

**THE AMERICAN HOME DIET:
AN ANSWER TO THE EVER
PRESENT QUESTION WHAT
SHALL WE HAVE FOR DINNER**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649046508

The American Home Diet: An Answer to the Ever Present Question What Shall We Have for Dinner by E. V. McCollum & Nina Simmonds

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

E. V. MCCOLLUM & NINA SIMMONDS

**THE AMERICAN HOME DIET:
AN ANSWER TO THE EVER
PRESENT QUESTION WHAT
SHALL WE HAVE FOR DINNER**

THE AMERICAN HOME DIET

AN ANSWER TO THE EVER PRESENT QUESTION

WHAT SHALL WE
HAVE *for* DINNER

By

E. V. MCCOLLUM
Professor of Chemical Hygiene

and

NINA SIMMONDS
Instructor in Chemical Hygiene

in the

SCHOOL OF HYGIENE AND PUBLIC HEALTH

of the

JOHNS HOPKINS UNIVERSITY
BALTIMORE, MD.

DETROIT
FREDERICK C. MATHEWS COMPANY
NINETEEN-TWENTY
(all rights reserved)

12/1/20

T-1351
M3

**COPYRIGHT 1920
IN THE UNITED STATES**

**FREDERICK C. MATHEWS CO.
DETROIT**

**FIRST EDITION, JUNE 1920
SECOND EDITION, NOVEMBER 1920**

PREFACE

During the last twenty years steady progress has been made by various agencies in the Department of Agriculture and by the Home Economics Departments in the States in introducing better methods of preparing and of preserving food in the home. One of the chief aims has been to teach the housewife how to select and prepare food so as to provide better nutrition for the family. While this work has been going on, scientific investigation has been making rapid progress in revealing the importance of several factors which were not appreciated a few years ago. As a result of this the character of the instruction in nutrition has necessarily undergone a decided change. The acquisition of numerous new facts relating to nutrition, which has come from experiments on animals, has greatly multiplied the detailed knowledge which the teacher of nutrition must master in order to be able to answer the many technical questions relating to the subject. It has increased the complexity of the problem of inspecting the daily menu so as to make certain that it is adequate in all respects. On the other hand certain generalizations which increasing knowledge has warranted, make it possible to simplify the problem of the housewife instead of complicating it.

It has been the aim of the authors to explain in non-technical language the reasons for the superiority of certain combinations of foods over others, and to offer convincing evidence that the regular use of proper combinations of our common food-stuffs is the key-note to the successful feeding of the family. It is believed that an appreciation of the reasons why certain selections of food should be made, will be welcomed by intelligent housewives everywhere, be-

70 1000
ANNALS OF THE
PREFACE

cause of the general development of the scientific spirit which is not satisfied with doing without understanding. Hence a considerable amount of space has been devoted to a description of the results of malnutrition of different types. If knowledge is power, and if to be fore-warned is to be fore-armed in other directions, it must of necessity apply to the task of the mother of the family in a vital way.

While it is important that every woman should understand the fundamental facts of nutrition, and of the preservation of food, the task of planning the daily diet of the family so as to conform with the best knowledge which we possess, should be accomplished with the least possible expenditure of thought and energy. The presentation of a suitable menu for each day seemed the best method of attaining this end. It is expected that some freedom will be exercised in substitution of one article for another having similar dietary properties, whenever it seems desirable, but it is believed that in many cases the complete adoption of the menus as they are tabulated will prove most satisfactory.

Due regard for appetite and customary food habits has necessitated the inclusion of meats in one form or another more frequently than physiological need will justify, but it is recognized that to ignore deep-seated psychic demands would defeat the purpose of the authors, which is to work toward the goal of better nutrition for the American family. While catering to the sense of taste for sound psychological reasons, the way is pointed out for the mothers of the rising generation to discourage certain abuses of appetite which are now common, and to establish in childhood an appreciation of wholesome foods.

Baltimore, Md.,
September, 1919.

E. V. McCOLLUM.
NINA SIMMONDS.

PART I
CHAPTER I

INTRODUCTION

It is essential, in order to understand the technical details of the science of nutrition, that one should have an accurate knowledge of those divisions of physiology which relate to digestion and assimilation of food; an appreciation of the conditions within the alimentary tract which favor the growth of one or another type of bacteria, whose presence, according to their race, may be beneficial or harmful; and an understanding of the chemistry of the substances which serve man as food and the changes which they undergo in the body. Such knowledge is not easy to acquire, and its scope is so great that it is not even possible to include all of it in the usual course of study leading to a college degree. It cannot be simplified very far without sacrificing in accuracy. It is not possible for all to become familiar with the technical aspects of the subject, and it is asking too much of the housewife to urge her to try to master the subject of nutrition. Nevertheless, she should understand the subject in its broad outlines, and should possess detailed knowledge of certain phases of it. The interests of the mother of a family extend beyond the supervision of its nutrition. They include its proper clothing, education and moral direction. Insofar as she can attain the desired results in their nutrition and reserve her time and energy for her other duties, an effort should be made to do so. Science must help her in this task.

Scope of
Science of
Nutrition

The farmer does not in general understand the chemical why and wherefore of the fertilizers which he uses. It is not probable that he would succeed

THE AMERICAN HOME DIET, OR

The Farmer
and the
Experiment
Station

any better if he had a far reaching knowledge of the several sciences which have contributed to the advancement of agriculture. Science has taught him how to improve his animals through systematic selection, for dairying, for meat, egg and wool production. It has shown him how to test his seeds, so that their power to germinate is known before planting. Science has pointed out the importance of rotating crops rather than growing one crop year after year on the same plot. The agricultural experiment stations are making excellent farmers, by the process of instructing them in **what to do**, without the detailed knowledge of the **why**. The farmer can dispense with technical education which would be time consuming and expensive because he can ask questions of experts provided by the state, and get a better answer than he could ever arrive at by means of his own limited opportunity for experiment and observation.

The merchant needs to know quality in his goods, and to be able to judge their worth and how far he can recommend them. He would not in general succeed better with a knowledge of the detailed technique of their manufacture to make it worth while for him to seek this information. The housewife, the farmer and the merchant, and others, need certain knowledge which is directly applicable to their problems, and except as the acquisition of knowledge adds to the joy of living, an investment of efforts toward acquiring technical details relating in some remote way to their business would not be as advisable as the cultivation of an interest in some unrelated field of human endeavor. The latter course would in most cases afford more complete and beneficial recreation, and accordingly would be more advisable.

The mother of a family has a great multiplicity of duties, and one of her greatest needs is for an

WHAT SHALL WE HAVE FOR DINNER?

opportunity to be free for a time each day to engage in activities which serve as a recreation. It cannot be denied that much of the education which she has been offered in nutrition has not only not simplified her problem, but has added to it. Is it practical or necessary to confront the housewife with tables giving the fuel values and content of protein, fat and carbohydrate in foods? Is it worth her while to learn to visualize a hundred calorie portion of all of the common food-stuffs? Does not this complicate the whole problem of teaching her the essentials of nutrition? Does it not defeat our end by making her feel that such things are impossible of application in her every-day routine? We all realize that the constant care, planning, timing and watching the progress of cooking foods as well as attention to all the other duties of the household lay a great strain on the nervous system of the woman who conscientiously attends to them. There can be no doubt that women who are attempting to the best of their abilities to do for their families what the dictates of science demand would be greatly relieved if some system which would simplify their work instead of adding to it could be found. An effort to solve this problem, even though only partially successful, is desirable.

**The
Mother
and the
Nutrition
of the
Family**

Although there has been great activity during the past few years by various agencies in the work of educating the housewife in matters relating to nutrition, much of what has been written for her has not tended to save her labor, nor has it embodied the new principles which have become firmly established. Many agencies have set themselves up as authorities, and have filled newspapers and magazines and books with advice and directions in a confusing array. The Department of Agriculture has done a most valuable and commendable work in preparing and distributing

**Sources of
Information
for the
Housewife**