

AMERICANS ARE CHANGING THEIR EATING HABITS

Population of United States Consuming More Fruit and Vegetables. More Milk and Dairy Products and More Pork. Less Beef, Corn and Wheat. Light Work of Laborers Responsible for Decrease in Meat.

By CALEB JOHNSON, Special Writer for The Democrat.

In ten years the eating habits of the American people have undergone a radical change.

We are eating more fruit, more green vegetables, more poultry, more milk and butter. We are eating less beef, less wheat, less corn, less meat generally.

The only kind of meat in which there has been an increase in domestic consumption is pork, and that increase is mainly in the form of ham.

Figures compiled by the Bureau of Home Economics of the United States Department of Agriculture, which reveal these facts, throw an interesting side-light on the change which is going on in American life.

Not so many years ago the great majority of Americans were engaged in heavy manual labor. Their work called for large meals of hearty food. Now a large and growing proportion of factory workers and other laborers are machine-tenders, their work calling for comparatively slight muscular exertion.

The working man's dinner pail is no longer the institution which it once was. In the larger cities and in small communities the quick-lunch counter with ham sandwiches and cheese sandwiches as its principal staples, is far more popular with the average young mechanic.

That is one reason why we are changing from a nation of heavy eaters to a nation of moderate eaters. Another is the general desire to avoid fat. So much has been said in print and otherwise about the physical danger of overweight that even those who care little about how they look are deliberately avoiding the fattening foods. And as for the girls—well, it is hardly necessary to point out that they can't keep their boyish figures and eat the old-fashioned three square meals a day.

Lettuce is one item of food which has gained most in popularity. Between 1920 and 1929 our national consumption of lettuce was multiplied by four, from 13,000 carloads in 1920 to over 53,000 carloads in 1929. And that indicates another reason for the change in our eating habits. Lettuce is one of the chief sources of the health-preserving vitamins, unheard of by the public ten years ago, now generally understood to be essential to the health of everybody who does not spend most of his or her time out of doors.

For the same reason, in 1929 we ate more than three times as much celery, more than six times as much carrots. These vegetables stand high in the list of foods containing a high percentage of vitamins. And we are eating about twice as much grapefruit, cabbage, cauliflower, tomatoes and turnips as we did ten years ago.

In 1917 we consumed about 42 gallons of milk per individual. In 1928 this had increased to 56 gallons. In the same period we increased our butter consumption by three lbs. per person and our use of cheese by two pounds. That much of this increased use of dairy products can be traced to the "eat less meat" campaigns is hardly to be doubted, especially when we compare the figures showing the falling off in the use of meat.

In 1920 the average American ate 63 pounds of beef in the course of the year. In 1929 this had fallen off to a shade over 51 pounds. In the same period we reduced our average consumption of veal from about 7 1/2 pounds to about 6 3/4 pounds. We continued to eat about the same average amount of lamb and mutton, but our consumption of pork ran up in those nine years from an average of 60 pounds to almost 74 pounds. Of all kinds of meat we are eating almost 25 per cent. less than we did twenty years ago.

We have cut down on bread—wheat bread and corn bread both—as the statistics of flour and cornmeal shipments show. The falling off here in twenty years is nearly 40 per cent.

Out of figures like these we obtain not only an index of the changing tastes and habits of the nation, but information of the greatest value to the forward-looking producers of and dealers in foodstuffs.

It seems to be apparent to wheat-growers, for example, that their market is getting smaller. That should make many farmers consider trying to reduce cost of production, cut down wheat acreage, turn part of the wheat land into some other crop which promises a better market.

The grower of corn is not so seriously threatened as is the wheat farmer, for an increasing amount of corn is being converted into pork, probably about compensating for the falling off of human consumption of corn bread.

There is every indication that the trend in food preferences will continue about as it is going now. That means there is an enlarging opportunity for the fruit and vegetable grower. Already fruits and vegetables total a higher value in annual production than any other money crop except corn. To the Western farmer, accustomed to a single crop on large acreage, such as corn or wheat, or the Southern farmer whose sole staple has been cotton, such crops as celery, lettuce, tomatoes, peppers, strawberries and other small fruits seem like kitchen-garden stuff, not worth while bothering with. But the experience of specialists in

such crops has been that they are no more hazardous than the grain crops when intelligently cultivated, that while the investment per acre is higher in production cost, the profit per acre is vastly greater in good years and at least as great in average years.

Already the United States has ceased to become a beef-exporting country. In fact, we are importing some beef from South America. With the falling off in domestic consumption, there is no encouragement for the cattle farmer to expand his activities. Hogs offer a better outlook for the future, dairy farming looks like a stable and growing industry in which to start one's sons, but the agricultural prizes of ten years from now will go to the growers of fruit and vegetables. If the present tendency in food habits continues they will be sitting on top of the world in 1940.

Patron of the Talkies Rises Up in Wrath

(Johnson City Chronicle)

The oft-remarked circumstance that the parent who used to read the movie sub-titles out loud now has a brat who inherited the disease and repeats the actors' lines has come to the point where intelligent theatre-goers are wanting a playhouse cleaning.

A movie fan has written his sentiments, and the observation is published below.

There is another angle to it—the management of the theatre is even more annoyed than his respectable patrons. It would of course meet the approval of the 91 per cent. of sane persons if the manager or usher or bouncer would ask the galliers to shut up; it would merit applause if they were bawled out, and the manager would have plenty of bondsmen and witnesses for the defense if he should knock a few of them in the head with a hunk of lead pipe.

The management itself has often voiced the complaint, not only of the talking about the picture, but of talking, laughing and giggling at all when other people are trying to watch and listen; and the practice of bringing peanuts, crackling, candy and other circus paraphernalia to the theatre to show off with. Maybe the management could eliminate the peanut-bull-and-molar-music by establishing a coin-room in a sound-proof cell across the street, and fill up the cawing crowds before allowing them to mingle with patrons who pay to see and hear the picture, play, or sell its own peanuts already shucked, and then furnish the chattering children with a muffler that has no cut-out.

Courtesy, which is consideration of others, is the product of good breeding. It isn't that it is a lost art, there are just so many who have never gotten that close to being partially civilized.

Anyway, a writer "To the Editor" says:

"A movie fan who also attends the theatre frequently with his own wife, wants to know why certain patrons are not protested against the noisy pests who talk and laugh and try to wise-crack about lines spoken by actors seen on the screen."

"Saps who formerly read screen titles aloud, now repeat the words of the performers. They do this because in their feeble way they believe the person sitting next is a moron also."

"Not one, but many movie fans have been complaining, and some of them wonder why the management doesn't take steps to quiet some of the more conspicuous nuisances who make a mighty practice of yapping through moving picture performances."

"A CASH CUSTOMER."

MAN GETS FOUR MONTHS FOR RESISTING VACCINATION

Howard Eller, of Job's Cabin Township, tried before Judge Harding in Superior Court last week, was given four months in jail for resisting vaccination. When Eller was brought to the county jail on a charge of assault with deadly weapon the county health authorities, as required by law, proceeded to vaccinate him, along with the other prisoners in the jail. Eller not only resisted vaccination, but the evidence showed that he attacked the county nurse in a vicious manner, attempting to strike and kick her. Judge Harding tacked on an extra four months for this piece of rebellion. —Wilkes Patriot.

DR. A. W. DULA

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RADIO BROADCAST IN HONOR OF BIRTHDAY OF JEFFERSON

The birthday of Thomas Jefferson comes on Sunday, April 13, and on Monday evening, April 14, at 10:30 p. m., Dr. Edwin A. Alderman, president of the University of Virginia, will discuss over a nation-wide hook-up of the National Broadcasting sys-

tem the notable career of the outstanding statesman.

It seems fitting that the speaker should be the president of the great university which Jefferson founded. Dr. Alderman is recognized as among the ablest educators of the country, and his discourse will be looked forward to.

"What do you think of the new typist?" asked the boss. "How is she doing her work?"

"Well," replied the clerk, "I don't know. But she spells atrociously." "Really," replied the boss, "she must be pretty good then. I can't spell it myself."

Mr. Farmer:

From all indications you will plant a large acreage to the different crops this season. In order to reap a bountiful yield you should prepare your seed bed with the utmost care. To do this, good implements are necessary. Do you need a DISC HARROW, SECTION HARROW, PLOWS of any kind, PLOW REPAIRS, FERTILIZER DISTRIBUTOR, GRAIN DRILL, or CORN PLANTER? If so, see us before you buy.

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