

# WHAT to EAT and WHY

## C. Houston Goudiss Recommends Generous Use of Eggs; Shows How This Protective Food Helps to Balance the Diet

By C. HOUSTON GOUDISS

ANY experienced homemaker knows the many cookery uses of eggs. Indeed, she is likely to feel that she could not keep house without this indispensable ingredient, which a French chef once described as "the cement that holds the castles of cookery together." It is true that we should have to do without some of our most delectable dishes if eggs were not available to use as thickening, leavening, coating, binder, clarifier, stabilizer or garnish. But even more significant than their contribution to good cooking are their splendid nutritional values.

### A Notable Protective Food

Eggs rank next to milk in that group of mineral—and vitamin-rich foods that we call "protective." They contain substances that are very efficient for growth and development. And in the opinion of nutritionists, they are more nearly interchangeable with milk than any other food.



Eggs are among the first foods to be added to the milk diet of infants. And homemakers who desire to give their families well-balanced meals should provide an egg daily for every individual. This requirement can be reduced, if necessary, to four eggs weekly. But luckily, as we head toward spring, eggs become more plentiful, and lower in price. And it is usually possible for every family to obtain a full quota of this splendid food . . . so rich in the elements that help to build muscle, bone and blood.

### A Fine Body Builder

Eggs contain proteins of high quality, and their proteins seem to be particularly well adapted to building body tissue. That is one reason why this food is so desirable in the child's diet . . . so useful in constructing the diet for adults who need "building up." It also makes eggs a logical choice as a main dish for Lenten meals.

It's interesting to note that the proteins of the white and yolk of an egg are quite different in their properties. Egg white is almost pure protein and water, while the protein of the yolk is composed of a different assortment of amino acids, or building stones. The yolk also contains fat . . . in a finely emulsified form, so that like milk fat, it is comparatively easy to digest. And it is the yolk which is highly prized for its rich store of minerals and vitamins. It is therefore considered the most important part of the egg for young children, and the white is often withheld and only the grated yolk given.

### Rich in Iron and Phosphorus

Eggs are notable as a source of iron and phosphorus. Iron is necessary for the formation of the hemoglobin or red pigment of the blood, and the iron in eggs is valuable for this purpose. Phosphorus is the mineral that pairs with calcium in building teeth and bones. It also plays an important part in regulating the neutrality of the blood. The phosphorus in eggs occurs in a form that is particularly well adapted to the needs of the growing body.

### Four Important Vitamins

As our knowledge of vitamins has increased, nutritionists have urged that eggs be accorded a

wider place in the diet, for they supply four of these vital factors—vitamins A, B, D and G. They are an important source of vitamin A, which promotes growth and helps build resistance to disease. The appetite-promoting vitamin B occurs in lesser amounts than A, but its presence helps to increase the quantity of this essential substance included in the daily diet.

Eggs are one of the few foods naturally containing vitamin D, sometimes called the sunshine vitamin. And it has been determined that they are rich in vitamin G, which is required for health and vitality at all ages.

### Raw Eggs vs. Cooked

Eggs are one of the foods that digest most satisfactorily, about 97 to 98 per cent of their protein being digested and absorbed. Moreover, the thoroughness of digestion does not seem to be affected by the method of cooking, and a hard-cooked egg, when well masticated, is as completely digested as one that is soft-cooked. Raw egg white on the other hand is not as completely utilized as when slightly cooked. This shows the fallacy of the old-fashioned idea that raw eggs were more desirable for invalids than cooked eggs.

### Brown Eggs vs. White

Some people have an idea that the color of the shell has a bearing upon the nutritive value of an egg. In certain parts of the country, homemakers will pay a premium for eggs with white shells. In other sections, brown eggs are in greater demand, and therefore sell at a higher price. There is no justification for attaching any importance to the color of the shell.

### Avoid "Same Old Thing"

Occasionally homemakers tell me that some member of their family doesn't like eggs. It is true that some people have an allergy to eggs, that is, they cannot eat them without having some abnormal reaction. But more often, any antipathy to eggs is due to the fact that they have been served in the same way, day in and day out. There is no excuse for that, for eggs are so versatile that they may be served in dozens of different ways, and in some dishes, their identity can be entirely concealed.

"Sunny side up" may be the most popular method of preparing eggs. But don't get into a menu rut, whether you are serving them for breakfast, dinner, lunch or supper. Cook them soft. Cook them hard. Transform them into omelets and souffles. Scramble them, plain, or dressed up with cheese, diced bacon, frizzled dried beef or sausages.

### Eggs for Lenten Meal

As a main dish for a Lenten meal, hard-cooked eggs may be creamed and served alone, or combined with cooked vegetables or fresh or canned fish. Use them as a binder in croquettes and loaf mixtures, as a coating for deep-fried foods.

French toast is a simple luncheon dish, combining the energy

values of bread with the fine nutritive values of eggs. Hearty luncheon salads or sandwiches can be made by combining chopped or sliced hard-cooked eggs with fresh or cooked vegetables.

Since eggs admirably supplement the food values of milk, puddings made from milk and eggs are an ideal dessert for children, and help to balance the diet of adults. Custard pies, fruit whips and cakes are also delightful dishes that bring to the diet the protective values of eggs.

## Questions Answered

**Mrs. B. S. R.**—Pure molasses may be regarded as concentrated vegetable juice. It is rich in calcium and iron, and therefore makes a desirable contribution to the mineral content of the diet.

**Mrs. L. M. G.**—Raw cabbage has one important advantage over cooked cabbage. It is richer in vitamin C, as this vitamin is partially destroyed on heating.

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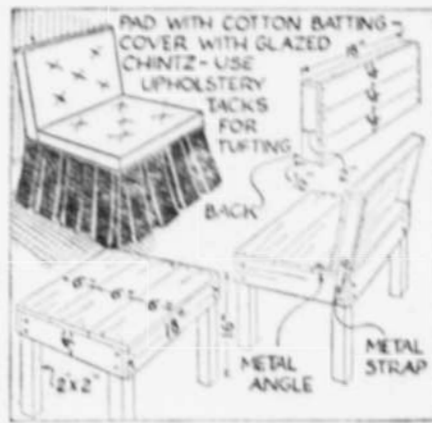
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By RUTH WYETH SPEARS



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### "Singing Fish"

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What can laws do without morals?—Franklin.

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