

PEOPLE OF INDIA, MAKE BETTER USE OF YOUR OWN GROWN FOOD-STUFFS!

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RICE

1. Unpolished much better for roti, than polished. Contains Vitamin B 1, B 2 & E.
2. Polished—NO VITAMINS!
Which is best?

BRAN

Of Wheat—of Rice.

Contains—

Salts . . . Calcium, Iron, Phosphorus. Proteins. Fats. Vitamins B 1, B 2, E. Carbo-hydrates. Cellulose and Fibre . . . Roughage. Moisture.

Bran begins to go bad after 5 days. If fresh bran is not available, old bran should be heated slowly over a fire till it turns brown. This heating stops the ferments of bran and destroys mould, insects and eggs. Vitamins and salts are not affected.

ATA

Maida (white flour) no bran. Mainly Carbo-hydrates and a little protein.
Mill Ata not rich in bran.

Chakki Ata (home milled or at a small millers—) rich in bran.

Jowar Grain. Has a large percentage of malt.

Malted Jowar, Germination of the grain.

Soak the grain in clean water for 24 hours, changing the water every 6 hours. Drain off the water and put the grain on to a clean jute bag or coarse cloth and cover with a wet cloth till sprouts appear. When the sprouts are $\frac{3}{4}$ of an inch long, dry in the shade for 6 hours, then put the grain in the sun till very dry. After it is thoroughly dry, pound it and slightly moisten it, to remove the husk and sprouts (the sprouts taste a bit bitter). The grain is then roasted in a frying pan and only slightly browned. When *just brown* STOP. It now contains malt. Mix this malted grain with other grains, 1 of Malted Jowar to 6 of any other grain for rotis. May also be used for conjee. Sprout the grain once per week. Contains Vitamin A.B.C. therefore it is useful during pregnancy.

SPROUTED GRAIN

Unsplit dhals, grams, peas, or any WHOLE GRAIN. Sprout and eat raw, eat as *chutney* or as *salad* with curds and oil.

Pulses. Make good flour.

Soya Beans. 40 per cent Protein, 20 per cent oil, containing Vitamin A. Used in mixed flour. Also roasted and ground and used as coffee. Grown in Bombay.

Vegetable Oils. Expose to the sun for 4 hours, this will give the oil Vitamin A & D.

Mutton fat or Tallow. Is much more digestible than oils. Contains Vitamin A & D.

Butter. Is more digestible than ghee, much richer in Vitamin A & D. than ghee, the continued boiling of ghee kills the vitamins.

Ghee. Is richer in Vitamin A & D than oils, but very much less nourishing than butter.

Baking powder. Should not be used for softening the pulses and for keeping them green, nor for making light and crisp preparations, it kills Vitamin C.

Groundnuts. Rich in proteins and salts, and a proportion of fats.