

NUTRITION

Food For Refugees

Red Cross Ship Is Carrying Canned Foods and Openers; Refugees Will Add Water to Powder to Make Good Soup

By JANE STAFFORD

KITCHENETTE cookery is going to war—or at least to the relief of war refugees in Europe. It is going via American Red Cross relief food supplies to provide an efficient and nutritionally sound method of feeding, adapted equally well for small families and for large-scale feeding of war refugees.

One of the incongruities coming out of the war will be the spectacle of French peasant women, famed for their soups and stews blended of many special ingredients and taking hours to cook, making soup for their families in a minute or two from an envelope of ready-to-serve ingredients such as American housewives use when they get home late from the office or a bridge party.

Those packages of dehydrated soups and vegetables dear to the kitchenette housewife because she can simply "add water and serve," make up an important portion of the tons of food supplies shipped by the American Red Cross for the relief of Europe's starving refugees.

As the kitchenette housewife knows, these dried soups and other dehydrated, ready-to-serve food products save space—a consideration of vital importance when food for refugees must compete with war supplies for space on ships and trains. They save time and work in preparation, important when food for hundreds of thousands of starving persons must be cooked in improvised, hastily equipped roadside or camp kitchens—or in the crude shelters refugee families may find for themselves.

Full of Calories and Vitamins

Equally important is the fact that these new, compact, ready-prepared foods are nourishing—full of calories and vitamins.

When the American Red Cross assembled supplies for its first Mercy Ship for European war refugees, most of the job of purchasing food supplies was turned over to the nutrition consultant of the Red Cross, Miss Melva Bakkie.

This meant that the food shipped was selected not only to relieve obvious hunger but so far as possible to stave off the "hidden hunger" for minerals and

vitamins that cripples, blinds, drives men crazy and kills though it may cause never a hunger pang.

For example, Miss Bakkie specified that the 100,000 pounds of molasses and syrups sent on the first shipment must be dark, because that kind is not only high in energy-supplying calories but contains iron in significant amounts to help build red blood.

Milk Biggest Item

One of the largest items shipped was 825,000 pounds of unsweetened evaporated milk, the safe, long-keeping, easy-to-use evaporated milk on which hundreds of thousands of American babies are fed daily.

Enormous as this amount may sound to the young mother who buys a dozen 14½-ounce cans at a time for her young infant, it is a mere drop in the bucket for refugee feeding. It would take at

least 350,000 pounds to furnish an adequate amount of milk for 100,000 refugees for one week. Miss Bakkie said, emphasizing that this was calculated on an adult basis and that for feeding that many children much more would be required.

Can Be Used Undiluted

Dried or powdered milk, which would save space in shipping, will not be sent until Miss Bakkie is sure the refugees or those feeding them know how to use it properly. Evaporated milk, she pointed out, can be drunk straight, if you do not know how to dilute it or if there is no safe water available for diluting it.

Evaporated milk may be an old story to American housewives, but the refugees are getting some new compact, ready-to-serve foods that may soon find their way to pantry shelves in this country, if they are not already there. One of these is a brownish powder, put up in transparent water-tight envelopes, which when water is added becomes apple sauce.



NEW STYLE RATIONS

Miss Kathryn Oakes of the Canteen Corps measures out a powder which when water is added will become a bowl of thick, delicious and nourishing soup. Beside her are stacked the various types of add-water-and-serve foods that are being shipped to war refugees.



SHE DID THE BUYING

Charged with the duty of purchasing most of the Red Cross food supplies for the European hungry is Miss Melva Bakkie.

Handy for the hurried housewife, this dried apple product is more than handy for refugee feeding. It not only supplies the vitamins and other nutritional ingredients of apples but has medicinal value as well. Dried apple powder has been used for several years in the treatment of diarrheal disorders, such as are likely to be a medical problem in the refugee camps.

Beverage from Bananas

Banana tablets are also crossing the ocean to feed refugees. These come in several forms. Some are about the size of a candy bar and others about the size of a cake of yeast. Some are made of dried banana and dried milk solids, others of banana, milk and chocolate. Besides the calories of fat, protein and sugar or starch these little tablets contain, they have vitamin A and members of the vitamin B complex. They are meant to be used as a beverage by mixing with hot or cold water, but they could be eaten like candy if no water were available, though Miss Bakkie said

they taste better as a beverage than as candy. The tablets were specially prepared for the Red Cross for convenience in refugee feeding.

On Miss Bakkie's desk when I interviewed her were small sample boxes of green and yellow powder. When put in hot water, she said, these become "very thick and delicious" yellow or green pea soup, with a high content of vitamin B₁. One pound of this dried pea soup, costing nine and one-half cents (\$0.094) wholesale, makes about one and one-quarter gallons of good, concentrated soup. Ten ounces of another brand makes five quarts of soup. Dried tomato soup chips are also available for the kitchenette housewife, the camper and the explorer and will be sent to the war refugees.

Vitamin C Next Time

Because of space limitation, the first Red Cross food shipment did not carry as much vitamin C containing foods as Miss Bakkie would have liked. One product with which she hopes to make up this deficiency on the next shipment is a vitaminized dried beverage. This is made of dried fruit juice, a binder and sugar, plus crystals of vitamins B₁ and C.

This is another of the "add water and serve" products which should be popular at home as well as valuable for refugee feeding. It comes in seven flavors: orange, grape, raspberry, cherry, lime, lemon and fruit punch. Each eight-ounce glassful is said to supply more than half of the estimated minimum daily adult requirement of vitamins B and C.

Sugar, lard, flour, cornmeal, dried fruits other than the powdered varieties and sweet milk cocoa containing whole and skim milk solids make up the rest of the first food shipment.

No kitchenette housewife is supposed to be able to get a meal without her trusty can opener. When war refugees start their kitchenette cookery with American Red Cross food supplies, they will have can openers, too. In fact, with the universal European custom of wine drinking in mind, the type sent is the combination can and bottle opener variety.

The can opener is just one of the many household utensils, ranging from soup kettles and 10-quart pails to spoons and forks, that were sent along with the food.

So science which has made life easy for American housewives has come to the aid of mercy, giving it increased efficiency to match the increased efficiency

and destructiveness of modern methods of waging war. Refugees by the hundreds of thousands from war zones in Europe will be fed better and more easily as a result of peacetime scientific developments in nutrition and in processing of foods.

Science News Letter, July 6, 1940

ORNITHOLOGY

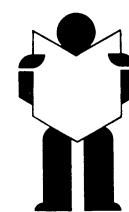
Eagle Guards Save Desert Power Lines

"EAGLE GUARDS" have had to be installed on poles of a 20,000-volt power line that crosses the desert area of the Snake River valley in southern Idaho because eagles and large hawks had taken to perching on the cross-arms, in the absence of trees. Short circuits of course frequently resulted, with serious effects on the power supply—and even more serious effects on the birds.

The "eagle guard" consists of a simple frame of light wood pieces, nailed to the cross-arms and projecting above the wires. William H. Marshall of the U. S. Biological Survey, who reports the installation of the devices, states that they are put up without turning off the current, so that the work "is recommended only for those with steady nerves who are used to working around such equipment."

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