet corn
Shrimp	Whole wheat bread	
Peanuts	Oysters	
English walnuts		
Pecans		
Cottage cheese		
Fish		
Meat		

Foods Containing Iron:

Foods Very Rich	Rich	Medium
Blood	Prunes	Peas
Egg yolk	Dates	String beans
Kale	Pecans	Water cress
Molasses	Raisins	Cabbage
Oysters	English walnuts	Whole wheat bread
Spinach	Peanuts	
Mustard greens	Chard	
Meat	Cabbage greens	
Lentils		
Dried beans		

Foods Containing Iodine:

Foods Very Rich	Foods Rich
Sea kelp	Leafy green vegetables
Agar-agar	Whole milk
Sea-moss farina	Some fruits
Foods grown in iodine rich soil rather than those grown in region in which iodine is deficient.	

Food furnishing vitamins or the body regulators

(1) *Vitamin A.* This vitamin is essential for growth and promotes health and vigor. It also acts as a preventative of respiratory and eye infections.

Foods Very Rich	Rich	Medium
Spinach	Carrots	Green beans
Egg yolk	Greens	Lettuce
Butter	Milk	Orange colored
Liver	Cheese	sweet potato
Green peas	Tomatoes	Orange colored
	Pineapples	squash
	Globe artichokes	

(2) *Vitamin B.* This vitamin is essential to normal nutrition at all ages and promotes growth. Its presence in food stimulates appetite and aids in preventing various nervous and skin diseases. This vitamin is destroyed by long heating.

Foods Very Rich	Rich	Medium
Yeast	Potatoes	Apples
Asparagus	Carrots	Lettuce
Prunes	Turnips	Milk
Egg yolk	Oranges	Celery
Cabbage	Lemons	Grapejuice
Tomatoes	Grapefruit	Lean muscle meat
Okra	Spinach	Graham bread
Avocado	Dandelion	Bread
Green peas	Beans	Fish
Wheat germ	Lentils	Beets
Liver		Cauliflower
		Nuts
		Bananas
		Pineapples

(3) *Vitamin C*. This vitamin prevents scurvy and is an aid in building up strong and healthy teeth. The absence of this vitamin more or less retards growth.

Foods Very Rich	Rich	Medium
Cabbage	Grapefruit	Baked potatoes
Tomatoes	Limes	Lettuce
Tomato juice	Young carrots	Onions, raw
Orange juice	Water cress	Peaches
Lemon juice	Sprouted bean	Pineapples
Raw rutabaga juice	(Mung)	

This vitamin is very easily destroyed in food by heat, unless acid is present, as in tomatoes. It is better to depend on raw foods for vitamin C, with the exception of canned tomatoes.

(4) *Vitamin D*. Antirachitic vitamin. This vitamin is the one which prevents rickets, thus aiding in proper bone formation in young children. Sunlight and violet rays seem to produce the same effect in young children or foods so treated have a protective power against rickets.

Cod-liver oil

Foods treated with ultra-violet ray.

(5) *Vitamin E or X*. Antisterility vitamin. This vitamin seems to be necessary to reproduction, but information regarding it is not so well-known as yet.

Green leafy tissues as lettuce

Germ of wheat

Oil from wheat embryo; yellow corn and hemp seed

Meat muscle.

THE PLANNING OF MEALS

Always plan to have—

1. A mixed diet which does not overtax organs of digestion as too much of one material does.
2. One pint of milk for an adult and a quart for each child under six in the diet.
3. Fruit or vegetables in every meal, but not necessarily both at the same time.
4. Food adapted to different members of the family; for example, milk for children and cheese for older members.
5. The same food prepared in different ways if it must be repeated often.
6. Seasonable foods. Do not use canned fruits and vegetables when fresh ones can be had in the garden.
7. Food served attractively so as to appeal to the eye.

What to avoid—

1. Improper combinations of food, as two building foods, meat and beans, in one meal, or two starchy foods, as macaroni and potatoes, in one meal.
2. All concentrated foods at one meal, as fats and sugar, or all bulky foods, as fruits and vegetables. Distribute such foods thru the menu for the day.

FORMATION OF PROPER FOOD HABITS

1. Learn to like the right foods—develop a habit. It may take time and courage. It is worth while. Begin early.
2. Regularity of eating is an essential. All machinery needs periods of rest. Don't eat all the time.

3. Eat a variety of foods. No one food can supply all needs, but a great variety is not necessary. Too much variety may be harmful.
4. Eat simple, plain food.
5. Eat slowly and masticate food thoroly.
6. Stop eating before you feel "stuffed."
7. Children should eat all that is placed on their plates. Repeated small servings teach a child not to waste food.
8. Do not eat under stress of great emotion, as anger, anxiety, faitgue; they prevent proper digestion of food.

HOW TO BUY

Select a market suited to the needs of the housewife's table, pocketbook and convenience, after investigation of conditions as to sanitation and care of food.

If it is more convenient to buy by telephone, the housewife needs to get acquainted with her grocer and he with her so as to insure perfect understanding of qualities of the food to be purchased.

The "cash and carry" plan of store can sell cheaper than the one which delivers, as the telephone and delivery add to cost of overhead in the grocery which must be met by adding to the price of the article purchased. "Cash and carry" stores usually carry only popular priced foods.

Set aside a sufficient amount of money to buy a quart of milk a day for each child and a pint for each adult. Divide the remainder of the food money into four parts, one for fruits and vegetables, one for bread stuffs and cereals, one part for meats, eggs, fish and poultry, and the fourth part for the miscellaneous foods as sugars, fats, etc.

Small containers cost from one-fourth to one-third more in proportion than the larger containers of the same article, since it costs as much to pack a small quantity as a large.

Study the brands and grades best suited to the needs and learn to buy them by name.

Buy in quantity only those commodities which store well, and after buying be sure each article is safely stored. Be sure not to over-buy.

In general, buy perishable commodities, such as milk, meat, fresh fruit and vegetables, only in quantities sufficient for the day's use, unless refrigeration is adequate.

Learn to know the cuts of meat and ask for the part by name. It is said the average housewife knows only two kinds of steak.

Liver, kidney and brains form an excellent source of minerals and vitamins, so these are meats, not only without waste, but containing valuable nutrients as well.

BUYING CANNED GOODS

Grades of Fruit:

Fancy—This grade includes the first quality of large, ripe fruit. The color is even and size uniform. The preparation of fruit as to peeling, pitting, etc., and packing in a heavy syrup is of the very best type.

Choice or extra standard—In this grade the fruit is not so large nor the syrup as heavy as in fancy. The color, too, may be less high.

Standard—A less sweet syrup is used for this grade, but the fruit has a good color, may be small in size, but carries no blemishes.

Seconds or sub-standards—A grade of second quality. It is known as the natural. It is packed in a light syrup usually, but sometimes in water.

Pie or water pack—Fruit too ripe to hold shape and fruit broken in process of preparation is packed in water with no sugar added. Such grades find their chief use for pie fillings.

Grades of Vegetables:

Fancy—This grade includes the tender young vegetables of uniform size and color. The small string beans and little peas come under this grade.

Standard—This grade is usually the field run, and shows a variation in color and size. Mature vegetables as beans, beets, etc., are cut in pieces before canning.

Sub-standard—This includes wholesome material, which may be over-ripe or broken or material not carefully graded before packing.

*Sizes of Cans:*No. 1 can holds $1\frac{1}{2}$ cupsNo. 2 can holds $2\frac{1}{2}$ cupsNo. $2\frac{1}{2}$ can holds $3\frac{1}{2}$ cups

No. 3 can holds 4 cups

No. 10 can holds 1 gallon or $14\frac{1}{2}$ cups*Sizes Used for Packing:*

No. 1 used for baked beans, meats, soups. Some vegetables are now being packed in that size.

No. 2 used for beans, peas and corn.

No. $2\frac{1}{2}$ used for fruits, as pineapples, apricots, pears, etc.

No. 3 used for tomatoes, spinach, beets and pumpkin.

No. 10 used for both fruits and vegetables for restaurants, hotels, cafeterias and institutions.

MEASURES FOR THE HOMEMAKER

	No. cups per lb.	No. servings
App es	1 lb= $2\frac{2}{3}$ - $4\frac{1}{2}$ c.	4 (big) ..
Apricots, dried, as purchased	1 lb=3 c.9
1 lb apricots soaked and cooked, $4\frac{1}{2}$ c. without juice		
1 lb apricots after soaking and cooking weighs $2\frac{1}{2}$ lb.		
Baking powder	1 lb= $2\frac{1}{8}$ -3 c.	
Bananas	1 lb=3 med. sized....	
Beans, dried lima	1 lb= 2 - $2\frac{1}{2}$ c.	12-13
soaked and cooked	1 lb= 6 - $6\frac{1}{2}$ c.	
Beans, kidney	1 lb= 2 - $2\frac{1}{2}$ c.	12-13
Soaked and cooked	1 lb= 6 -7 c.	
Beans, navy	1 lb= 2 - $2\frac{1}{2}$ c.	12-13
Soaked and cooked	1 lb= 6 - $6\frac{1}{3}$ c.	
Bread crumbs, stale, sifted	1 lb loaf= $3\frac{1}{3}$ -4 c....	
Butter	1 lb=2 c.	40
Cabbage, shredded	1 lb= $5\frac{1}{2}$ c.	11
Celery, $\frac{1}{4}$ in. pieces	1 lb=4 c.	8 creamed
Cheese, cottage	1 lb= $2\frac{2}{3}$ c.	4-5
Cheese, grated	1 lb=4 c.	
Chicken, cooked and cubed	1 lb=3 c.	6

	No. cups per lb.	No. servings
Chocolate, cut fine	1 lb=3½ c.	64
Cocoa	1 lb=4 c.	128
Cocoanut, grated	1 lb=4½-5 c.	
Coffee, medium ground...	1 lb=5½ c.	44-66
Corn, canned, No. 2.....	1 lb=1¾-2 c.	4
Cornmeal	1 lb=2⅔ c.	
Cornstarch	1 lb=3-3½ c.	
Crackers, soda, whole, 2x2 in.	1 lb=120 crackers ...	
Crackers, graham or oat- meal	1 lb=64 crackers	
Cranberries	1 lb=4 c.	8
Dates, stoned and cleaned	1 lb=2 c.	
Eggs, whole in shell	1 lb=8-9 eggs	
Eggs, whites	7-9=1 c.	
Eggs, yolks	14-16=1 c.	
Figs, whole, No. 2 canned	1 lb=2½-2⅔ c.	5-6
Flour, graham	1 lb=4½ c.	
Flour, wheat, unsifted ...	1 lb=4c.	
Gelatin, granulated	1 lb=3c. dry	
Grapes, cut and seeded...	1 lb=2¾ c.	
Hamburger steak	1 lb=2 c.	4
Hominy, pearl	1 lb=2½-3 c. uncooked...	5-6
Lard	1 lb=2 c.	
Lemons, 300 size	1 lb=4 lemons	
Lettuce, average head ...	1 lb=1 large firm head	
Macaroni, uncooked	1 lb=3-4 c.	
Cooked	1 lb=12 c.	
Milk, fresh, whole	1 lb=2 c.	
Fresh skim	1 lb=2 c.	
Condensed	1 lb=1⅓ c.	
Dried	1 lb=3 c. dry	
Evaporated	1 lb=1⅞ c.	
Molasses	1 lb=1⅓ c.	
Nutmeats, Eng. walnuts..	1 lb=4-4¼ c.	
Nuts, almonds	1 lb=3 c.	
Oats, rolled	1 lb=5⅓-6½ c.	24
Oils	1 lb=2-2⅓ c.	
Oleomargarine	1 lb=2 c.	40
Oranges, diced for salad..	1 lb=2⅓ c.	
Oranges, whole, 126 size..	=8-9 oz.	
Onions, chopped	1 lb=3 c.	6 cooked

	No. cups per lb.	No. servings
Peaches, dried	1 lb=3 c.	10
1 lb peaches soaked and cooked equals $4\frac{1}{4}$ c. without juice		
Peas, canned, drained ...	1 lb= $2\frac{2}{3}$ c.	4-5
Pickles, chopped	1 lb=3 c.	
Pineapple, canned, broken	1 lb=2 c.	4
Potatoes, unpeeled	1 lb=3-4 potatoes	
Potatoes, dried for cream- ing	1 lb= $2\frac{2}{3}$ c.	4-5
Potatoes, mashed	1 lb=2 c.	4
Potatoes, riced	1 lb= $2\frac{1}{2}$ c.	5
Prunes, as purchased	1 lb= $2\frac{1}{2}$ - $2\frac{2}{3}$ c.	5-6
Pumpkin, canned	1 lb= $1\frac{3}{4}$ c.	
Pumpkin, fresh	1 lb=1 c. cooked	
Raisins, seedless	1 lb=3 c.	
Raisins, seeded	1 lb= $2\frac{1}{2}$ c.	
Rice, whole	1 lb=2 c.	16
1 lb rice when cooked equals, 2 qts.		
Salmon	1 lb=2 c.	
Salt	1 lb= $2-2\frac{3}{8}$ c.	
Spinach	1 lb=2 c.	4
String beans, canned	1 lb=2 c.	4
Sugar, brown	1 lb= $2\frac{2}{3}$ c.	
Sugar, granulated	1 lb=2 c.	
Sugar, powdered	1 lb= $3-3\frac{1}{2}$ c.	
Tapioca, pearl	1 lb= $2\frac{3}{4}$ c.	
Tea	1 lb= $6\frac{1}{2}$ c.	300-600
Tomatoes	1 lb= $1\frac{3}{4}$ c.	4
Vanilla	1 lb=2 c.	