

Use of Protein--Rich Foods in Cookery

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Figures 6 and 7 represent meals which furnish equal amounts of protein. Fig. 6.—Meal in which protein equal in amount to that in figure 7 is supplied mainly by two chops. The meal in figure 6 consists of clear soup, bread and butter, two pork chops, potato and tomato, pineapple and frosted cakes of the so-called butter-cake type.



Fig. 7.—Meal containing the same amount of protein as that in figure 6, but partly from one chop and partly from eggs and milk used in soup, custard, and sponge cake. This meal includes the same quantities of bread and butter and of vegetables as in figure 6. Only one chop is used, but the protein (and also the energy) thus lost is made good by using a milk soup in place of the clear soup, and serving baked custard and sponge cake instead of fruit and frosted cake for dessert.

Protein usually is introduced into meals in two ways: First, by means of dishes made up principally of a protein-rich food such as meat, milk, or eggs, and, second, by dishes or combinations in which a small proportion of protein-rich food is used with materials from other food groups, as when milk and eggs are used in the preparation of soups, vegetables, cakes, etc.; when cheese is served with pie or other dessert; or when nuts are served as dessert, are used in making bread, cakes, or puddings, or are added to salads.

Most people realize that they are introducing considerable protein into their meals by the use of meat, fish, beans, etc. Few realize, however, how large an amount is introduced in small quantities by means of soup or dessert.

This is shown by figures 6 and 7, representing meals which furnish equal amounts of protein. That in figure 6 consists of clear soup, bread and butter, two pork chops, potato and tomato, pineapple, and frosted cakes of the so-called butter-cake type. The meal in figure 7 includes the same quantities of bread and butter and of vegetables. Only one chop is used, but the protein (and also the energy) thus lost is made good by using a milk soup in place of the clear soup, and serving baked custard and sponge cake instead of fruit and frosted cake for dessert.

Other ways of introducing the same quantity of protein by material of different kinds can easily be found.

For example, in a breakfast of 2 eggs and 3 ounces of toast (yielding as much protein as 2 ounces of uncooked cereal), with fruit, butter, and sugar, the eggs would provide the greater part of the protein. If for the two eggs there were substituted 2 cups, or 1 pint, of milk, the meal would provide just as much protein. The milk might be served as a beverage or on a cereal breakfast food; or be used in making such dishes as cereal mush, muffins, corn bread, or milk gravy. In this case protein equal to that in two eggs might be distributed through several dishes.

In a lunch consisting of 4 ounces of fish, with bread and butter, a salad of fresh vegetables, and boiled rice and honey for dessert, the greater part of the protein would be supplied by the fish. If 2 ounces of ordinary cheese or one-fourth cup of cottage cheese were substituted for the fish, and a cup of custard (4 ounces) were substituted for the fruit, the lunch would supply just as much protein.

In a dinner consisting of 4 ounces of roast beef, with bread and butter, vegetables cooked without the addition of milk or other protein-rich food, and a fruit pudding for dessert, the greater part of the protein would be supplied by the meat. If a soup made from 1 ounce of dried beans were served, one-half cup of milk used in the preparation of the vegetables, and 1 ounce of shelled nuts used for dessert in place of the pudding, it would be possible to reduce the meat to 2 ounces without lessening the amount of protein in the meal.



First Aid Lessons FOR BOYS and GIRLS

By Ruth Plumly Thompson in Public Ledger.

Heat Exhaustion:

Indeed, no! This is not the same as sunstroke, and if you treat it the same way you are likely to kill instead of curing it.

It is funny, though, that both sunstroke and heat exhaustion may be caused by the very same thing—working too hard on very warm days or in very hot rooms and walking in the sun without either parasol or hat.

In sunstroke the face is very red and the skin dry and hot, but in heat exhaustion the face is pale and covered with a cold sweat. You can

hardly notice any breathing and the person is very weak.

Send for the doctor first! Then move to a cool place and loosen the clothing. Do NOT put cold cloths on the head, as in sunstroke, but you may let your patient sip cold water. A hot cup of tea or coffee or twenty drops of aromatic spirits of ammonia will help start the "engines" working again. (You see how important it is for "first-aiders" to ALWAYS know where they can get aromatic ammonia. It is one of the best "stimulants" we know about!)

By the time you have attended to these "first aids" the doctor will be there, and then he can attend to the rest!

—Port Arthur, Texas, is beginning a campaign to turn itself into a city of palms. Trees of uniform species are to be systematically planted on all the streets and boulevards; the School Board will co-operate in laying out the school grounds with walks and palms; and the railroads will help by planting palms in their train yards and around their property generally. It is a delightful, but not a new, scheme in town improvements. London has for years been planting palm trees in its streets, and there are certain other English towns, like East-

bourne, which have their own particular variety of tree. Salt Lake City, Utah, made a specialty years ago, of Lombardy poplars, but thereby hangs a tale. At the time of their planting, Brigham Young was a nurseryman with an overabundant supply of these tall and graceful trees in stock. So an ordinance was adopted authorizing the planting of the city with them. And now Salt Lake City and its environs reproduce something of the quaint charm of France, or Northern Italy. A suggestion for enthusiastic civic workers looking to the future of their town.

The Value of a Nut Crop.

Scientists have made known to us the nutritive value of nuts, and food experts have advised them as a substitute for meats. In simpler days, says the Detroit Free Press, the bag of hickory nuts was a part of the winter's store and its contents an accompaniment of the apples served to the evening's passing guests. The black walnut and butternut trees that were split into fence rails by the pioneers of southern Michigan are still lamented by their descendants; they would be worth "big money" now, but had to make way for the crops that must occupy the land.

It is not generally known that prior to the war the United States imported about \$13,000,000 worth of nuts every year, although nut-growing has become a growing industry in several States. English walnuts, pecans and peanuts are the kinds we grow commercially. In 1913 we imported 44,000,000 pounds of the plebeian peanut and 1,500,000 gallons of peanut oil. The war shut off imports, and in consequence the five-cent sacks of "goobers" which consoled us at the circus and on the ferries shrunk almost to the vanishing point. From 30 cents a bushel they have risen about \$1.50. Texas more than doubled her acreage in 1917, and wisely, because the use and value of the crop is constantly on the increase. Peanut

butter, peanut oil, peanut candy, salted peanuts grow in favor yearly.

The highest priced nuts came from France, previous to the war, from a section which has been ravished by the war, the trees cut for trench building or destroyed in wantonness. There are good reasons why America should supply her own market with nuts, and it is a growing market, with a constantly advancing price. The crop is not perishable, and, since our meat supply is lessening, eventually there will be money in it.

Why do we not see it that our state highways, the great arteries of interior travel which absorb so much of our farm land, are planted with nut trees, which would not only beautify them, but also increase the wealth of the community? Just a little endeavor on the part of the individual farmer would not only preserve them on his premises. We must learn to supply our own needs, in every particular, from our own resources.

—The Peoples Gas, Light & Coke company of Chicago, will build a gas plant in four sections at a cost of \$30,000,000.

—Erection of a \$600,000 hardwood by-product plant is to be started at Shelby, Ala., by the Shelby Chemical company.

—Subscribe for the "Watchman."



Profits and Prices

Profits may be considered from two angles:

- 1st—Their effect on prices;
- 2nd—As a return to investors.

When profits are small as compared with sales, they have little effect on prices.

Swift & Company's profits are only a fraction of a cent per pound on all products sold, and if eliminated entirely would have practically no effect on prices.

Swift & Company paid 10 per cent dividends to over 20,000 stockholders out of its 1917 profits. It also had to build extensions and improvements out of profits; to finance large stocks of goods made necessary by unprecedented requirements of the United States and Allied Governments; and to provide protection against the day of declining markets.

Is it fair to call this profiteering?

Swift & Company, U.S.A.

ESTABLISHED IN 1853.

KODAKS

LEGGETT'S
GUTH'S
JANSON'S) **Chocolates**

PERFUMES
FINE LINE TOILET ARTICLES
AND SUNDRIES

Green's Pharmacy Co.,
The largest and oldest Drug Store in Centre County

The Potter-Hoy H'd'w Co.

Sell at the Right Price.

We Have Six Oliver 2 Base Gang Plows

TO SELL AT \$100.00.

\$110.00 Three Month Note.

When these are gone the next lot will be \$135.00.

First Come First Served.

The Potter-Hoy Hardware Co.,
BELLEFONTE, PA.

FINE GROCERIES

ALL GOODS in our line are thirty to sixty days late this season. Prices are somewhat, but not strongly above the level at this time last season. It is not safe to predict, but it does seem that prices are just now "passing over the top" and may be somewhat more reasonable in the near future.

We Have Received

New Evaporated Apricots at 25c and 30c a lb. Fancy Peaches 20c and 22c lb. Very Fancy Evaporated Corn at 35c a lb. or 3 cans for \$1.00. Fancy Selectee Sweet Potatoes 5c a lb.—some grades at 3c to 4c a lb. Very Fancy Cranberries at 18c per quart or pound. Almerin White Grapes, Celery, New Paper-shell Almonds, California Walnuts, Finest Quality Cheese.

INCLUDE OYSTERS IN YOUR ORDERS

We will deliver fresh opened, solid measure at cost with other goods.

WE MAKE OUR OWN MINCE MEAT.

No item is cut out or cut short on account of cost—it is just THE BEST WE CAN MAKE and is highly recommended by all those who have tried it. If you have used it you already know—or try it just now.

SECHLER & COMPANY,

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NOT to have worn a Palm Beach suit for hot weather is not to have enjoyed one of the least expensive luxuries of summer attire.

All colors from light tan to dark blue—stripes and checks—in genuine Palm Beach cloth.

HIGH ART CLOTHES

Made by Strouse & Brothers, Inc., Baltimore, Md.

reach the peak of their effectiveness for mid-summer.

Do yourself a good turn—see these delightfully cool clothes now!

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