

Dog-Day Meals for the Business Worker

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EXCESSIVE heat lowers bodily resistance. That is why, in these closing dog-days of Summer the appetite often wanes and "nothing tastes good." No time of the year is more likely to result in depression, faint feeling or actual illness, together with fatigue, and the man or woman in business is the keenest sufferer, because often it is just in this heated period that he must stay in the office or shop or remain in the steaming city.

But eating the wise selection of food during this weather will have much to do with standing the strain well. For our body is an engine, and it needs different grades of fuel for different periods of the year, and Summer is the time to avoid "stoking up." The foods that create most heat in the body should be avoided, and those that keep it cool used freely.

Avoid Sugar, Fats and Excessive Starches.

Now is just the season to carry out the Government's conservation policies! Sugar, fats and meat heat the blood. Indeed, sugar is so soluble in the blood that its effects are noted within an hour after eating. Eating generously of candy, cake or any sweet dessert will give that "heavy, tired feeling," because the sugar is creating energy which the weather and the lax condition of the body cannot "work off." Similarly, fats of all kinds, especially gravies and animal fats which take long to digest, and which are more of a tax on the system than foods quickly digested, should be avoided. Foods fried in fat are exceptionally taxing, as then the fat has affected and encased the fibres of the food and are, therefore, harder to digest. Fruit juices before the food itself can be, and this also is an extra effort. Starches in excess are inclined to create constipation, and for this reason, too, should not be taken too heavily.

Keep Elimination Active.

In hot weather the body tries by every means to keep its own temperature low; that is why we perspire so freely, in order that this insensible evaporation will keep the body cool. Now the more perfectly the body eliminates, the cooler it will be. If we eat foods that clog the system, that make for constipation, then we are only encouraging our human sewage systems to "back up" and create headaches and poisons. But if we keep the elimination normal, with two or three bowel evacuations daily, then we are sure to keep the body

cool. Drinking of water and all fruit juices between meals, therefore, should be encouraged, if they are not too sweet or too cold.

Practical Hot Weather Meals.

We have said to avoid meats, gravies, sweets and fats. Yet it is possible to find sufficient foods without using these forbidden groups. First, the wonderful vegetable kingdom comes to our aid. No other country or season has such fruit and vegetable profusion as this moment offers. Third, we have milk, buttermilk, the soured milk drinks and cheese dishes. Third, the eggs, fish and cereals. Even the worker away from home can find good choices in these groups. For instance, here are some selected meals from inexpensive cafe menu cards:

1. Baked Beans. Vegetable Salad.
Glass of Milk. Rice Pudding.
2. Cream Cheese Sandwich.
Ear of Corn.
3. Buttermilk. Peaches or Prunes.
4. Deviled Eggs Cold.
Sliced Tomato and Cucumber.
Chocolate Cornstarch. Iced Tea.
5. Salmon Salad.
Corn Pudding. Stuffed Tomato.
Custard or Squash Pie.
6. Potato Salad.
Cottage Cheese and Rye Bread.
Sliced Watermelon.
7. Peanut Butter Sandwich.
Succotash. Baked Potato.
Buttermilk. Peaches.

The Food-Drink Meal.

At other times it may be so hot that one does not even feel like eating; solids at all. Here is where the "food-drink meal" offers its services. For example, a glass of malted milk with egg or ice cream beaten in, a chocolate egg milk or buttermilk gives a large quantity of nutriment without any fat. Indeed, two glasses of fresh buttermilk and a couple of crackers will supply as much nutriment as a half-pound of steak. All milk drinks should be sipped slowly, not be taken ice cold, but chilled. Zoolack or other fermented drinks also give food in the most digestible form. It is much wiser, in the middle of an enervating, muggy day to

slowly take such food-drinks, which sustain without taxing, than to eat any solids at all.

It should always be remembered, however, that such drinks are meals; and it should not be a habit to drink malted milks and iced cocoa, etc., between meals, and then regular meals in addition, as of course, this would be unwise doubling up of food, which is just what should be avoided.

Another habit responsible for many upset systems in Summer time, especially among children, is the habit of eating all kinds of extra "trifles" between the regular eating hours. People sit in cars munching chocolate and peanuts and popcorn, and children suck candy sticks and eat bananas at any and all hours, not realizing that this is most unwise. Chocolate is one of the foods with highest fat value, and is often given to soldiers on the march to stimulate them! Bananas are pure starch, difficult to digest when raw, and a most substantial food. Peanuts are almost wholly protein and as nourishing as meat. Yet seldom does the person who nibbles a sack of peanuts between meals think he is giving his stomach as much to do as if he asked it to digest a pound of steak! It cannot be put too strongly that eating

should not be allowed between meals, that the "nibbling" habit is bad, and that such extras as popcorn, candy, etc., are food, and should be so regarded.

Cold Foods Less Taxing Than Hot.

While iced tea and "soft drinks" are common, yet perhaps they are not utilized as wisely as possible. In the first place, it is never wise to drink very cold drinks, especially when the body is heated, as frequently the results are dangerous. Secondly, the habit of "swilling" drinks at any and all hours of the day is also bad, particularly if the drinks are gulped down rapidly! A sudden chill to the delicate stomach nerves is most unwise. Yet the cold drink has its place. We are just beginning to appreciate the value of grape-juice, loganberry juice, pineapple and apple juice, etc. Such true food-drinks are safer and more wholesome than "pop" and all the doubtful tribe of "pink lemonade" so variously offered.

To sum up, the worker in hot weather should avoid fats and sugars and all heating foods; choose those that are cooling and prefer cold foods to hot, and utilize the fruit drinks as well as vegetables and fruits to the fullest, if he would keep cool, work well and avoid lowered vitality.