

BULLETIN No. 2.

**THE
FOODS OF A HINDU VILLAGE
OF
NORTH INDIA**

Bureau of Statistics and Economic Research, United Provinces

THE
FOODS OF A HINDU VILLAGE
OF
NORTH INDIA

BY
CHARLOTTE VIALI WISER, Ph.B., M.Sc.,

July, 1936



ALLAHABAD:
SUPERINTENDENT, PRINTING AND STATIONERY, UNITED PROVINCES
1937

TABLE OF CONTENTS

	<i>Page</i>
INTRODUCTION	v
I--DESCRIPTION OF THE VILLAGE OF KARIMPUR AND ITS PEOPLE ..	1
II--FOOD SOURCES	7
A--VARIETY OF FOODS MADE POSSIBLE BY CLIMATE AND SOIL ..	7
B--THE CROPS	11
(1) CEREALS	11
(2) PULSES OR LEGUMES	14
(3) VEGETABLES	14
(4) FRUITS	15
C--ANIMAL PRODUCTS	17
D--SPICES	18
E--FOOD COSTS IN KARIMPUR	19
III--FROM FIELD TO SERVING TRAY	22
A--CARE OF FOODS AT HARVEST TIME	22
B--STORAGE AND PRESERVATION OF FOODS	23
C--EQUIPMENT	24
D--DISHES PREPARED FROM	29
(1) CEREALS	29
(2) PULSES	33
(3) VEGETABLES	36
(4) "GREENS"	44
(5) FRUITS	44
(6) ANIMAL PRODUCTS	45
E--FESTIVAL DISHES	47
IV--FOOD PRACTICES	51
A--TABOOS	51
B--NUTRITION PRACTICES	58
V--VALUE OF FOODS NOW IN USE	65
A--JAIL DIETARIES OF THE PROVINCE	65
B--THE WORK OF MCCARRISON	70
C--FOODS AVAILABLE IN KARIMPUR	75
D--A STUDY OF DIETARIES OF FOUR KARIMPUR FAMILIES ..	83
VI--CONCLUSION	109
A--RECOMMENDATIONS	109
B--THE PROBLEM (SUMMARY)	115