



### Remember the Birds

► WINTER came early this year. It has been cold over most of the country, even in the South, and in the North the first snow had not melted when other snows added themselves to it.

This means that the birds are having a harder time this year than they have for several seasons past, and it will be necessary for us to think of them oftener and feed them a little more. They are entitled to this aid, for they do a good deal for us when times are better, both as insect fighters and weed-seed destroyers; not to mention the lift that most of us get just from seeing them and hearing them sing.

Even with wartime rationing beginning to come into effect, we can still spare all the birds will need and never miss it. Table crumbs and old bread-crusts will satisfy many of them. Adding a few cents' worth of cracked wheat will make the meal a banquet for the seed-eating species. For those that need a certain amount of animal food, like the woodpeckers, the traditional lump of suet, well wired, is easy to provide. One ingenious housewife encloses her contribution of suet in an old wire soap-

holder stapled against a tree; she reports this gadget a decided success.

Many persons who consistently feed birds during severe seasons do not happen to think that their feathered clients need water to drink as well. In mild winter weather there are usually plenty of unfrozen sources of drinking water for the birds, but when zero temperatures prevail for several days all water outdoors is locked into ice, and the poor birds often suffer more from thirst than they do from hunger.

So it is a good idea to set out a pan of water when you scatter your crumbs or fill your feeding tray. It should of course, be placed as clear as possible of cat danger; either in the empty bird bath or on some other high spot, or at least in a clear space too wide to permit a stalking Tabby or Tom to sneak up unobserved.

The water should be warm when it is set out—as warm as good hot coffee or soup. Cold water quickly freezes.

*Science News Letter, January 9, 1943*

### NUTRITION

## Nutrition Standards

Here is a daily diet for the nutritive standards that Secretary of Agriculture Wickard says can be met by foods that will be available in 1943.

► THE NUTRITIVE standards which Secretary Wickard says can be met by the foods available for civilians in 1943 when translated from laboratory terms of allowances for vitamins, minerals, protein and so on, call for the following daily diet:

One pint of milk daily for an adult, more for children.

One serving of meat.

One egg daily, or some suitable substitute such as beans.

Two servings of vegetables daily, one of which should be green or yellow.

Two servings of fruit daily, one of which should be a good source of vitamin C, such as the citrus fruits or tomatoes.

Bread, flour and cereal, most and preferably all of it whole grain or the new, enriched bread, flour and cereals.

Some butter daily, or margarine with vitamin A added.

Other foods to satisfy the appetite.

Total number of calories are set at

3,000 for a moderately active man and 2,500 for a moderately active woman.

The nutritive standards, drawn up by the National Research Council for the National Nutrition Conference for Defense in 1941, were translated into the above diet by Dr. Lydia J. Roberts, of the University of Chicago.

Smaller allowances of milk and lean meat are hinted in the Secretary's statement that the only nutrients we will have less than the standards require are calcium, niacin and riboflavin. Milk is the best food source of calcium and riboflavin, and milk, liver, lean pork, lean beef, and egg yolk are generally given as best sources of niacin, the pellagra-preventing vitamin, although leafy green vegetables, green peas and soybeans are also listed as good sources of this vitamin.

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