

VOL. 2, No. 1

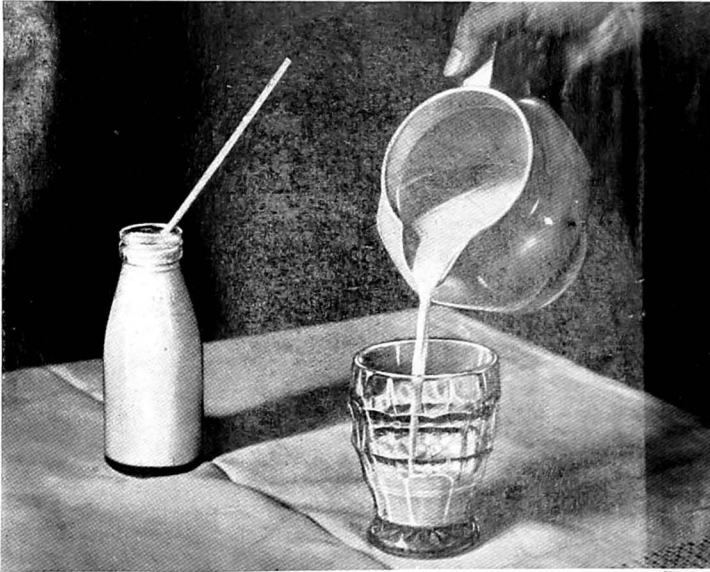
MINISTRY OF FOOD



# food and nutrition

PUBLISHED EVERY FOURTH WEEK  
BY H. M. STATIONERY OFFICE

January 17th, 1947



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*In preparation*

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VOLUME 2, No. 1

17th JANUARY, 1947

# food and nutrition



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## EDITORIAL

We have been demobbed. Gone is our wartime uniform and here is civilian dress. Economy must continue so we have to be a little cramped in places. But for improvement there is always room, so let us have your comments on the change—suggestions and/or criticisms welcomed.

To urgent matters: we hope you will agree that 4 shillings a year is a very modest sum and we hope you have a cheque book, stamps or postal order handy. *For to make sure of a February copy you must send the subscription form on page 11 to the Stationery Office by January 28th\*.*

From urgent family matters to the food news of the month. Mr. Strachey, in a New Year message to the staff of the Ministry of Food, has reviewed the year's work of the Ministry. The world food situation, he said, was critically bad during the whole 12 months. The crisis was by no means over yet—we should still suffer badly if food controls were removed—but the outlook for the future was much brighter. Great food producing areas were slowly recovering from the effects of war and we in Britain had begun the job of opening up wholly new sources of supply.

Our job in the war and after-war crises was to prevent any section of the British people from going hungry. And let us note that there had been far fewer under-nourished people in Britain during the last six formidable years *than ever before in the history of our country.*

\* Overseas readers : copies will be reserved for you as your applications will not come in time.



## TEN ways of Cooking Sausages

Ten different methods of cooking sausages (average size approximately 6 to 1 lb.) were tested to see which gave the best results. The first five methods were taken from various pre-war cookery books; the remaining five were adaptations of these methods.

**METHODS OF COOKING** (*In all the tests the sausages were pricked well before cooking.*)

1. Boiled for 5 minutes in the frying-pan, after which the water was poured off and the sausages cooked over a low heat until nicely browned. (Time taken 25 minutes.)
2. Put into a cold pan and cooked over a low heat for 14 minutes.
3. Fried without fat in a hot pan until brown and crisp. (Time taken 7 minutes.)
4. Fried in hot fat, with frequent turning, for 14 minutes.
5. Cooked under a very hot grill for 15 minutes.
6. Baked in a hot oven without fat for 30 minutes.
7. Boiled in a string for 10 minutes and then fried slowly for 30 minutes.
8. Fried in hot fat until cooked through. (About 30 minutes.)
9. Fried slowly without fat until cooked through. (About 50 minutes.)
10. Fried without fat for 30 minutes.

### RESULTS

1. The meat came out of the ends of the sausages and, although nicely browned, the sausages were not cooked through to the centre.
2. The sausages kept a good shape but were not cooked through.

### NEWS FROM THE EXPERIMENTAL KITCHENS

3. The sausages were well browned but not cooked through.
4. The sausages were brown but not cooked.
5. The sausages looked attractive though the skins had split. They were well browned and cooked through.
6. The sausages kept their shape, were cooked through and evenly browned all over. The skins were rather tough.
7. The sausages kept their shape during boiling but split while being fried. They were well browned and cooked all through.
8. The sausages split but were well browned and cooked all through.
9. The sausages kept their shape and were cooked all through. They were very brown and some inclined to be burnt.
10. The sausages were cooked through and unsplit. The colour was a rich brown, the flavour and appearance good.

### CONCLUSION

To prevent bursting, baking for 30 minutes in a hot oven, or frying without fat for 30 minutes are the most satisfactory methods. Grilling for 15 minutes or frying for 30 minutes in fat are also good methods to use.

### A NOTE OF WARNING

The Ministries of Food and Health advise the public not to eat pork, pork sausage meat, ham or any pork product which has been insufficiently cooked. It may mean illness. In some districts it is customary to eat sausage meat raw, spread on bread like a meat paste. This is a dangerous practice. But there should be no risk if you thoroughly cook any of the above products which are not bought already cooked.

## FACTS ABOUT MILK

Articles, volumes and libraries have been written about milk ; so our few pages have not by any means covered the subject. Milk production in other lands, dairy farming, the Milk Marketing Board, milks from different animals, the processes of drying and condensing, the history of milk production, milk bars, even milk baths : follow the trails which interest you most. Visit your public library for advice upon books to read, or write to the Ministry of Agriculture for their bulletins and leaflets on milk. There is plenty of scope for research.

### THE VALUE OF MILK IN THE DIET

Milk contains, in well balanced proportions, an unusually large number of nutrients. It is a food of outstanding value. But a baby living by milk alone—no orange juice, no cod liver oil—does not get enough *vitamins C or D*. At the age of about 6 months he needs more *iron* too, for by then the iron stored in his liver at birth (through the careful feeding of his mother) has been exhausted. But by then he can take concentrated foods containing iron, e.g., eggs, vegetables and cereals.

Milk in the adult diet fits into the general pattern with the rest of our foods. Thus the nutrients in which relatively speaking it is poor—*vit. B<sub>1</sub>, vit. C, vit. D and iron*—can be supplemented. It is the richest known source of both *calcium and riboflavin*. Its

*protein* content (chiefly *casein and albumen*) is of prime importance. And, although we do not rely chiefly on milk for them, *carbohydrate (lactose)* and *fat* (nearly all in the cream) are contained in fair quantities.

In summer, in the northern hemisphere, the value of milk increases, for the *vitamin A, carotene* and *vitamin D* content is highest when the cow is out at grass. But the amount of *B vitamins* is fairly stable: they are probably synthesised by bacteria in the rumen of the cow. *Vitamin C* is partly destroyed by light (bottles on the doorstep) and heat (cooking, pasteurisation and even contact with heat as in the making of tea). So although milk could be a useful source of *vitamin C*, by the time we drink it there may be very little of the vitamin left. Don't let this worry you—eat vegetables and fruit as well.

### NUTRIENTS FROM ONE PINT

How much of each of the nutrients in our food is necessary to keep us healthy? We know enough about nutrition to estimate the answer with some degree of accuracy. We know too that individual needs vary; that a man in an active occupation, a pregnant woman and a growing child all have different physiological requirements. Below we quote figures for two different groups of the population. They show how much of our daily requirements we can obtain by drinking one pint of milk :

	(1)*	(2)*	(3)*	(4)*	(5)*
Calcium	680 mg.	800 mg.	85 %	1000 mg.	68 %
Riboflavin	.9 mg.	2 mg.	45 %	1.2 mg.	75 %
Protein	18 g.	70 g.	26 %	50 g.	36 %
Vitamin A	800 I.U.	5000 I.U.	16 %	2500 I.U.	32 %
Vitamin B <sub>1</sub>	.26 mg.	1.5 mg.	17 %	.8 mg.	32.5 %
Calories	340	3000	11 %	1600	21 %
Vitamin C	8 mg.	75 mg.	11 %	50 mg.	16 %
Nicotinic acid (a)	trace	15 mg.	—	8 mg.	—
Vitamin D	6 I.U.	400 I.U.(b)	1.5 %	400 I.U.	1.5 %
Iron	trace	12 mg.	—	8 mg.	—

\* (1)=amount in 1 pint milk ; (2)=daily requirement of moderately active man ; (3)=percentage of requirement in 1 pint milk ; (4)=daily requirement of 5 year old child ; (5)=percentage of requirement in 1 pint milk.  
a) =methods of estimation at present uncertain ; (b) =probable requirement.

#### MILK CONSUMPTION

Since the war we have managed to increase our liquid milk consumption, or rather to increase our *average* consumption. Admittedly there are very many of us who are drinking far less milk than we did before the war. But there used to be in Britain hundreds and thousands of families who rarely, if ever, drank sufficient milk. Some were lucky to get 1/10th of a pint per day. Milk priorities—including Welfare Foods and the Milk in Schools Scheme—and improved milk distribution have completely altered that. Now milk goes first to those who need it most. The average daily consumption in England and Wales is 0.66 pint per head as compared with 0.43 before the war.

#### MILK IN SCHOOLS

1939—approximately 50 per cent. of elementary schoolchildren receiving  $\frac{1}{2}$  pint milk daily (price  $\frac{1}{4}$ d. or free). 1940—concerted effort by Education Departments and M. of F. to extend range of schools and number of children taking milk. 1945—about 75 per cent. of possible total (nearly 4 million children) receiving milk. *Now*—from August 6th, 1946— $\frac{1}{2}$  pint milk per child (see bottle in cover photograph) supplied free in practically all schools in Great Britain.

During holidays some Education Authorities arrange for children to receive milk at a school or other approved centre. School milk is not wasted during holidays; it is retained in the common pool and goes towards the non-priority allowance or is used for manufacturing essential milk products, e.g., baby foods.

#### WHICH DO YOU DRINK ?

##### 1. *Pasteurised Milk*

Subjected to a cleaning process and then a specified heat treatment which destroys all the bacteria in milk which could possibly give rise to an illness. Only milk treated by one of the following methods can at present be labelled and sold as "pasteurised".—

*Holder Method.* Milk heated to 145-150°F. and held at that temperature for

thirty minutes before rapid cooling to not more than 55°F.

*High Temperature Short Time Method.* Milk heated to 162°F. for 15 seconds and then cooled rapidly to not more than 55°F.

To make doubly sure that pasteurised milk is both safe and clean a number of tests can be employed. The two most commonly used are (1) phosphatase test. This makes sure that an adequate temperature has been reached and maintained; (2) methylene blue test. This tests the keeping quality.

##### 2. *Sterilised Milk*

This is homogenised (so that the cream is evenly distributed throughout the milk) and heated in the bottle to a temperature above milk's boiling point. It can be kept indefinitely; even after it has been opened it does not deteriorate for some time. Used a great deal in the Midlands and industrial Lancashire.

##### 3. *Tuberculin Tested Milk*

This is guaranteed to be produced from cows regularly tested for freedom from T.B., but unless it has also been pasteurised it cannot be guaranteed free from other milk-borne diseases. Tuberculin-tested milk is produced from a herd of good general health, subjected to the tuberculin test every six months. Any animal found to be suffering from tuberculosis must be removed from the herd. There must be suitable arrangements for the production of a clean milk. Samples are checked for cleanliness in a laboratory.

##### 4. *Accredited Milk*

Produced from cows of good general health under suitable conditions (as for T.T. milk). It must attain a satisfactory standard of cleanliness as judged by laboratory tests. Accredited milk can be regarded as a half-way house to tuberculin-tested milk. It is clean but has not the same guarantee of safety as with T.T. or pasteurised milk.

##### 5. *Homogenised Milk*

Nearly always pasteurised as well as homogenised. Used a great deal by restaurants in order to serve to all customers a milk uniformly creamy.

#### 6. Channel Islands Milk

Jersey and Guernsey cows give a rich yellow milk with a particularly well-marked cream line. The milk contains about 5 per cent. of butter fat, with large fat globules, as compared with 3.5 per cent. in an average sample of other milk. (See paragraph "Fat or Skim").

#### 7. Milk from Attested Herds

The attested herds scheme makes no regulations concerning the milk produced. It is concerned solely with the health of the herd. By frequent tuberculin tests it is ascertained that no animal in the herd is suffering from tuberculosis. The milk so produced is therefore free from tubercle bacilli.

#### FAT OR SKIM

Appearances are sometimes deceptive. For instance, pasteurisation has the effect of reducing the cream line without reducing the quantity of cream actually contained in the milk. But in any case the importance of fat in milk is often over rated. Certainly cream looks good and gives "body" to the liquid, but make no mistake about its nutritive value. To make a reasonably complete food, the cream or butter would have to be reinforced with protein, calcium, phosphorus and vitamins B<sub>1</sub>, B<sub>2</sub> and C. Skimmed milk on the other hand lacks only vitamins A and D and fat. Without them it is still a first class protective and body building food—a valuable addition to your diet.

#### MILK TESTING

In 1942 the National Milk Testing and Advisory Scheme came into being to provide regular tests of the keeping quality of milk as delivered by the farmer: war had emphasised the crime of allowing waste through souring. Samples of milk produced are tested in licensed laboratories and graded "satisfactory", "marketable under certain conditions" or "rejected". If the farmer's milk is rejected, tests are made of it every day in place of the usual twice a month; and experts check on the farm his methods of production and give him their advice.

There are other tests in addition to this "resazurin test" on raw milk. The methy-

lene blue test checks the keeping quality of designated milks; milk is checked in dairies for its butter-fat content and solids-not-fat content; and the efficiency of pasteurisation is checked by the phosphatase test.

#### MILK COLLECTION AND DISTRIBUTION

On the farm milk is produced twice a day. In a town—probably miles away—the housewife gets her daily delivery. And in between the two lies a story of a race against time, day to day statistics and one of the most complicated transport networks in the country.

The Ministry's trade experts have to know how much milk must go out each day to any given area so that—in spite of fluctuations in supply and demand—all is used and all absolutely fresh. They have at their command, in every part of the country, special milk lorries, milk trains and glass-lined or stainless steel tanker vehicles.



Testing for Butter-fat Content.

And they must be ready to divert supplies at a moment's notice, for, in dealing with the most perishable commodity handled by the Ministry of Food, speed and accurate estimates are essential.

Milk goes to the consumer either straight from the farm or through depots. Before the war it was delivered from door to door by a few large companies and an immense number of small retailers and producer-retailers. One street was served by many roundsmen. Now, in most large towns, different firms supply different areas. Usually one roundsman from a private dairy and one from a co-operative society's dairy visits each street. Milk collection from the farm has also been rationalised. Thus a valuable saving in manpower and in transport has been effected.



#### WHAT MAKES MILK GO SOUR ?

Milk turns sour and curdles when the lactose (milk sugar) is turned by non-pathogenic bacteria into lactic acid. The acid causes the casein (protein) to clot; fat is caught up in the clot. Cream goes sour before the rest of the milk. In some countries people prefer sour milk to sweet.

#### THE CORRY-MANN EXPERIMENT

In 1928, Dr. Corry Mann carried out a very convincing and highly important experiment. Several groups of boys aged 7 to 11 were given : 1. The basic diet of the institution in which they lived. 2. Diet plus one pint of pasteurised milk per day. 3. Diet plus caseinogen equivalent to that contained in the milk. 4. Diet plus unvitaminised margarine equivalent to the extra calories supplied by the milk. 5. Diet plus New Zealand butter equivalent to the extra calories in the milk. 6. Diet plus sugar equivalent to the extra calories in the milk. 7. Diet plus  $\frac{3}{4}$  oz. of watercress daily.

Increases in height and weight were as follows :—

1. 1.84 ins.—3.85 lb.
2. 2.63 ins.—6.98 lb.
3. 1.76 ins.—4.01 lb.
4. 1.84 ins.—5.21 lb.
5. 2.22 ins.—6.3 lb.
6. 1.94 ins.—4.93 lb.
7. 1.70 ins.—5.42 lb.

These results emphasised the value of fat soluble vitamins and calcium in the diet, and the importance of at least one pint of fresh liquid milk in the daily diets of growing boys and girls.

#### MILK UNDER WELFARE FOODS SERVICE

*Expectant mothers* : receive 7 pints per week (reduced price) plus non-priority allowance (full price). July 1946—service associated with Family Allowances Scheme : milk further reduced from 2d. to 1½d. per pint.

*Mothers of children under 12 months* : entitled to 7 pints milk a week (full price). If breast feeding her baby the mother should take the baby's 7 pints too, making a total of 14 pints.

*Children under 5 years* : priority allowance of 7 pints per week (1½d. or free). National Dried Milk available, if preferred, for children up to 2 years. Costs 10½d. per tin (equivalent to 7 pints of milk). In certain low income groups milk or National Dried Milk supplied free.

#### DISEASES AND MILK

Clean milk and safe milk ; both are desirable, but do not confuse them. Milk produced under clean conditions will keep sweet and palatable. But only safe milk is free from risk of disease.

Bacteria—as well as infants and adults—thrive on milk. If the milk is infected—by the cow or by already infected humans, water or rodents—the bacteria may, unless checked, produce disease after multiplying in their excellent surroundings. Certain non-pathogenic bacteria, while causing no illness, sour the milk or produce other off-flavours.

Ideally, milk should be produced from perfectly healthy cows under perfectly clean conditions—utensils sterilized, milker's hands washed, cows groomed, stalls washed down and well-built. But that would mean that any cow showing the slightest sign of illness could not be milked. And



even then there would be risk of infection before bottling. Under conditions obviously not ideal, pasteurisation is necessary. It is a sure safeguard against all milk-borne diseases and it prolongs milk's keeping quality.

#### CONSUMPTION OF LIQUID MILK

The amount of milk produced fluctuates considerably. Every drop is used. Basic allowances for priority consumers are first guaranteed; next, milk is allocated for non-priority consumption and for manufacture of essential products (such as condensed and dried milk, cheese and butter). No milk is used for plastic goods or other industrial purposes. When production is low in winter, the non-priority allowance is kept as high as possible by allocating negligible amounts, or maybe none at all, for manufacture.

Demand from the consumers may also fluctuate. If some customers do not take their full allowance the milkman may sell the balance to others.

It has been estimated that during the year ending July 1947 a total of 1,460 million gallons of liquid milk will have been sold (only 170 million gallons of this for manufacture). Pre-war (August-July 1938/9) total sales were about 1,234 million gallons (just over 376 million gallons of this for manufacture). So we are drinking more milk but manufacturing less than we did before the war.

It is interesting to see the estimates of how much of our milk in 1946/7 will go to the different classes of consumers, so we give

you the figures in brackets together with details of weekly allowances.

*Non-priority consumers* (560 million gallons): 2 pints per head per week in winter and up to 3 in summer, but this winter the allowance was increased to 2½ pints on December 22nd. *Non-priority establishments, e.g. canteens, restaurants, groups of industrial, business and clerical workers* (160 million gallons): Before December 22nd (see Current Food News) this allowance always varied with the non-priority consumers' level; 6 pints per 100 hot beverages (when scale 2 pints per head) up to 9 pints per 100 hot beverages (when scale 3 pints per head). *Children under 5 years* (156 million gallons). *Expectant mothers* (38 million gallons including milk drunk as non-priority allowances, this figure not being included in total for non-priority consumers). *Mothers of children under 12 months* (18 million gallons. Much less than the total amount drunk by expectant mothers because it is found that only about 40% take full entitlement). For weekly allowances of these 3 groups see "Milk under Welfare Foods Service". *Consumers 5-18 years* (176 million gallons excluding school milk. This is classed under "priority establishments"). 3½ pints per week as well as their school allowance of ¼ pint a day. *Certain classes of invalids* (73 million gallons). Up to 14 pints per week. *Priority establishments, e.g. hospitals, schools and milk in schools scheme* also receive priority milk (109 million gallons).



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## PUT OUT YOUR MILK BOTTLES !

On an average milk bottles last 40 journeys. Please return them promptly. It is estimated that this year one million six hundred thousand gross (230,400,000) will be needed just to replace those broken or lost during the last 12 months. Wastage amounts to about 2½% of total supplies so you can see for yourselves how many bottles we use.

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## INFORMATION SERVICE

### POSTERS AND LEAFLETS

Copies of the following material may be obtained—post free and without charge—from the Ministry of Food address printed on page 3. (Owing to pressure of work in our Distribution Section it would be appreciated if teachers would order in bulk for their students and not ask them to apply individually).

**LEAFLET:** Cookery Calendar, January—February.

**POSTER:** "The Storks" welfare poster. (Two storks, carrying orange juice and cod liver oil, flapping across a blue sky). Sizes 15"×10" and 30"×20". Please state size required when ordering.

### FOR CATERERS

Write to Miss MacNab, Food Advice Division, Portman Court, Portman Square, London, W.1 for a regular supply of tested large-scale recipes (meat, vegetable and fish dishes, sweets, vegetarian dishes, etc.). Each month 12-new recipes—quantities for 10 and 100 persons—are issued.

### SCHOOL MEALS CATERERS

ask Miss MacNab

for the School Meals Guide. This gives hints and menus for the feeding of boys and girls of all ages.



★  
THE COVER-PICTURE  
No. 1—MILK

The camera used for our cover picture can "snap" the spin of a coin, a bullet in mid-air, or the neck-and-neck end to a race. By means of a ten-thousandth of a second flash we have captured the fall of liquid milk from jug to glass . . . But did you know that, although



### IN THE HOME SERVICE

Every Monday at 8.15 a.m. a five-minute cookery talk.

Every Wednesday at 8.15 a.m. a five-minute housewifery talk.

Every Friday at 8.15 a.m. "Good Health" by the Radio Doctor.

### IN THE LIGHT PROGRAMME

Every Monday during "Woman's Hour", 2.0—3.0 p.m., there is a cookery or housewifery talk.

### FOR SCHOOLS (Teachers' leaflets issued by the B.B.C.)

Jan. 24th, 2 p.m. Farmers on the Manchurian Plain: Chinese farmers in large farms grow crops to sell to other Far Eastern countries.

Feb. 7th, 2 p.m. The Good Earth: Chinese peasants work hard on their small farms and raise rice and millet to feed the family.

Feb. 12th, 2.25 p.m. Healthy Growth: the growth of the human body, and some of the factors, including vitamins and hormones, which control it.

### SPECIAL TALKS

Watch your *Radio Times* or daily paper for these—they are often inserted at the last minute.

we cannot pour them, some "solid" foods such as fruit or vegetables actually contain more water than does "liquid" milk? . . . For facts about milk turn to page 5. Photographs and facts about other foods will be given in subsequent issues of this bulletin.

At the end of the series we will show you how to make the photographs into various exhibitions; how to group, for example, body building foods, foods recommended for the school meal, and foods contributing vitamin C to the diet. *So keep the cover pictures.*

NUTRITION ABSTRACTS

Canned Drinking Water

In the last war, besides special pipe lines conveying water to the fighting fronts and mobile equipment for transporting water to special points, it was found necessary to develop emergency drinking water containers; these were used in lifeboats, by paratroopers, and were dropped by plane to isolated men. This development may well be of use in peace time, the case of explorers coming to mind in this connection.

The canning of water would appear to be an extremely simple problem, in view of the success achieved in storing many food products by this method, but, surprisingly enough, a number of difficulties were encountered. Water rusts iron, can be a

medium for carrying bacteria, and expands when it is frozen. Furthermore, pure water contains no flavouring elements to mask off-flavours absorbed while canning or during storage.

However, experimental work led to the conclusion that drinking water could be canned satisfactorily (either using tinplate coated with a modified alkyl-enamel base and then a wax lining, or tin plate coated with an oleo-resinous base coat later sprayed with a vinyl co-polymer enamel). Many mineral or spring waters retained their flavour and appearance in re-closable wax-lined containers. Rusting should not be a problem with containers not subjected to rough handling or extreme temperatures. [Food, December, 1946, P.334]

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NUTRITION ABSTRACTS—Contd.

**Yes, We Have Bananas**

What! bananas in Iceland? Yes, they are grown experimentally in hothouses. It all started back in 1825 when banana bulbs were received in England. More than a hundred years later, in 1939, a citizen of Iceland imported three banana bulbs of this particular type and tried growing them in an electrically heated hothouse. The plants have yielded fruit.

Now the Iceland Government is experimenting with growing bananas in hot-water heated hothouses. From 100 to 300 full-flavoured bananas, not exceeding 6 inches in length, grow on a plant. But we are warned it is all just experimental, with no prospects of exports from the cold country. *Consumers' Guide* (published U.S.A.), Nov. 1946, page 16.

**Home Economics  
for Boys**

Girls who marry boy graduates from the Ames, Iowa, high school stand to get well-trained husbands. The school offers a course in home economics for boys.

Lads are taught how to buy clothes that are in good taste, wear well, and are good buys for the money. Not only that, but they learn how to take care of their clothes—to hang them up so they will keep their shape, to remove spots while still fresh. Even more to the point, they study mending and patching, as well as the fine points of pressing their garments.

*Consumers' Guide* (published U.S.A.), Nov. 1946, page 16.

**DOMESTIC PRESERVATION  
OF FRUIT AND VEGETABLES**

*Bulletin No. 21 of the Ministry of Agriculture*

The methods and recipes included are not only the most reliable ones known, but are simple, do not need the addition of chemicals and dyes, and can be carried out in any ordinary household.

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## Other People's Work

*Domestic Science—let us whisper it—was once the last resort of girls not very brilliant at school. Now the stigma has gone. Today Domestic Science opens the way to more careers than do most other forms of training: teachers, dietitians, organisers under local authorities, advisers to industrial firms, demonstrators, research workers in kitchen and laboratory, large-scale caterers, and so many other professions that it is impossible to mention them all.*

*In the pages of "Food and Nutrition" we will spotlight the training and the work of our readers. If your career illustrates an interesting branch of your work, send in the details (but no photographs, please, unless requested). We begin with a Ministry member to show you the way.*

### Barbara Cambridge - Dietitian

Our Senior Dietitian nearly turned to a life of crime. For 3 years, she "majored" in political economy and history at McMaster University, Ontario, with the aim of becoming a lawyer. These studies earned her a B.A. degree; but summer vacations spent reading bank drafts and wills in an office convinced her that this was a territory almost exclusively male: life as a woman lawyer would only be dreary.

Recuperating from finals, Barbara offered to work in a 2-week summer school camp for under-privileged children, boys and girls gathered from the worst slum areas of Canada. She observed how the children flourished in their new surroundings, and how vastly important was the work of the camp dietitians. This was work offering great scope for women. She switched right away to McGill University, and three years later (having finished the 4-year course in 3) gained a B.Sc. degree in nutrition.

Research work on soya bean oil had—reluctantly—to be turned aside to meet the urgent call for hospital dietitians. There followed a period of immense re-

MRS. CAMBRIDGE,  
SENIOR DIETITIAN,  
MINISTRY OF FOOD



sponsibility as head dietitian in complete charge of a hospital's catering arrangements. Nearly 400 patients and staff depended on her for their meals. She planned all the menus, ordered the food—and kept the accounts—supervised chefs and kitchen assistants, taught student nurses, trained them to work in the special diets kitchen and did the thousand and one other jobs that crop up in hospital life.

But war had sent the R.A.F. to Canada. Barbara married one of our "exports"—in private life a commercial artist—and a year later resigned from the hospital to go with her husband to England.

Now, as Senior Dietitian at the Ministry of Food, Mrs. Cambridge works with three assistants. They travel all over the country lecturing to Food Leaders, Health Visitors, Youth Organisations and other groups wishing to learn elementary nutrition (public speaking has always been Mrs. Cambridge's hobby. She was inter collegiate debating champion while at McMaster, so lecturing holds no terrors for her.). They undertake survey work, generally for the Ministry of Food, sometimes in co-operation with other Ministries, they write articles and notes on nutrition, cope with routine office work, advise on the subject of leaflets and posters and answer innumerable questions sent in by the public.

A long way from the Barbara who had visions of swaying a jury? Maybe not so far after all. She now does her best to sway many more people, playing an important part in a Ministry service: getting a nation food-conscious and healthy. And a healthy nation, with a decent home life, might well do some law-courts out of a case.

# CURRENT FOOD NEWS

## POINTS NEWS

(old points values in brackets)

### ★ Points Reductions as from January 5th

Canned sausages, including canned kosher sausages (home produced, imported, skinless or skin-on): 14-16 oz. container 2 points (old value 4); 27-28 oz. container 3 points (7); 2 lb. container 4 points (8); any other container or after removal from original container: 2 per lb. (4 per lb.).  
Figs: 4 per lb. (old value 6 per lb.).  
Matzos: 1 per lb. (6 per lb.).

### ★ Points Increases as from January 5th

Sweetened condensed milk: Special full cream sweetened 1½ pint size 10 points (8); ¾ pint size 5 points (4). Full cream sweetened 1½ pint size 8 points (6); ¾ pint size 4 points (3). Machine skimmed sweetened 2½ pint size 6 points (4); 1½ pint size 5 points (4); 1¼ pint size 3 points (2).

**Marmalade:** Imported canned marmalade or grapefruit marmalade produced in the U.K. and bearing a label indicating that it is only for sale against points: 2 lb. container 16 points (8); 1½ lb. container 12 points (6); 1 lb. container 8 points (4); any other, 8 per lb. (4 per lb.).

### ★ Points fixed as from January 5th

Imported canned jams have been transferred from the preserves ration to the points rationing scheme and will be sold at 10 points per lb. (strawberry, raspberry, blackcurrant, apricot, fig, pineapple, greengage, guava or guava jelly) or 4 points per lb. (any other variety, including grape, melon, plum, peach and apple jelly).

N.B. Supplies may not be available before February and the major part of the supply will consist of jams in the 4 points per lb. category. Not all of the varieties listed above will be available.

Sweetened cereal products, i.e. sweetened cake or pudding mixtures, sauce, bun, scone, mould or dessert mixtures, flours or powders (not including cornflour, custard

or blancmange powder), flavoured and/or coloured semolina: 8 points per lb.

N.B. Supplies will not be available generally for some weeks.

Imported cheese: Pont L'Eveque 6 points per whole cheese; Brie and Carre de l'Est 3 points per whole cheese; French Roquefort cheese 12 points per lb.

N.B. Quantities will be very small.

Canned meat hash (including corned beef hash): 12 oz. container 4 points; 34 oz. container 12 points.

### ★ Free of Points

"M and V": As from January 5th any imported ready or prepared meal in a container labelled or embossed "Meat and Vegetables" or "M and V" will be sold free of points.

## OVERSEAS GIFTS OF FOOD FOR SCHOOLS

Following a suggestion made to the Minister of Food by the Deputy Prime Minister for New Zealand during his recent visit to Britain, arrangements have now been made under which schools in the Dominions and Colonies can, if they wish, send gifts of food for distribution amongst schools in this country. Overseas schools wishing to participate in the scheme will consign their food gifts to the Overseas Gifts (Food) Allocation Centre of the Ministry of Food, which will undertake the necessary landing and forwarding arrangements on this side. Selection of the schools to receive gifts will be made by the Ministry of Education through Local Education Authorities. Preference will, so far as possible, be given to schools which most need the gifts. The costs of the transport from the port of shipment and all distribution costs will be borne by the Ministry of Food. As soon as a school has been selected to receive a particular gift, it will be put in touch with the school sending the gift. It is hoped that this will result in the formation of friendships and the exchange of letters between pupils.

# CURRENT FOOD NEWS

## IMPROVED WELFARE FOODS

Vitamin A and D tablets issued under the Welfare Foods Service to expectant mothers are to contain 0.13 mg. potassium iodide. This is a preventive measure against goitre which is caused by a deficiency of iodine in the diet. It is based on a recommendation of a sub-committee of the Medical Research Council.

Ministry of Food cod liver oil has now been "cold-cleared." This process removes a tendency to cloudiness in cold weather and improves the appearance of the oil.

## SOFT FRUIT DISTRIBUTION

A substantial part of the soft fruit crop will be pre-empted for jam manufacture in 1947, but this will be the last year of pre-emption. It will be necessary in 1947 because the prospective supplies of home grown and imported soft fruit (both fresh and processed) will still be insufficient to meet the demand for highly-flavoured jams. Both home produced and imported soft fruits will be free of price control except during the pre-emption period.

It is hoped that this announcement will encourage growers to increase the acreage under these crops.

Processors other than jam manufacturers, in particular the canning and the quick freezing industries, will be permitted to buy a small part of the supply of soft fruit. This should assist the development of the latter industry and also, in the future, assist the growers of soft fruits.

## GIFT OF MEAT FROM THE ARGENTINE

Thanks to a generous gift by Argentina each domestic consumer is receiving 5d. of the meat ration free of cost in the week beginning January 12th 1947. The gift from Argentina will not increase the total meat supplies available, as the United Kingdom is already getting all possible supplies from that source. The effect will be that a substantial shipment will be supplied without cost as a gesture of friend-

ship. It was desired that the gift should be a personal one to every domestic consumer, so establishments drawing their meat otherwise than on personal ration documents will not be eligible for the rebate.

*Continued from opposite page*

## MILK ALLOWANCE INCREASED

The milk allowance for non-priority domestic consumers was raised on December 22nd, 1946 (two or three months earlier than usual) from 2 pints to 2½ pints per week. Weather conditions may make it difficult to maintain this allowance for short periods in certain localities, but every effort will be made to rectify temporary shortages as quickly as possible. Increased quantities of evaporated milk have already been released for the winter months and are now available on points throughout the country.

The school milk allowance and the allowance of liquid milk to catering establishments remain unchanged.

## REDUCTION IN BACON RATION

On January 5th the weekly bacon ration was reduced to 2 oz. per head. Allowances to catering establishments and institutions other than day schools, school canteens, boarding schools, orphanages and similar institutions were correspondingly reduced.

## EXCHANGE OF BREAD UNITS INTO POINTS

From December 8th, bread units were no longer exchangeable into points. This step was taken in view of the strongly expressed public opinion that the facility operated unfairly. The exchange of points into bread units still operates.

## OVERSEAS GIFT PARCELS

Gift parcels containing rationed foodstuffs may now, if complying with already publicised regulations, be sent to individuals abroad.

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