



Stretching Our MEAT *Supply*

MEATLESS DAYS and rationing may be "just around the corner," but they need be no hardship for the American homemaker. Her only question will be "What alternates will supply the same food value as meat?"

Actually, the 2½ pound ration proposed for Americans is two and one-half times as large as the weekly ration in England and is about the same as the average amount consumed by Americans during the last 10 years. In comparison to Germany's ¾ pound ration, Holland's ½ pound and Italy's ¼ pound, even England's 1 pound allowance looks large.

So one has no reason to get panicky over meat rationing. We can still all have meat, and we should continue to use all we are allowed. There is no patriotism in deciding to drop meat entirely, or nearly so, from our diets. We need the meat; farmers need the market. Not nearly all of our meat can or will be used by the armed forces and our allies. Meat

By FRANCES M. HETTLER
and MARY A. BURNHAM

rationing seems to mean only that some of us may not always be able to get as much meat as we are accustomed to eating and we may not be able to buy just the cuts we should like. But there will be meat.

In European countries unrationed poultry and fish are virtually unobtainable for the average individual because of their prohibitive prices. Poultry in this country is more plentiful than ever before, and Iowa is the top poultry-producing state. Chicken is one meat it's patriotic to serve—at least once a week—and it will save on the weekly ration. Poultry prices are higher than those of most meats, but when a food is rationed, it sometimes becomes necessary to buy another product at higher cost.

One reason for rationing meat is to assure an adequate supply for the armed forces of the United States and for lend-lease. Men in

uniform consume an average of 300 pounds a year or almost a pound a day. The nature of their activity demands that they be given a hearty, filling diet. To be the best army in the world they must be the best-fed army in the world, and the same is true of the other branches of service.

While rationing may change the eating habits of Americans temporarily, it also may give the homemaker an opportunity to experiment with a casserole, salad or vegetable plate she has been wanting to try. Most families eat what is set before them, so it is up to the American homemaker to see that her family is well fed despite rationing and to use her ingenuity to vary wartime meals.

Meat alternates are numerous. It might be interesting to see just how many other foods contain the same nutrients as meat. Nutritionally speaking, meat is high in protein, the food element which provides building materials for new body tissues for children and re-

placement of tissues worn out by adults in an ordinary day's activity. Meat also provides iron, which helps prevent nutritional anemia. Symptoms of nutritional anemia are a constant by tired feeling and inefficiency in work.

In addition, however, meat contains vitamins: A, particularly in liver; B₁, especially in pork and liver, and riboflavin and nicotinic acid in most meats. Vitamin A prevents night blindness. B₁, or thiamin, prevents nervousness, and keeps up the working capacity and efficiency of the individual, keeps the intestinal tract in good working order and is necessary for complete use of carbohydrates. Riboflavin prevents burning, itching eyes and keeps the skin in good condition. Nicotinic acid is the vitamin that prevents pellagra, and while pellagra is not prevalent in Iowa, low grade health may represent a deficiency in nicotinic acid.

Meat proteins provide all the necessary materials for building body tissues so are classed as complete proteins. All animal proteins except gelatin are complete and are good alternates for meat. Eggs, cheese and milk contribute proteins of high nutritional value and are excellent sources of vitamins A, B₁, and riboflavin, so are satisfactory meat alternates in their own right. Despite the fact that large quantities of these foods are being used by the armed forces and for lend-lease, sufficient amounts are now available for civilian consumption.

Cheese is a highly concentrated protein that may be used alone or combined with other foods in souffles, sandwiches, macaroni or spaghetti casseroles or as sauces for vegetables. Like milk, cheese also contains calcium and phosphorous, which aid in building bones and teeth.

Milk may be used in innumerable ways, and the "1 quart for children, 1 pint for adults each day" rule can well be expanded as milk is used more and more to supplement other meat alternates in the diet. It is surprising how much an additional cup of milk will do in building up general quality of the diet of adults. Milk proteins are the most efficient known supplements of the proteins in such foods as cereals and legumes. Three cups of milk a day will also insure adults an adequate

intake of calcium.

The third animal protein which may be used as a meat alternate also is patriotic, in view of the fact that Iowa is the top poultry-producing state and increased egg production is being encouraged. The recommended egg-a-day can profitably be increased by using eggs alone, as meat alternates or in other dishes. Besides the other food value in eggs, the iron content is 100 percent usable by the body—and that's more than is true even of such recognized sources of iron as liver and beans.

The iron content is not the only reason beans are suggested as meat alternates, for navy and lima beans, as well as dried peas and soybeans, are sources of protein. Soybeans may be used more and more as transportation facilities are used for carrying vital war goods. Although the proteins in these vegetables are incomplete, they might be combined with a little meat—like salt pork in baked beans—as a satisfactory alternate for meat.

It may be a good idea anyway, from a flavor standpoint, to use meat with vegetables and in casserole dishes. Stews, combining meat and vegetables, or a pot roast with the vegetables cooked around the meat, also provide variety in the limited-meat diet. The vegetables cooked around meat absorb some of the flavor and help to satisfy the desire for meat.

Another advantage of combinations of meats with vegetables is the fact that smaller quantities of higher grade cuts—prime and choice—will be available. Economy of good and common grades is greater due to fewer trimmings and less fat. These serve as well for combining with other foods as the higher grades and have just as much food value. A nutritious combination that also stretches the meat supply is the use of whole cereals with meat in loaves. Wild or brown rice, for instance, can be used in meat loaf. The loaf may be baked in an angel food cake pan, then turned upside down and its center filled with vegetables. Rice contains proteins that are of good nutritional quality. Although it is more expensive than other cereals, rationing and shortages sometimes necessitate use of less economical products.

Whole cereals are a good source of protein and may become more and more important as the war continues and transportation facilities are required for moving troops and vital war materials. The proteins of whole cereals are not as good nutritionally as animal proteins, so milk and other animal proteins should be used generously with them. They are rich sources of vitamin B₁ and some minerals.

CRIBBING THIS 1942 CORN

(Continued from page 6)

when the corn went into the cribs ran from about 2 to nearly 4 percent. The next March, that in the crib with no ventilator and with cribbing only a fourth its height had 22.2 percent of damaged corn as compared with 10.7 percent in the crib slatted half way up and with the ventilator. The crib slatted its full height had only 5.4 percent of damaged corn in March.

Our Food for Freedom production program is closely tied to this business of having good corn in sufficient amount for feed. We cannot afford to take chances of its spoiling. We must make sure that corn isn't cribbed until it is ready even if some has to stay out part of the winter.

When Combining Beans

Mature, dry soybeans are easily knocked from the pods, but because they often do not ripen uniformly, or owing to adverse weather, some threshing action is needed. But soybeans tend to crack as a result of the action of the cylinder, and therefore the threshing action should not be too severe.

The speed of the cylinder should be reduced to about half that used for other grains. On most combines the cylinder speed is reduced by varying the size of the cylinder and drive pulleys, and, in some cases, by interchanging the cylinder and drive pulley.

Never reduce the speed of the cylinder by throttling down the tractor engine for this reduces the speed of the entire combine.

After the cylinder speed has been reduced, the concaves should be adjusted to produce the desired threshing action.