
★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Enriched Flour and Waste Fat Programs

A WARTIME EMERGENCY HANDBOOK FOR COMMUNITY AND NEIGHBORHOOD LEADERS

ENRICHED HEALTH THROUGH ENRICHED FLOUR AND BREAD

The Army and Navy are using enriched white flour and bread because of the extra health values they offer. It's our patriotic duty to give our family these same health values.

Enriched flour and bread contain certain minerals and vitamins that have a lot to do with the general health and morale of our country. The lack of these vitamins and minerals that are found in whole wheat, causes sluggishness, lack of appetite, fatigue, mental depression, anemia, and certain nervous diseases. In wartime our country needs us strong; therefore, it is important that all white flour and bread used be enriched.

Purpose of the program

1. To help bring about the enrichment of all white flour and white bread. While about 50 per cent of the white flour sold is now enriched, this consists largely of the higher priced, advertised grades. The lower grades of (family) white flour are still likely not to be enriched. Enrichment of white flour costs only about 5 cents per 49-pound sack. Increased demand by consumers will tend to influence millers and bakers to increase the production of enriched products and will eventually help to bring about the enrichment of all white flour. Millers and bakers will make what people want to buy.

2. To enrich health through the use of enriched flour and bread. Enriched flour contains specified amounts of two vitamins, B₁ and niacin, and the mineral, iron. These vitamins and iron help to prevent fatigue, mental depression, nervousness, irritability, and indigestion. They help to build strength and steady nerves, to produce alertness and vitality. The daily use of enriched flour and bread is a good way to provide these vitamins and minerals.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

Sound bodies are built with the right kinds and right amounts of many different foods. Enrich your health by eating right kinds of food every day. Enriched bread is only one of these foods.

EACH PERSON IN YOUR FAMILY NEEDS THESE FOODS DAILY



MILK— $1\frac{1}{2}$ pts. to 1 qt. for a growing child—
1 pt. or more for adults



**TOMATOES, ORANGES, GRAPEFRUIT,
STRAWBERRIES, MELONS, GREEN
CABBAGE, RAW SALAD GREENS**—
1 or more servings



**LEAFY GREEN or YELLOW VEGETA-
BLES**—1 or more servings



POTATOES—1 or more servings



OTHER FRUITS or VEGETABLES—(As
APPLES, PRUNES, BEETS, CAULI-
FLOWER)—2 or more servings



EGGS—1 (or at least 3 or 4 per week)



MEAT, FISH, POULTRY or CHEESE—
1 or more servings



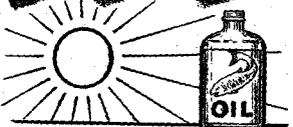
CEREALS and BREAD—at least 2 servings
of whole grain products or "enriched" bread



BUTTER—1 to 5 tablespoons



SWEETS, FATS, ETC.—to complete the cal-
ories



WATER—6 or more glasses

FISH LIVER OIL, DIRECT SUNSHINE,
or other sources of vitamin D for growing
children

Endorsement of enriched flour program. Enriched flour and bread are approved by the American Medical Association, the U. S. Public Health Service, the Bakers and Millers Association, the State Nutrition Committees, and the National Research Council.

The National Federation of Millers recommends the enrichment of all flour by all members of the industry.

What the neighborhood leaders can do: (1) Help to enrich the health of your family by using enriched white flour and bread in your home; (2) contact every family in the neighborhood and explain the purpose and need for the enriched flour and bread program; (3) leave the printed leaflet on enriched flour and bread; (4) urge each family to cooperate on this program.

What the family can do. Each family can cooperate on the program by adopting the following practices: (1) that all white flour and bread used be enriched; (2) when buying white flour or white bread ask for the "enriched;" (3) urge your grocers or bakers to handle enriched flour and bread; (4) read and understand labels on flour sacks and on bread wrappers.

SAVE WASTE FATS TO MAKE EXPLOSIVES

Homemakers of the nation have a new assignment — to save waste fats to make explosives.

Fats are needed to make glycerine, and glycerine is used to make explosives for the fighting men of the United Nations.

Let's not be grease wasters. It is estimated that more than two billion pounds of fat goes to waste in American kitchens each year. If every homemaker saved only 4 ounces of waste fat a week, this would supply the glycerine to make nearly two million pounds of gunpowder each week.

Your family's waste kitchen grease may bag an enemy plane. Every 2 pounds of grease will produce enough glycerine to make dynamite for 5 rounds of antiaircraft fire. Every time that drippings from frying pans or broilers are wasted down the drain, needed dynamite is being lost, clogging up the war effort and the drain at the same time.

Why the fat salvage program is urgent: (1) The war in the Pacific has greatly reduced our supply of vegetable fats. Normally we import about a billion and a half pounds of fats and oils—many of them from areas involved in the war. Now imports from the Pacific area are largely cut off. (2) War has increased the need for glycerine. Glycerine is an essential war material that is

needed for many purposes: To make gunpowder for the armed forces of the United Nations for the navy for floating ship compasses and on steering gears; for antitank guns, and on anti-aircraft. Doctors need glycerine. It is used with antiseptics. It softens dead tissues in wounds.

What the neighborhood leader can do. The neighborhood leader can help in the war effort by: (1) Starting at home, by saving all waste grease; (2) Contacting every family in the neighborhood and explaining the purpose and urgent need for the fat salvage campaign; (3) Leaving the printed leaflet and asking the homemaker to hang this up in the kitchen as a reminder; (4) Urging each family to cooperate on this program; (5) Naming the butcher shops where fats are received in your neighborhood.

What the family can do. *First:* USE WASTE FATS IN COOKING. The more waste fat you use in cooking the less you'll have to buy, and the less fat will have to be diverted from war use to consumer use. This will also save you money. Cook so as to keep fats usable. Roast meats and poultry in medium-temperature ovens to avoid scorching the drippings that collect in the pan. Heat deep-frying fat carefully so it will not reach the smoking point.

Second: SALVAGE ALL WASTE FATS NOT TO BE USED FOR COOKING. Get out a clean, wide-mouthed can, such as a coffee can, and cover it with a clean piece of cheesecloth of double thickness. Do not use glass jars. Pour fat drippings through the cloth. Pour all kinds into the can—bacon, lamb, beef, ham, poultry, broiler drippings, etc. Save every drop—a half tablespoon of bacon drippings seems like a very small amount, but it adds up in a month's time. Put the can in the refrigerator or coolest place available to keep the grease from becoming rancid. Rancidity in grease cuts down the amount of glycerine that can be extracted. When the can is full, take it to your meat dealer on any day but Saturday. This is his busy day. Always have 1 pound or more. He will weigh it and pay you for it, or you may wish to give it to a charitable organization that will sell it to the meat dealers. A 1-pound coffee can holds about 2 pounds of grease.

**SEND WASTE FAT, THROUGH YOUR MEAT DEALER,
ON ITS WAY TO THE WAR!**