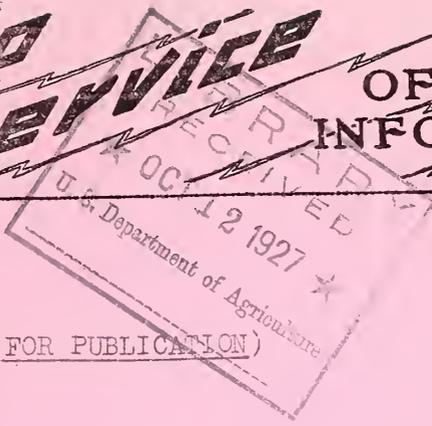


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Housekeepers' Chat

Mon. Oct. 17/27.

(NOT FOR PUBLICATION)

Subject: "Katy Counts Her Calories."

ANNOUNCEMENT: Today's Chat contains some sensible, practical suggestions on weight reduction for women whose excess avoirdupois is due to improper diet, and to lack of exercise. Approved by U. S. Bureau of Home Economics. Bulletins available: (See conclusion of program.)

---ooOoo---

Do you know what has happened to Katy? Truly, hers is a pitiful plight. She forgot to count her calories, and now, (she told me so herself), she is so plump she can't get into anything, but sizes for "Extra-Stouts."

Katie used to be slim and graceful and good-looking. Yesterday she went to town, to buy a new dress, and what do you think? The salesgirl had to push and pull, and let out seams, in order to wedge Katie into a ready-made frock. And when she got into the dress! Well -- I'll leave it to your imagination. Curves and detours -- you know what I mean.

The salesgirl tried hard to find something nice for Katy, but finally gave up in despair. "Dearie," said the salesgirl, "take it from me, you got to reduce! Cut down on the chocolates, girlie, and concentrate on the greens."

Katie wept, when she told me about it. "Too embarrassing for words," said she, "to discover that I am too fat, and too pudgy, to be fitted in stylish clothes. And it always makes me mad, to be called 'girlie.'"

I wanted to comfort Katie, especially when she shed real tears. The tears plowed little furrows, right through the powder on Katie's plump cheeks, and bounced from her double chin, onto her ample bosom.

"Here," I said, "take my pocket handkerchief, and dry those tearful eyes. Perhaps it isn't too late, even now, to alter your general contour. In order to reduce, you need only to take sufficient exercise, and quit eating so much fat-producing food. Are you willing to do that?"

"Yes," sobbed Katie, "I'm willing to do anything, to get rid of this unseemly fat."

"All right," said I. "That's what they all say, but few of them have the will power, to cut out the chocolate candy, and concentrate on the greens. If you are in earnest, and want to regain your youthful figure, you must take sufficient exercise, and follow a safe reducing diet. A reducing diet is one which is low in calories. A calorie is the unit or measure of heat, or fuel value, just as the pound is the measure of weight. Calories are used to measure the fuel, value of foods, and also the energy spent by the body.

R-H. C. 10/17/27.

"As I said before, a reducing diet is low in calories. The watery and bulky fruits and vegetables, which are low in calories, or fuel value, should predominate, in the diet of a person who has a tendency to store up fat. Foods to be used sparingly, are the more concentrated foods, especially those rich in starch, in fat content, and in protein. It is fairly easy to limit the amount of fat, since most of the fat is added to the diet. This means cutting down or limiting butter, cream, and dishes prepared from cream; salad oils of all kinds, fat meat, and fried foods. If you want a salad dressing, make a simple French dressing, with lots of vinegar or lemon juice, and very little oil. A good salad dressing can be made by using mineral oil, as a substitute for the ordinary salad oil. Mineral oil is not digested, but, simply acts as a filler, and helps to carry flavor.

"Many people forget that the fats of the diet, especially when served in the form of butter, cream, rich sauces, gravies, and dressing, have the highest caloric value of any of the types of food. For instance, the mayonnaise dressing often served with a lettuce salad, has many times more calories than the lettuce. A small pat of butter, served with a medium-sized baked potato, contains as much fuel value as the potato itself -- perhaps even more. Now you can see why most all fats must be eliminated from a reducing diet. That is, all except butter. You'd better include some butter in your diet, because butter carries a very important vitamin.

"And remember, I said for you to follow a safe reducing diet. Many women ruin their health, in unwise efforts, to acquire a boyish figure. Even a reducing diet must include vitamins, and minerals, and efficient protein. Fruits and vegetables in general are rich in vitamins, and minerals. Milk and eggs are good sources of efficient protein, of some minerals, and of vitamins. Lean meat, and fish, can also be depended upon to supply efficient protein. The foods you must use with great restraint, are fats, starches, and sugars."

"Very well," said Katie, "I hereby resolve to cut down on fats, starches, and sugars. I would be much obliged, Aunt Sammy, if you would tell me what to eat, in one day's meals."

"Gladly," I said. "Beginning with breakfast, you might have an orange, a poached egg on one slice of toast, and a cup of coffee. You might even omit cream and sugar, from the coffee. Since you do no heavy muscular work, you would probably be satisfied with this moderate breakfast, of one orange, a poached egg on one slice of toast, and a cup of coffee, perhaps without cream and sugar. Then for lunch, you might have a vegetable salad with French dressing, one roll, a thin pat of butter, and tea without cream, but with lemon, and a very little sugar, if necessary. Remember to use French dressing on your vegetable salad. Mayonnaise is not included in reducing diets.

"By dinner time you will be hungry enough to eat a heavy meal, comparatively speaking. Of course you want a meal which will satisfy the non-reducing members of your family, with variations. Get your pencil, Katie, and write down this menu-- a dinner menu for a safe reducing diet. Are you ready? Lamb Chops; Quick-cooked Cabbage; Sliced Tomatoes; Pepper Pickle; Fruit Salad with French dressing; and Whole Wheat Wafers. Sounds pretty good, doesn't it? For yourself, choose a medium-sized lamb chop, and be satisfied with only one chop. Take a moderate serving of cabbage, seasoned with a little butter. You are getting your butter in the cabbage, instead of on bread. You need not limit yourself on fresh

R-H. C. 10/17/27.

tomatoes, sliced, and seasoned with salt only. You will probably want only a teaspoonful of pepper pickle. The vegetables, cabbage and tomatoes, are both succulent and bulky, and rich in minerals and vitamins. Your salad -- be sure it is a moderate-sized one -- may be made with lettuce, and any kinds of fresh fruit in season, or with canned fruits. Serve your salad with a French dressing, not mayonnaise, and two small crackers. If you like, you might make the French dressing with one of the refined mineral oils on the market.

"Don't get the idea that there is any special virtue in lamb chops in a reducing diet, however. I suggest them for this menu simply because it will be easy for you to estimate the calories, and also for you to limit yourself on meat. If I'd offered you sliced meat, you might have been more tempted to take another serving.

"Now let's repeat this menu: Lamb Chops; Quick-Cooked Cabbage; Sliced Tomatoes; Pepper Pickle; Fruit Salad with French Dressing; and Whole Wheat Wafers. To make this meal suitable for the whole family, you have only to add bread and butter, and potatoes. Is that satisfactory?"

"Quite satisfactory," said Katie. "I shall hereafter eat watery and bulky fruits and vegetables. I shall use sparingly those foods which are rich in starch, fat, and sugar. That means I will cut down or limit butter, cream, and dishes prepared from cream; salad oils of all kinds, fat meat, and fried foods. I shall avoid mayonnaise dressing, although I love it. Have I learned my lesson, Aunt Sammy?"

"Most of it. Don't forget, however, to keep up your general health, by eating efficient-protein foods like milk and eggs, and lean meat, and fish. Milk and eggs also supply minerals, and are good sources of vitamins. Fruits and vegetables are rich in vitamins, and they help to satisfy the appetite. In addition to watching your diet, Katie, take plenty of exercise. Walk and run, and play tennis, and golf, and ride horseback. Do you see the necessity for taking exercise?"

Katie did. She was so anxious to lose a few pounds right away, that she walked down three flights of stairs, instead of taking the elevator. She stopped at the drug store on the corner, to buy a bottle of mineral oil, for her salad. Poor girl, she's dreadfully in earnest, about reducing.

Perhaps I'd better tell you that there are no government bulletins on the subject of reducing diets. Over-weight may be linked up with some abnormal condition of the body, or even a specific disease, so it is best to consult a physician, before beginning a strenuous program of reducing weight. I have some excellent bulletins, however, on normal diet, for normal people. You may have these bulletins, for the asking. They are Farmer's Bulletin Number Thirteen Thirteen F, called "Good Proportions in the Diet," and Miscellaneous Circular Number Forty-Nine, called "A Guide to Good Meals, for the Junior Homemaker."

Tomorrow I shall answer a number of questions, about the October flower garden.

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