

FRESH FOODS HAVE
MOST VITAMIN C

Vitamin C is a kind of acid which nature puts in most fresh foods. Chemists have learned how to obtain the pure vitamin from these foods, and even to manufacture it in the laboratory. They have also learned that vitamin C is soluble in water and rather easily destroyed by heat and air says Rae Russell, extension nutritionist, State College of Washington.

Vitamin C may be taken in the form of a little white tablet sold in the drug store, but most people prefer to get it in a glass of refreshing orange or tomato juice, or in some fresh raw fruit or vegetable.

New research on this vitamin at several of the agricultural experiment stations shows that most people need more vitamin C than they get in the average American diet. One reason for this is possibly because they depend too much on cooked vegetables. Though vegetables may have a good supply of vitamin C when they are fresh from the garden, they lose much of it during cooking. Heating destroys some of the vitamin, but even more of it dissolves in the cooking water, as much as two-thirds of the Vitamin C in some vegetables.

Even potatoes can help considerably toward giving the amount of vitamin C needed, if several are eaten every day. With so many foods on the market that are richer in vitamin C, many people forget how valuable the humble potato may be in supplying this vitamin. A good-sized potato is only about a third as rich in vitamin C as one orange, but if you eat potatoes generously and cook them properly, you'll get a good share of vitamin C for the day. Potatoes hold their vitamin C best when baked, next best when steamed, then boiled, mashed, and last of all, fried.

In general it is safe to consider that a full measuring cup or glass of orange juice every day will furnish an abundance of vitamin C. So will half of a large grapefruit or two glasses of tomato juice, or three large baked potatoes, or six of the richer variety of apples. A bowl of fresh green raw cabbage and green pepper salad, a large dish of strawberries, and many other fresh fruits and raw vegetables in salad will contribute their share of the day's vitamin C.

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Drinking plenty of water is one way for people to keep in good health. Human bodies are over 60 percent water, and since the body discards water it does not use and since water cannot form fat, people on reducing diets may drink as much as they like without putting on additional weight.

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Creamed mushrooms have a better flavor if they are floured, then browned delicately before the cream or rich milk is added to make the sauce. There will be more surface to brown if the mushrooms are sliced lengthwise from cap to stem. For soups, they may be cut up in smaller pieces to brown.

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Children should not have their food highly seasoned, or be allowed beverages that contain the stimulant caffeine, and vegetables prepared by steaming, baking, or boiling are more suitable than those that are fried.

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Leafy, green vegetables are rich in both iron and vitamin A, and the thinner and greener the leaf, the richer the vegetable is in both.

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In March this year more chicks were sexed in proportion to the total number hatched than in the same month last year, according to the Bureau of Agricultural Economics. Reports on chicks sexed by 145 plants indicated an increase of 52 per cent.