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HOMEOWNERS' CHAT

Friday, February 3, 1939.

(FOR BROADCAST USE ONLY)

SUBJECT: "VITAMINS UP-TO-DATE". Information from the Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

My news letter from the Bureau of Home Economics in Washington today is about vitamins---about the new names that some of the vitamins are being given by the chemists.

Maybe you've seen headlines in the papers recently about thiamin (thy-a-min) and riboflavin (ry-bo-flay-vin) and ascorbic acid (a-skor-bik). And maybe you've wondered just how these chemical names fitted in with the A, B, C, D vitamins that we've talked so much about the last ten or fifteen years.

It certainly is a bit confusing that just as we got on easy speaking terms with the vitamins the names should begin to change. But that's the way science marches on.

And along with this better understanding of what vitamins are, nutrition workers are finding out more and more about what they do for us. They have more and more proof that many of us are not getting enough vitamins. And it isn't just a question of whether we're rich or whether we're poor.

Of course there are still a distressing number of deficiency diseases, such as pellagra, and among babies, rickets and scurvy. But more than these out-and-out cases of deficiency, what's worrying nutritionists are the "borderline" cases, and the tens of thousands of people who are kept below par physically because they don't get all the vitamins they need in the regular diet. As the nutrition people see it, it's the abundance or scarcity of vitamins that often makes the difference to a person between just scraping along and buoyant good health.

And one more important point. All of us need our vitamins, but those that suffer most if they do not get enough are children---growing children---and expectant and nursing mothers.

Now just a few words about each of the vitamins, especially those that are being called by new names.

First, thiamin. This is a part of what we used to call vitamin B. It takes plenty of thiamin to keep our muscles in good "trim" and keep the digestive tract and the appetite in good order.

Thiamin, and riboflavin, and ascorbic acid all soak out into the cooking water when you cook vegetables. That's the reason why we always want to use the juice or cooking water for gravy or soup.

We get most of our thiamin from whole-grain cereals and legumes like peas and beans, and also peanuts and soybeans. And if you like to get your thiamin from animal foods you will get a good supply from pork and chicken, and also from the

vital organs, such as liver and kidney.

Next we'll take riboflavin. Riboflavin is a part of what we formerly called vitamin G.

We generally get most of our riboflavin from certain animal foods; such as lean meats, liver, kidney or eggs and cheese and milk. Any kind of milk gives us a great deal of riboflavin, skimmed as well as whole milk, or evaporated, condensed, or dried milk. Vegetable foods that have the most riboflavin are leafy greens, members of the cabbage family, and some whole grains and seeds.

And next nicotinic acid. This vitamin is also a part of what we formerly called vitamin G, and it is also called the "pellagra preventing" factor. Incidentally, nicotinic acid is not at all like the nicotine of tobacco, though the names do sound very much alike.

We get our nicotinic acid from many different foods, especially lean meat, chicken, liver, salmon, buttermilk, leafy-green vegetables, and green or dried peas and beans.

And next ascorbic acid (a-s-c-o-r-b-i-c), also called vitamin C. We all need a daily supply of this vitamin because it cannot be stored in the body. Also it is so easily destroyed, the most easily destroyed of all the vitamins. We lose vitamin C when we cook foods, or can them or even when we keep them for a long time.

Many of us associate vitamin C with orange juice or grapefruit. All citrus fruits have more ascorbic acid than most foods. But we get some vitamin C from all fresh fruits and vegetables, especially when we eat them raw.

Last are the two vitamins that still go by letters instead of by names, vitamin A and vitamin D.

We know that none of us can feel our very best unless we get enough vitamin A. And lately we've been hearing more about how we also lose our ability to adjust the eyes quickly from bright to dim light when the diet's low in vitamin A.

Some of the best sources of vitamin A are fish-liver oils, egg yolk, butter, cheese, and whole milk, and cream. In vegetables we associate vitamin A with green and yellow, the more color the better. Yellow fruits are also the richest in vitamin A.

And vitamin D we think of as the vitamin that helps build healthy bones and teeth, especially in little children. Every small child should have extra vitamin D every day during most of the year. Nutrition workers recommend 2 teaspoons of cod-liver oil daily or the same amount of vitamin D from some other source at least until a child is two years old.

That's all the vitamin news I have time for today.

