

**CHI OMEGA
COOK BOOK**

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Chi Omega cook book by North Shore Alumnae of Chi Omega

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NORTH SHORE ALUMNAE OF CHI OMEGA

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COOK BOOK**

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Edited by

The North Shore Alumnae of
Chi Omega

for

Xi Chapter House Fund
Northwestern University
EVANSTON, ILL.

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FOREWORD

Thanks are due to the mothers and friends
of Chi Omegas for many of the rec-
ipes appearing in this book

PREFACE

IN this day of the mounting cost of living, the problem is to so spend the dollar as to bring the best results. The complex demands of modern life are a challenge to the intelligence and foresight of the college-bred woman to use her budget so as to provide her family with the most adequate diet obtainable. It is her duty to build up the physical and the nerve force of the new generation, to build up resistance to fatigue and to disease.

Thanks to scientific research, we have learned that calories alone do not build up energy, that unless certain properties known as vitamins are present in the food, force is lacking. Indeed, the rôle of vitamins in the body has been compared to that of cement to bricks or stones in a house. At present, three vitamin elements have been isolated. They are known as fat soluble A the anti-ricketic, found in animal fats, especially in milk, thus an indispensable factor in early life; water-soluble B, the anti-neuritic, found in the germ of cereal seeds, in the eggs of animals and in the cellular organs such as the liver; and C, the anti-scorbutic, found in the juices of fruits, especially in lemons and oranges, also in most vegetables. Unfortunately, this property is partially destroyed by high temperatures such as those used in canning. This anti-scorbutic vitamin is important in helping the body to utilize the minerals, especially calcium. Indeed, the leafy vegetables, such as spinach, cabbage, and lettuce, supply in largest amounts the vitamin necessary to promote growth, protect against disease, and give vitality; they give the ability to use the calories supplied by cream, sugar, and cereals. For instance, the daily consumption of a quart of milk, egg yolk, leafy vegetables, and fruits with certain calories, would furnish a well-balanced diet. In order to make it possible for the users of the cook book to balance their diet, we are furnishing a table of vitamins found in the commoner foods, as well as a table of calories.

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