



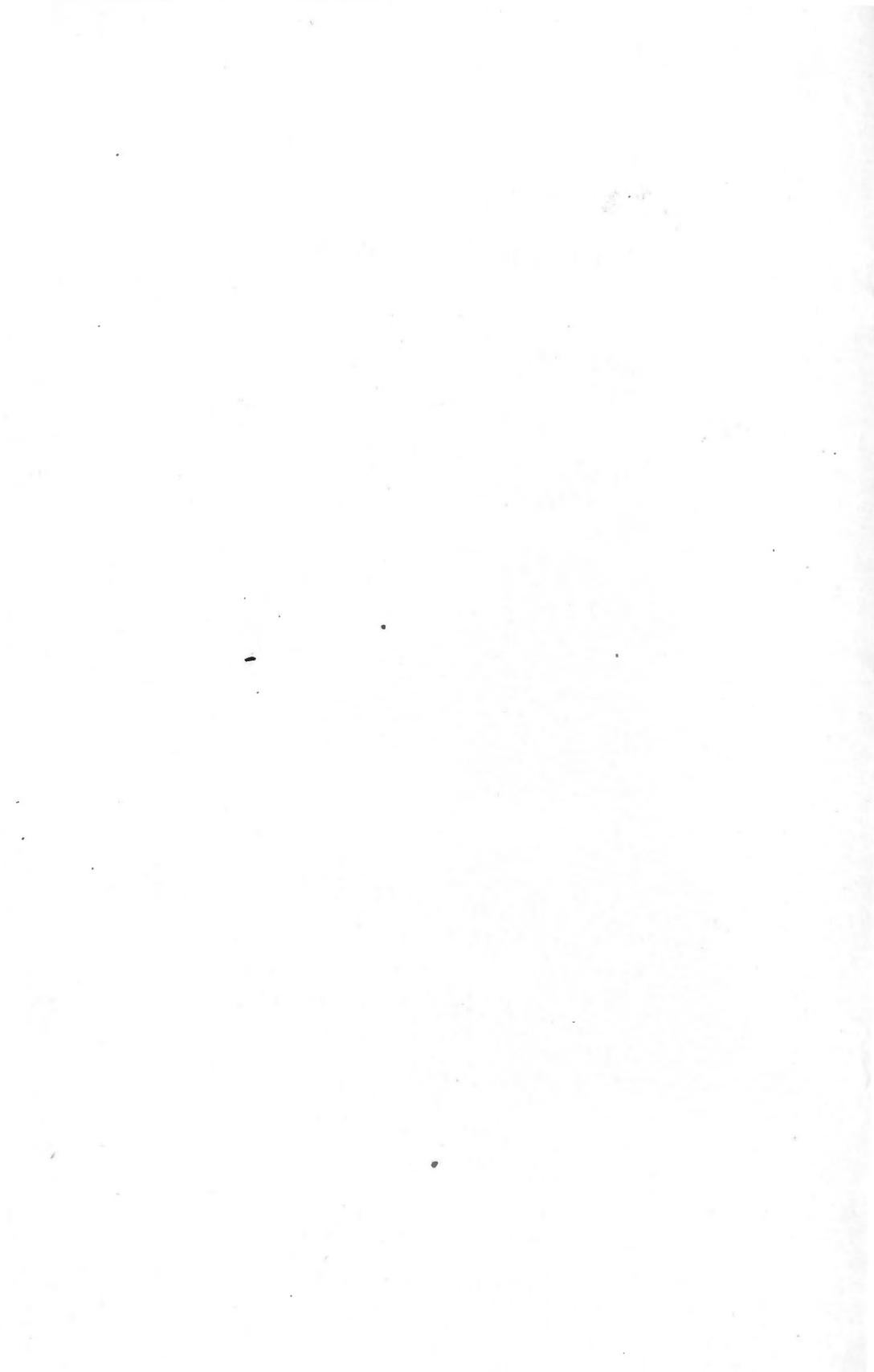
A Step

toward

Good Health



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A STEP TOWARD GOOD HEALTH

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PART I

A step toward good health—America's greatest asset—is taken by the housewife who makes a wide use of vegetables in the meals of the family every day. Only ten per cent of the average American diet consists of vegetables. It should be more. There is a great need for the increased production of vegetables in the home gardens, on the farm, in the towns and in the suburban districts. The vitamin content is to some extent dependent upon the freshness of the vegetables.

Red lips and rosy cheeks of the child become pale when iron is missing in the diet. Iron given in the form of medicine with food rich in iron may stimulate the appetite and the building of red corpuscles, but should not be expected to take the place of proper nourishing food. Look to the following group of vegetables daily for iron: Spinach, dried beans, lima beans, dried peas, string beans, cabbage, celery, tomatoes, asparagus, carrots, turnips and beets.

Our bones consist of a large part of calcium, phosphate and magnesium. Without calcium, strong bones and teeth are impossible, since it in combination with phosphorus is the chief element in these tissues.

The prospective mother as well as the nursing mother should have an adequate supply of food from this group as the formation of good teeth and bones at this time is important. The calcium group of vegetables includes: Cauliflower, celery, spinach, string beans, carrots, onions, cabbage, dried beans, parsnips, leeks, lettuce, beets, turnip greens and fresh peas.

Phosphorus forms a part of every active cell of the body and along with calcium gives rigidity to the bones. If sufficient foods are selected for iron and calcium, the phosphorus, potassium and other minerals will also be present.

Potassium is also a constituent of all the tissues of the body, but the different amounts in different structures vary. Only when there is a certain relation between the potassium, sodium, and calcium concentration in the blood will the heart beat normally.

The element sodium (a constituent of common salt which is present in the blood in considerable amounts in the form of bicarbonate, carbonate and phosphate) takes up and neutralizes the acids formed during metabolism and aids in maintaining the body fluids in a state of neutrality which is a fundamental condition of life.

Body Building Vegetables: The important body building vegetables containing large amounts of protein are beans, peas, lentils, and peanuts. However, the body building materials of the vegetables are not so excellent as those of milk, eggs, and meat.

The starch of the navy bean is somewhat indigestible as it undergoes a bacterial decomposition in the digestive tract. With the exception of peanuts and lentils, they are base forming in the body and counteract the acids formed by meat, eggs and cereals.

The Cooking of Legumes: Dried legumes should be washed and then soaked in water at least eight hours. The water should not be discarded because it contains valuable mineral elements.

Fuel Vegetables: Every person must eat foods which give the body fuel in addition to the body building protein. The fuel for the body heat must come from starch, sugar and fat. The vegetables which give the body most fuel or heat are potatoes, sweet potatoes, beets, carrots, turnips, parsnips, peanuts, peas, beans, and sweet corn.

The potato is one of the most important energy foods and is ranked as a vehicle for carrying fat. It also has considerable antiscorbutic property. We do not tire of the potato. The lack of a distinct flavor seems to be the explanation for this. The sweet potato's place in the diet is essentially the same as the white potato,

a vehicle for fat and a source of energy because of the high content of starch and sugar.

A Comparative Fuel Value shows: Salsify, 1 pound, 215 calories; okra, 1 pound, 152 calories; turnips, 1 pound, 179 calories; celery, 1 pound, 84 calories; cabbage, 1 pound, 143 calories; egg plant, 1 pound, 127 calories; spinach, 1 pound, 108 calories; dandelions, 1 pound, 277 calories.

Comparison of Some Important Vegetables: Rhubarb possesses a high degree of acidity due to the large per cent of oxalic acid. "The calcium oxalate makes it unwise in cases of gout and rheumatism. Rhubarb is a mild laxative and diuretic."—Thompson.

It is a most important green vegetable and should be used frequently during the early spring months. Salsify is a vegetable of delicate flavor. It is easily digested and fairly rich in food value. Okra is a vegetable of gelatinous substance. It ranks well with turnips and cabbage in fuel value per pound.

Serve one of these vegetables at least three times a week: spinach, dandelions, swiss chard, beet tops, and other greens containing large quantities of plant pigment, chlorophyl, which is rich in iron and in other mineral elements and vitamins. They are relatively unimportant as sources of energy, but an effective supplement to diet consisting largely of bread stuff and cereals.

String beans and asparagus are two delicious vegetables which possess the same dietary value as leaves. From the dietary standpoint the thick leaves of the cabbage are not quite so good as the thin leaves. The onion bulb is a mass of thickened leaves. The special virtue of these thickened leaves lies in the desirable composition of their mineral content; in their richness in the three substances which protect against deficiency diseases.

The use of green string beans should be more common. They rank with cabbage in ability to support growth and reproduction in diets otherwise consisting too largely of white bread or flour.

In a family of five there should be at least fifty quarts of canned tomatoes to give two servings a week when tomatoes are not in season. The tomato is a popular constituent of salads and is remarkable as a condimental food. As it is cheaper than orange

juice, the juice of tomato is recommended by Dr. Hess to be fed to infants in small amounts as a means of preventing scurvy in infants, which are fed on pasteurized milk. The vitamin content of the tomato is not easily destroyed by heating or drying.

The carrot, turnip, beet and radish should be introduced into the diet more frequently than they are now. Carrots, turnips, beets and parsnips resemble each other in that their carbohydrate content is largely sugar. They are all base forming in the body.

The raw rutabaga or Swedish turnip has been found to have a high antiscorbutic value and like the tomato its juice is used as a cheap and efficient substitute for orange juice in infant feeding. The larger use of these roots in the feeding of dairy cattle should, therefore, improve the Vitamin C content of their milk.

Beets appear to have less of Vitamin A than carrots, and less of Vitamin C than rutabagas, but Vitamin B occurs abundantly in the root, the stems and the leaves of the beet, as well as in the bulb of the onion. Carrots supply both Vitamin A and B. Turnips supply some Vitamin A as well as calcium. Thus these cheaper winter vegetables may furnish additional material to the Vitamin supply when stored in the winter months.

Over seventy-five per cent of the ailments of the race are traced to constipation. These vegetables with all the leafy vegetables are the best correctives for constipation. Their peculiar laxative effect is due to high content of indigestible fibre or cellulose with bulk and water-holding power, and they do not irritate the walls of the intestines.

All these vegetables must rotate in the month or there will be a tendency to tire of them if they appear too often in the diet.

Growth Promoting and Protective Foods: The Vitamins as found in foods are necessary to maintain life and normal growth and increase the resistance against disease. While all three are essential in all diets, they are of particular importance in the diet of a child.

It is probable that vegetables furnish more than one tenth of the Vitamins in the average diet.

Vitamin A promotes the growth of new tissue and is absolutely essential to the growth of the young. The lack of a sufficient amount causes loss of weight; growth is retarded, and susceptibility to an eye infection and other diseases such as tuberculosis and rickets is increased.

Vitamin B is essential to normal nutrition at all ages. It assists in keeping the digestive tract and nervous system in good condition. The absence of this Vitamin causes loss of appetite and finally symptoms resembling beriberi. Lastly a general undermining of health and vigor.

Vitamin C. When the diet of man lacks this Vitamin, scurvy soon results. The symptoms are soreness of joints, soreness and looseness of the gums and usually loss of weight. This Vitamin likes best to dwell in raw foods. The tomato appears to occupy a unique position in that the fresh or canned protects against scurvy or its symptoms which are not always apparent.

Cooking destroys the efficiency of this substance in some vegetables. Vitamin A is not very resistant to heat, but more so than Vitamin C. Drying is not as fatal to it as to Vitamin C. Drying and ageing often result in considerable losses of Vitamin C. Tomatoes, potatoes and orange juice are not seriously affected unless subjected to a long period of cooking. Vitamin B is the most resistant to heat.

Steam and bake the vegetables whenever possible. Save the water in which all vegetables are cooked. A large per cent of the minerals are in the water. Serve a creamed vegetable soup, a vegetable puree, or a vegetable soup with meat stock once daily.

The following table from Sherman and Smith gives the Vitamin content of vegetables:

Source	Fat Soluble A	Fat Soluble B	Water Soluble C
Vegetables:			
Alfalfa	Large Amount	Large Amount	Absent
Beans, kidney	Absent	Large Amount	Absent
navy	Present	Large Amount	Not appreciable
soy	Present	Large Amount	Not appreciable
sprouted	Absent	Absent	Considerable amount
string, fresh	Considerable amount	Considerable amount	Considerable amount
Beets	Absent	Present	Absent
Cabbage, fresh raw	Present	Large Amount	Large Amount
cooked	Present	Considerable amount	Considerable amount
dried	Present	Considerable amount	Present
green	Considerable amount	Considerable amount	Large Amount
Carrots, fresh raw	Considerable amount	Considerable amount	Considerable amount
cooked	Considerable amount	Present	Present
Cauliflower	Present	Considerable amount	Present
Celery	Absent	Present	Absent
Cress	Absent	Absent	Present
Chard	Considerable amount	Present	Absent
Cucumber	Absent	Present	Absent
Dandelion greens	Considerable amount	Considerable amount	Present
Dasheens	Not apprec.—doubtful	Present	Present
Eggplant, dried	Absent	Considerable amount	Absent
Endive	Present	Absent	Present
Legumes, sprouted	Absent	Absent	Considerable amount
Lettuce	Considerable amount	Considerable amount	Large Amount

Onions	Absent	Considerable amount	Considerable amount
Parsnips	Not apprec.—doubtful	Considerable amount	Absent
Peas	Considerable amount	Considerable amount	Present—doubtful
„ sprouted	Absent	Absent	Considerable amount
Potatoes, sweet	Considerable amount	Present	Absent
White, raw	Present	Considerable amount	Considerable amount
White, boiled (15 min)	Absent	Considerable amount	Considerable amount
White, boiled (1 hour)	Absent	Considerable amount	Present
White, baked	Absent	Considerable amount	Present
Radish	Absent	Present	Absent
Rhubarb	Absent	Absent	Present
Rutabaga	Not apprec.—doubtful	Considerable amount	Large amt.—doubtful
Sauerkraut	Absent	Absent	Not apprec.—doubtful
• Spinach, fresh	Large Amount	Large Amount	Present—doubtful
dried	Large Amount	Considerable amount	?
Squash, Hubbard	Considerable amount	Absent	?
Tomatoes, fresh	Considerable amount	Large Amount	Large Amount
canned	Considerable amount	Large Amount	Large Amount
dried	Considerable amount	Large Amount	Considerable amount
Turnips, Swede	Absent	Considerable amount	Large amt.—doubtful
Turnips, canned	Not apprec.—doubtful	Considerable amount	Absent



PART II

WAYS TO USE VEGETABLES

For best results in using vegetables—

1. Wash all vegetables thoroughly in cold water before cooking.
2. Soak in cold water until ready to cook to keep crisp or to freshen if wilted, or to prevent discoloration.
3. Soak such vegetables as cabbage and cauliflower, head down in cold salted water to which has been added a few teaspoonfuls of vinegar. This will cause worms or bugs to crawl out.
4. Cook all vegetables in boiling water.
5. Do not pour water in which vegetables have been cooked in the sink. Use it as a basis for next day's soup stock. Many starchy vegetables may be steamed with little loss of nutrients. (A good method for all fresh vegetables.)
6. Pare onions under cold water to absorb odor.
7. Cut tops of beets one inch from beet.
8. Use 1 teaspoon salt to 1 quart of boiling water and add when vegetables are half cooked.
9. Strong flavored vegetables such as cabbage, onions and turnips should be cooked in an uncovered vessel in a large quantity of water.
10. To preserve the color of green vegetables, cook uncovered. The color may be kept in green vegetables by pouring cold water through them after draining. However, this will cause a loss of nutrients.
11. Sweet flavored vegetables such as peas, beans, potatoes and squash should be cooked in a covered vessel in a small quantity of water to avoid loss of flavor.

12. Boil vegetables such as cabbage, asparagus, spinach, etc., rapidly. Tubers and roots should be boiled less rapidly to avoid breaking the vegetables. Green peas and beans should be cooked gently.

13. Drain vegetables as soon as tender. Overcooking causes the vegetable to become tough, bitter, and dark colored.

14. Celery, lettuce, cress, cabbage, tomatoes and cucumbers are frequently eaten raw with the addition of salt, pepper, vinegar and salad oil. If thoroughly masticated, they seldom cause any discomfort in the digestive tract when used by the normal adult.

15. Vegetables with delicate flavors will retain their flavor and food value if cooked by steaming. Carrots and spinach for example, are best when steamed.

16. Peeling the vegetables before cooking increases the loss.

17. Cutting the vegetables lengthwise instead of crosswise and in large pieces will lessen the loss.

18. The loss in food value is less when the water is salted.

19. As a flavorer, there is hardly a soup, stew, sauce or dressing that is not improved by the judicious use of onion flavor.

Reasons for Cooking Vegetables:

1. To sterilize from any doubtful source.
2. To soften the cellulose.
3. To make the starch more digestible.
4. To develop or modify flavors.
5. To give a variety of attractive ways of serving.

Tomatoes should have a place in the diet at least twice weekly.

Escalloped Tomatoes

3 cups of canned tomatoes	1 tsp. salt.
1 tbsp. onion juice or few drops onion extract.	$\frac{1}{4}$ tsp. paprika.
1 cup of toasted graham bread crumbs, or cooked yellow or brown rice.	2 tbsp. butter or other fat.

Cover the bottom of the baking dish with a layer of tomato; add salt, paprika, and toasted bread crumbs or rice. Repeat, having crumbs on top. Bake in hot oven until brown (about 15 minutes). To make toasted bread crumbs, grate bread into fine crumbs; melt fat; toss crumbs in this until well blended.

Onions should be served raw or cooked as a flavor at least once weekly during the year.

Scalloped Onions

Peel and slice large onions in $\frac{1}{4}$ inch slices and boil until tender. Fill baking dish with layers of onions and toasted bread crumbs; add salt, paprika, and butter as in scalloped tomatoes. Cover with one cup of white sauce; sprinkle with buttered bread crumbs; place on grate in oven until crumbs are brown, (about 15 minutes). Note: One cup of chopped corn, or other meal may be added.

A Medium Cream Sauce for All Creamed Vegetables

2 tbsp. butter (level).	One cup milk.
2 tbsp. flour (level).	$\frac{1}{2}$ tsp. salt.

Make in a double boiler. Heat the butter; when it bubbles add the flour and salt, mixing thoroughly. Add the milk and stir until the mixture is smooth. This may be made in a pan directly over the heat by adding the milk more slowly. The cooked vegetable should be placed in the serving dish and the white sauce poured over it.

Use a raw vegetable in some form daily.

Cabbage-Pineapple and Almond Salad

A very delicious salad

Shave a small firm head of cabbage very fine and crisp it in ice water. Peel and shred fine a small pineapple. Blanch and shred one quarter pound of shelled almonds. Mix the ingredients together, and add enough chopped or shredded pimento for color, and serve in lettuce leaves with mayonnaise dressing.

Raw Carrot Salad

Scrape and grate enough carrots to make 8 tbsps. or $\frac{1}{2}$ cup for each person to be served. Serve in lettuce leaves with mayonnaise dressing.

Grated carrots may be combined in various ways with shredded cabbage, cottage cheese, mixed with peanut butter; also chopped nuts and celery. It may be used as a filler in many different kinds of sandwiches.

Tomato and Egg Salad

Remove the skin from firm ripe tomatoes. Cut hard boiled eggs through the center, and remove yolks. Mix with salad dressing and refill whites. Turn tomatoes bottom side up and stand refilled whites in the place where part of core was removed. Serve on lettuce leaf with more salad dressing. This is a very pretty salad.

Mayonnaise Dressing

1 egg. -	$\frac{1}{2}$ tsp. powdered sugar.
2 $\frac{1}{2}$ to 3 tbsps. lemon juice.	paprika.
$\frac{1}{2}$ tsp. salt.	1 cup or more vegetable or olive oil.

Beat egg until light and lemon-colored. Add a little oil and beat; then a little lemon juice until all is added, beating vigorously after each addition of oil. If the egg is large more oil will be needed. Mix and add dry ingredients toward the last. Mustard and vinegar were omitted purposely.

Thousand Island Dressing

1 cup thick mayonnaise.	2 tbsps. chopped green olives.
6 tbsps. Chili sauce.	1 tbsps. chopped sweet pickles.
2 or 3 chopped pimentos.	

Combine ingredients and serve at once. Especially good on Perfection Salad, Pea and Waxed Bean Salad.

Green Corn Custard

1 ½ tbsp. corn meal.	½ tsp. salt
¼ cup cold milk.	1 tbsp. butter.
1 cup scalded milk.	1 cup corn pulp (generous
1 tbsp. green pepper chopped	measure) canned or fresh
fine.	1 egg, well beaten.

Stir the corn meal with the cold milk and cook in hot milk (over hot water). Stir until mixture thickens, then remove from fire and add the other ingredients, mix thoroughly and turn into a baking dish set in a pan of hot water and bake in a moderate oven until center is firm. Serve hot as a vegetable with meat or as a main dish at luncheon.

Cabbage a la Flower

Cut the stem from a head of cabbage (medium). Cut the cabbage in eight equal parts down to the core or stalk, but do not cut through. Tie the head of cabbage in a piece of cheese cloth to keep it in shape. Cook the cabbage, uncovered, in a large quantity of rapidly boiling salted water. The time depends on the age and size of the head. Usually from 25 to 30 minutes. Remove from water and take off string and cloth. Place on a white platter and open it. Turn back the leaves like the petals of a flower. Pour either white sauce or Hollandaise sauce over the cabbage and sprinkle a few tablespoons of grated American cheese over the mixture. Shake some paprika and place in the oven a few minutes or until the cheese dissolves, and serve.

Stuffed Green Peppers

6 green peppers.	5 tbsp.—one can ham.
1 onion, finely chopped.	salt and pepper.
2 tbsp. butter.	1/3 cup water.
4 tbsp. grated bread crumbs.	

Cut a slice from stem of each pepper, remove seeds and parboil peppers 15 minutes; cook onion in fat three minutes; add ham

and cook one minute; then add water and bread crumbs. Cool mixture, sprinkle peppers with salt, fill with cooked mixture, cover with buttered bread crumbs and bake 15 minutes.

Creamed Turnips

Boil turnips until tender, then drain. If turnips are small, arrange in a baking dish (if rather large dice or cube) and pour over white sauce, cover with toasted crumbs and reheat.

Baked Stuffed Potatoes

When baked potatoes are done, cut in half and remove contents of the shell. Add milk, butter; salt and pepper. Beat until light, refill shells, sprinkle grated cheese, and put in oven about 10 to 15 minutes or long enough to melt cheese and thoroughly reheat potatoes.

Scalloped Potatoes

Wash, pare and cut 6 potatoes in eight inch slices. Put a layer in a buttered baking dish, sprinkle with salt and paprika, dredge with flour and dot with $\frac{1}{2}$ tsp. of butter. Repeat until dish is full. Add hot milk until it may be seen thru the top layer. Bake $1\frac{1}{4}$ hours or until the potato is soft.

Spinach with Hard Boiled Egg

Wash spinach thoroughly, steam until cooked. If spinach is not steamed, cook in as little water as possible, about 12 to 15 minutes; season and put in serving dish. Garnish with hard boiled eggs sliced thin. If one prefers, a little hot bacon fat can be poured over cooked spinach.

Stuffed Onions

Boil for forty-five minutes without peeling, in salted water; drain; skin; and remove center. Chop the center with an equal amount of cooked chicken (cold) and add enough grated bread crumbs to make the required quantity of stuffing. Season with salt,

pepper, fill with onion, and wrap in butter paper, twisting the ends. Bake for an hour, take off the paper and serve with cream or brown sauce. Nuts may be used instead of chicken.

Perfection Salad

½ package gelatine or 2 tbsp.	1 cup finely shredded cabbage.
½ cup cold water.	1 sweet red pepper, chopped fine.
½ cup mild vinegar.	
1 ½ cups boiling water.	2 cups celery cut in small pieces
½ cup sugar.	juice of one lemon.
1 tsp. salt.	

Soak gelatine in cold water 5 to 10 minutes. Add boiling water, then lemon juice, vinegar, sugar and salt. Just before this mixture is ready to set, add cabbage, red pepper and celery. Turn into mold and chill. Serve on lettuce leaves with mayonnaise or thousand island dressing. Good with chicken or veal.

Harvard Beets

8 or 10 small or baby beets.	2 tbsp. butter or other fat.
4 tbsp. sugar or ½ cup sirup.	6 tbsp. vinegar.
	2 tbsp. water.
2 tbsp. corn starch.	

Cook beets in boiling water until tender. Remove skins, cut in thin slices or small cubes. Mix corn starch with sugar or sirup. Add liquids and cook until thickened. Pour over beets and let stand a few minutes. Add melted fat just before serving.

Carrot Timbales

2 eggs.	½ cup liquid (milk, vegetable or meat stock).
2 tbsp. fat.	
1 tbsp. salt.	1 ½ cups grated carrot.
¼ tbsp. paprika.	1/3 cup bread crumbs.
	A few drops of onion juice.

Beat eggs, add seasonings, melted fat, and liquids. Combine with other ingredients. Turn into greased cups, set in a pan of hot water and bake until firm. Note: The pulp of peas or spinach may be used instead of carrots. A few drops of onion juice improves the flavor.



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