

WHAT to EAT and WHY

C. Houston Goudiss Discusses Beverages of Various Kinds; Explains Their Role in the Diet

By C. HOUSTON GOUDISS

FOOD and drink are inseparably linked in any consideration of the nutritional needs of man. It is, therefore, in response to a fundamental need that we include some kind of beverage in every meal, no matter how simple or how elaborate the food may be. For primarily, beverages contain water which is as necessary to the human body as air.

Approximately two-thirds of the body is composed of water. It is found in the muscles, in the brain tissue, in the various organs such as liver and kidneys, and even in the bones. Every cell in the body is dependent upon water for its proper functioning.

Body's Need for Liquids

This precious fluid acts as a solvent of food materials and makes possible their digestion and absorption. Since it is an essential constituent of the blood, it helps to transport nutrients to every cell—this function alone requiring about 10 pounds of water in constant circulation. Finally, it helps to eliminate waste products from the body through the lungs, skin and kidneys.

The daily losses of water from the body must be replaced regularly or the consequences may be extremely serious to health. It has been shown that headaches, nervousness and indigestion may result when the intake of fluids is diminished below normal requirements.

Beverages Classified

The quantity of water needed by each person varies with the dietary and with the season of the year, much larger amounts being required when the temperature is high. But it is generally agreed that everyone should consume several glasses of water daily, in addition to the water obtained from foods, chiefly fruits and vegetables. Part of the need is met by milk, and by coffee, tea, cocoa, fruit juices and various other fruit-flavored drinks which add pleasure to mealtime, serve as wholesome, between-meal pick-me-ups, and provide a gracious method of extending hospitality to guests.

Aside from milk, which belongs in a classification by itself, and fruit juices which are consumed chiefly for their minerals and vitamins, beverages fall into two groups which overlap somewhat: those that are refreshing and those that are stimulating.

Refreshing Beverages

The refreshing beverages include fruit juices, fruitades and carbonated drinks, such as ginger ale and sarsaparilla. They are effective in quenching thirst and their appetizing flavors encourage the drinking of generous amounts of water. They also contribute energy values to the diet in proportion to the amount of sweetening used in their preparation.

Fruit juices are most frequently served as an appetizer at breakfast, lunch or dinner. Fruitades are useful as between-meal drinks and when entertaining. Children like to display their hospitality to friends and this type of beverage, served with a few crackers or simple cookies, makes an attractive snack.

Mothers will find it convenient and economical to utilize for this purpose beverage crystals which come in a variety of fruit flavors. These make wholesome, refreshing beverages at a minimum cost;

of these beverages will tend to reduce the consumption of milk which is so important to their nutritional welfare.

Guard Against Staleness

The subject of coffee has been investigated from many angles by competent scientists, whose findings should be of interest to homemakers. The flavor and aroma of coffee are derived chiefly from a volatile oil, which is developed during the roasting process. But it has been established that this substance is rapidly lost from the coffee upon exposure to air. Moreover, each pound of coffee contains about two ounces of fixed oil which may become rancid in the presence of air. These changes occur whether the coffee is ground or in the bean.

Since stale, flavorless coffee may have an adverse effect upon appetite, it is important to buy a product that is protected against the air, or to choose one that is freshly roasted. The homemaker should also buy coffee in small quantities so that it can be used up quickly once it is opened. After the coffee has been made, there may be a further escape of its flavor and fragrance with both heat and steam. That is why coffee should not be allowed to stand, but should be served the moment it is made, and why it should not be reheated.

Tea also deteriorates when it is stored for long periods. It should therefore be bought in small quantities and kept in air-tight containers.

Questions Answered

Mrs. J. F. A.—Numerous investigations with children indicate that there is a definite connection between bodily well-being and mental ability. A child with poor appetite and digestion may exhibit poor powers of concentration, listlessness or irritability, all of which interfere with the ability to learn.

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the amount of sweetening may be determined by individual preference; and they are so easily prepared that children may do the mixing themselves.

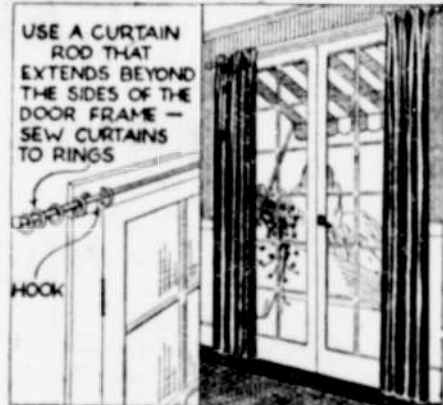
Stimulating Beverages

The stimulating beverages are coffee, tea, chocolate and cocoa. When made with milk, chocolate and cocoa are rich in nutritive values, though their fuel value varies with the product used. Chocolate is much richer in fat than cocoa, and products labeled "breakfast cocoa" usually contain a larger percentage of the natural cocoa fat than products simply labeled, "cocoa."

The food value of coffee and tea depends entirely upon the cream or milk, and sugar with which they are served. However, they have an important place in the dietary because their flavor and aroma add greatly to the enjoyment of other foods and they give a comfortable feeling of well-being.

The stimulating principle in these beverages is known as caffeine in coffee, and thein in tea. Doctors may forbid coffee because of some abnormality in health which makes a stimulant undesirable. But competent authorities hold that the effects of the moderate use of coffee by normal individuals may be disregarded. Neither coffee nor tea, however, should be given to children. First, because they do not need stimulants, and second, because the use

HOW to SEW By RUTH WYETH SPEARS



Draperies for French doors.

"I NEED some help," my friend's voice said over the telephone. "The living room draperies are finished. I am bursting with pride over them, but I don't know how to hang the ones for the French doors."

"Yes, I want to cover the door frame at the sides, but I can't cover much of the door because it must open and shut without interfering with the draperies. I did want the curtain rod for the door to match the ones at the windows too."

Her voice trailed off in a discouraged tone as if there were just too many difficulties ever to be solved. But they all were solved. The sketch shows exactly how it was done. The curtain rod was placed on hooks near the top of the door frame and extended a good 7 inches over the wall at each side of the doors. The curtains were sewed to rings. When they were in place, they covered both the hooks and the sides of

the door frame, and allowed the doors to be opened.

NOTE: These curtains were lined and had a pleated heading. They were made from the step-by-step sketches in Mrs. Spears' Book 1; SEWING, for the Home Decorator. Book 2—Gifts, Novelties and Embroidery, is also full of practical, money saving ideas that will help you with your Spring and Summer sewing. Books are 25 cents each; if you order both books, leaflet on how to make Rag Rugs is included FREE; Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

To Correct Constipation Don't Get It!

Why let yourself in for all the discomfort of constipation—and then have to take an emergency medicine—if you can avoid both by getting at the cause of the trouble?

If your difficulty, like that of millions, is due to lack of "bulk" in the diet, the "better way" is to eat Kellogg's All-Bran. This crunchy toasted cereal—a natural food, not a medicine—has just the "bulk" you need. If you eat it every day, it will help you not only to get regular but to keep regular, month after month, by the pleasantest means you ever knew!

Eat All-Bran daily, drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.

AROUND the HOUSE Items of Interest to the Housewife

Good for Flannels.—A teaspoon of glycerin in the rinsing water makes flannels come out like new.

Safety First.—Even with a properly insulated washing machine or other electric laundry appliance, it is a good precaution for the operator to dry her hands before touching the switch that controls the current.

Ironing Board Cleanliness.—Unaccounted-for smudges that appear on freshly laundered clothes may be caused by an ironing board cover that isn't quite clean. A few removable unbleached muslin covers that can be tubbed and changed for each batch of ironing will more than repay their upkeep by protecting the entire week's wash.

Rinse Lingerie Well.—When washing fine lingerie, follow the suds with at least two and preferably three rinsings.

Improving Apple Pie.—When making apple pie or apple pudding, add the grated rind and juice of an orange. This greatly improves the flavor.

Joining Wool Yarn.—Knotting your wool is never a satisfactory method of joining. When you next start a fresh ball, thread a darning needle with the end of the wool and run your needle along the new end of used wool for about one and a half inches. You will find that this makes an invisible join which will not come undone.

Cleaning Light Leather.—Sweet milk is a simple agent to keep light leathers clean and soft. Saturate a soft clean cloth in milk, rub until the surface is clean, then wipe with clean dry cloth. Frequent cleaning keeps the leather soft and beautiful. If allowed to become very soiled, more drastic methods may be needed.

SAFETY TALKS

'Pedestrian Faults'

THE National Safety Council has charged pedestrians with a large share of the responsibility for traffic accidents that killed 39,500 persons in 1937. Of this total 15,400 were pedestrians.

In "Accident Facts," a statistical review of 1937, the council said: "Many pedestrians show utter lack of caution in their use of streets and highways. Combined state reports for 1937 show that in 67 per cent of all fatal pedestrian accidents the pedestrian either was violating a traffic law or was acting in an obviously unsafe manner. In non-fatal accidents pedestrian faults appeared in 69 per cent of the cases."

The council described such things as jay-walking, failure to observe traffic lights, drunken walking, walking with instead of against traffic on rural highways, crossing streets in the middle of a block as "pedestrian faults."

Salad Molds.—Muffin pans make good individual molds for gelatin salads and for macaroni and cheese mixtures.

Cleaning Window Shades.—Light window shades may be cleaned with a flannel cloth dipped in flour.

Crunchy Sandwiches.—An interesting, crunchy sandwich filling is made like this: Mix equal parts of chopped dates and celery, add half as much cream cheese and chopped candied orange peel. Season with a dash of salt, paprika and a little salad dressing.

TIPS to Gardeners

Plant Seeds Carefully

WHEN vegetable and flower seeds purchased from reputable firms do not germinate as they should, it is safe to assume that conditions are not favorable for growth, or that seeds were not planted properly.

Therefore, it is of greatest importance to plant seeds according to directions on the packets. Extremely small seeds must be covered only lightly with soil, according to Harold N. Coulter, vegetable expert.

The will to grow is strong in seeds, but they have their limitations. To plant a tiny seed, like the petunia, under an inch of soil is like burying a man under a 20-story building and asking him to push it away.

Heavier, larger seeds, of course, may be planted deeper. Beans and cucumbers may be covered with three-quarters of an inch to a full inch of soil. Peas and corn sprout vigorously and may be planted from an inch to an inch and one-half deep.

Many successful home gardeners actually cover peas and corn with an extra half-inch of soil after they begin to push through. This protects them from birds, and also helps keep weeds down.

Wild Justice

Revenge is a kind of wild justice, which the more man's nature runs to, the more ought law to weed it out.—Bacon.

RIGHT THIS VERY MINUTE How Do You Feel?

Tired? Irritable? No ambition? Look at your watch—note the time. The same time tomorrow, compare how you feel then with the way you do right now! In the meantime, stop at your drugstore and, tonight, drink a cup of Garfield Tea.

Tonight—"Clean Up Inside"—Feel Different Tomorrow! Lose that let-down feeling. Let Garfield Tea clean away undigested wastes, intestinal "left-overs." Act gently, promptly, thoroughly. Drink like ordinary tea. 10c—25c.

Write for FREE SAMPLE of Garfield's Headache Powder—also Garfield Tea, used for constipation, acid indigestion, and to "keep clean inside." Write Garfield Tea Co., Dept. 41, H'gton, N. Y.

FREE!

How 25 Women Lost Ugly FAT In Special N. Y. Test

Ask Your Doctor If It Isn't Good Way. Read EVERY Word

NEW YORK, N. Y.—In a test by a prominent N. Y. Physician and nationally known newspaper woman—25 women lost a total of 286 lbs. in 40 days. YOU, too, can follow this SAME, SENSIBLE plan right at home and here it is:

First of all go light on fatty meats and sweets. Eat plentifully of lean meats, fish, fowl, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes take a half teaspoonful of Kruschen in hot water every morning. DON'T MISS A MORNING. Kruschen

is made right here in U. S. A. from famous English formula. And this is IMPORTANT: Kruschen is NOT harmful. It is not just one salt as some people ignorantly believe. Rather, it's a blend of 6 active minerals, which when dissolved in water make a healthful mineral drink similar to effective Spa waters where wealthy women have gone for years. A jar of Kruschen costs only a few cents and lasts 6 weeks.

No, fat ladies—get some gumption! MAKE UP YOUR MIND YOU'LL STICK to the above Plan for 28 days and just see if you don't lose fat and feel healthier and younger. You can get Kruschen at druggists everywhere.

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