
COOKERY PAGE

THE TODDLER AND HIS DIET.—Fats and Roughage.

Fats really come next to proteins in order of importance in the diet; they are the best source of heat. Those with which we are mostly concerned are meat and fish fats, cream, butter, suet, and vegetable fats and oils.

True fats as meat fat and olive oil form about 90 per cent of the fats we eat; they are composed of glycerine united with fatty acids. They are the sole source of glycerine which forms about 5 per cent of the total weight of fat. With the exception of sugar analysis will find some fat in all foodstuffs, though the quantity may be very small. The potato contains only 0·01. No ordinary fruit or vegetables contain much; parsley holds the record with 0·7. White fish are deficient in fat but herrings contain about 10 per cent. Meat, butter, cheese and nuts all contain a goodly percentage of fat.

Fats are indispensable in diet as without them good growth is impossible. They help to ensure the best use of the proteins in the diet and a smaller calorie intake is needed when they are present in suitable proportion. This according to the latest authorities is about equal to the protein ration, roughly about 4 oz. daily.

Fats are graded according to the vitamin A content; animal fats as butter, suet, meat and fish, etc., all contain Vitamin A but the vegetable oils and fats do not contain it, so should be used sparingly for children. Fresh butter should be given daily to our toddler and good ghi should be used for cooking purposes.

The vegetable fats as Cocogem, etc., while they are quite good, probably do not contain Vitamin A, and if used other fats as butter and suet must be given in addition.

Roughage. This is necessary to ensure bowel action. Foods containing roughage should be used daily, the cellulose of plants and vegetables all help in this. Raw salads and fruit with its pulp are also good. Some seeds of fruit as bananas, strawberries and figs all go to make roughage. Oatmeal, wholemeal, bread, etc., etc., all help to give the large bowel the stimulus it needs and help to form the regular habits so necessary to good health.

Cabbage soup

1 lb. cabbage	2 onions	
1 tablespoon chopped parsley.	1 turnip	1 oz. butter
2 tablespoonfuls tapioca	1 teaspoonful salt	$\frac{1}{2}$ pint milk
pepper.	3 pints boiling water.	

Put the shredded cabbage into a pan of fast boiling water and blanch for 5 minutes. Then strain the cabbage and return to pan with $1\frac{1}{2}$ pints of boiling water, onions, turnip and seasoning. Boil for 15 minutes, then add milk, butter, parsley seasoning and tapioca. Boil till the tapioca is cooked.

Ounces of

	Protein.	Fat.	Carbo hydrates.	Calories.
	.56	1.37	3.66	856
One portion ...	.1	.2	.6	145

Haricot Mutton

2 lbs. neck of mutton (3 oz. fat cut off) 2 onions
 4 carrots 1 teaspoon pepper
 1 oz. flour 2 teaspoons salt
 1 pint cold water

Trim and cut up meat and fry in fat, remove meat and fry onions. Sprinkle in flour, brown lightly. Stir in water and allow it to boil 3 minutes, stirring all the time. Pour on to the meat and carrots in a stewpan. Add pepper and salt and cook about 2 hours slowly.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	5.91	6.14	2.53	2620
One portion ...	1.0	1.0	.4	435

Macaroni and Tomatoes

$\frac{1}{2}$ lb. cooked macaroni $2\frac{1}{2}$ lb. tomatoes

Four rashers of bacon chopped up and fried and used with fat, salt and pepper.

Fry the bacon lightly and stir in tomatoes, skinned and cut up, pour over the macaroni and heat all together.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	1.95	4.22	4.94	2271
One portion ...	.3	.7	.8	380

Amber Pudding

3 lbs. apples 6 oz. moist sugar
 4 oz. butter 1 lemon, rind and juice
 3 eggs 3 oz. flour

Stew apples and mix in eggs, sugar and lemon rind finely chopped. Make a pastry with the flour and butter and line pie-dish. Fill with the apple mixture and bake 25 minutes in the oven.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	1.08	4.21	11.09	3116
One portion ...	.2	.7	2.5	520

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(To be continued.)