

FOOD VALUES.

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Although we cannot attribute all our good health to correct diet, we are sure that any person who lives rationally on simple, wholesome food, will live longer than one who is ignorant of the importance of this matter. Overeating is the first great cause of indigestion. Improperly cooked and improper combinations of food is another cause of the dyspeptics among our American people.

The primary uses of food are to build tissue, to give heat, and to make force. The organic classes of food—proteids, fats and carbohydrates produce heat as well as force. Fat produces heat and also builds up a certain kind of tissue. Proteid is a tissue builder on account of its nitrogen.

We learn these scientific names and the scientific facts when we study domestic science. We learn them in order to know of what value to the human system are the various foods we cook. We learn when to use the starchy foods and when not to use them. We learn what to combine with the different classes of foods that will be most nutritious and helpful to the body.

Most diseases are the result of imperfect digestion. The untrained cook with no knowledge of domestic science and the actual needs of the body is responsible for much of the ill health from which many suffer.

Girls while at school plan to take courses in the professions—as they call them—not realizing that there is nothing higher in life than a well kept home and a well nourished family. It is said that whatever produces health reduces crime. What higher ambition could any girl have than to be able to aid in the betterment of our country?

A careful study of the chemical constituents of food will enable anyone to furnish a good, common-sense, mixed diet for the family.

In a bill of fare we must not have too much of one kind of food. For instance, if you serve rice and potatoes at a meal there will be an excess of starch; and if macaroni and cheese are served, potatoes and meat are not needed, because cheese is richer in proteid than meat, and macaroni contains more starch than potatoes.

Remember, when cooking, that teachers, students, clerks, and so forth need easily digestible food; working men, those who use their muscles, require coarser food. When planning a meal this should always be considered.

Another thing to remember is, that the plant proteid may take the place of an animal proteid. If you have very little meat, serve peas or beans with it—do not serve beets. This, also teaches economy, as meat is our most expensive food.

To eat more than we need is dangerous. Useless food clogs the system and becomes poison. This kind of poison is called auto-intoxication, which means self-poisoning. It seems hardly possible that sensible people would poison themselves in order to gratify appetites—but many do.

It is only in recent years that domestic science has found a place in the course of study in our schools and it has been of great benefit. In the study of food values in a school of this kind our lessons are chiefly based on what are called economic results—that is, the cost of food must be considered and the aim is to acquire the proper amount of nourishment, in the most palatable form, at the least expense.

Study food values; study the composition of plain common food, and then it will be easy to think of suitable, varied and inexpensive combinations.