

WHAT ONE DAY'S MEALS SHOULD DO FOR THE BODY IF SCIENTIFICALLY ARRANGED

Here is another lesson for women who are taking The Day Book college course in home economics. Today Prof. Sweeny, dean of State University of Kentucky, gives examples of good and bad menu making.

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(Dean of State Univ. of Kentucky.)

It is not enough that the body should be supplied with the kind of food for repairing it, and with the kind of food to keep it warm and to give power to move. It must also have lime, iron and common salt to build up the cells and to keep them in good condition.

Bones and teeth are examples of the cells which require lime and which cannot be repaired without it. Milk and eggs are the best sources of lime for the body. Other lime-giving foods are buttermilk, prunes, beans, cottage cheese, celery, spinach and cauliflower.

Blood cannot be kept rich and red unless the body makes daily many millions of red blood corpuscles. In anemia, where people become pale and listless, the supply of red corpuscles is usually greatly reduced. Iron-giving foods are whole wheat bread, egg yolk, cabbage, oatmeal, dried beans, celery, spinach, lettuce, asparagus and green string beans.

Nerve and brain cells cannot be made unless a substance for building them, known as phosphorus, is supplied in sufficient amounts in the food. This substance is most abundant in spinach, buttermilk, cottage cheese, asparagus, cauliflower, cucumbers and celery.

Some people buy lime, iron and salts at the drug store in various medicines. Others get them from fruits and vegetables. As a general thing our instincts may be relied upon to supply the organism with the necessary amount of common salt.

The human machine, like the

steam engine, needs to be kept clean. Cellulose, a substance familiar in the long strings of old celery, in lettuce and in cabbage, is not used by the body for food, but cleans out the digestive tract. Among the other vegetables containing cellulose are carrots, green corn, potatoes, parsnips, fresh beets, squash and lima beans.

A day's meals should contain some meat or eggs and milk; starchy vegetables, bread, butter, one vegetable which gives iron and one vegetable or fruit which gives lime. The phosphorus is usually insured by the milk, eggs and cereals.

IMPROPERLY BALANCED MEALS Menu No. 1.—Too High in Protein

Fried Ham

Egg

Fried Potatoes

Cottage Cheese

Bread

Custard Pie

Changed to Become a Balanced Ration—No. 1—Correct.

Bolled Ham

Mashed Potatoes

Bread and Butter

Green String Beans

Canned or Fresh Fruit

Menu No. 2.—Too High in Starch

Pork Chops

Bread and Butter

Cream Potatoes

Macaroni

Apple Dumplings, hard sauce

Menu No. 2—Correct

Pork Chops

Bread and Butter

Creamed Potatoes

Slaw with cooked dressing

Apple Sauce

(Prof. Louise G. Turner of the University of Tennessee will give the next lesson in this series.)

Three breweries went out of business in St. Louis within 30 days last year.