

action

YOUR VITAMIN



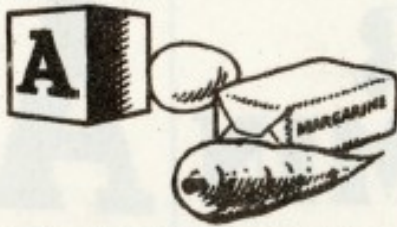
VITAMINS? WHAT IS THE GOOD OF THEM? WHAT DO THEY DO?

Well, Vitamins give you that little something extra that makes all the difference between your just rubbing along—if that—and feeling absolutely fine, full of life and energy all the time. So it's worth while doing something about Vitamins, isn't it? Especially when it's as simple as A B C to learn all one needs to know of them.

These food substances are so important that the Government has taken certain special steps in regard to them during war time.

For example, Vitamins A and D are added to our margarine; the national flour, from which our bread is made, is milled so as to contain far more Vitamin B than is contained in white flour, and the Government consistently encourages the greatest possible production and consumption of vegetables, which are our main source of Vitamin C, and a very rich source, too. Then there is the Government's special 'Vitamin Scheme' for children up to 5 years of age and for expectant mothers, on which further information is given in the last paragraph of this leaflet.

Well, to come back to the Vitamin A B C. It is on the next page. You will find it well worth while to read it carefully and to refresh your memory with it from time to time.

VITAMIN**WHAT IT DOES**

Helps to keep health
throat and lungs.
certain tissues of the
and helps your eyes
more quickly to the
left a brightly-lit roo



The B vitamins inc
Together they pro
steady nerves, preve



Gives clear skin, fre
gums. Does much
general good health
Increases resistance



Helps to build stron

Enemies of VITAMIN C

AIR, WATER, HEAT. Too much of any of these after the vegetables are gathered will destroy the Vitamin C. Therefore, have your vegetables as fresh as possible. Best of all, grow them yourself. (The Ministry of Agriculture's free Cropping Plan which you can get from your bookstall or from the Ministry of Agriculture, Africa House, Kingsway, London, W.C.2, shows you how to get a regular supply of fresh vegetables all through the year from a small garden or plot).

Wash your vegetables in salted water but do not soak them overlong. Shred them before cooking so as to cook quickly. Cook in as little boiling salted water as possible, and keep the lid on the pan.

And remember, reheating or keeping vegetables hot for any length of time destroys their Vitamin C.

ES

WHERE YOU GET IT

Healthy the lining of nose,
Vitamin A also keeps
the eyes free from infection
and helps to become accustomed
to the blackout after you have
been in the light.

Main sources : Your rations of butter and margarine. Also fish liver oil. Herrings and other oily fish. Dried or fresh eggs. Carrots; green vegetables. Milk. Cheese.

include many substances.
to promote sound digestion,
and prevent fatigue.

Main sources : National bread and flour. Dried or fresh eggs. Dried peas, beans and lentils. Oatmeal. Bacon. Milk. Cheese.

fresh complexion, healthy
and leads towards establishing
a clear and buoyant vitality.
and helps to prevent infection.

Main sources : Parsley, brussels sprouts, spinach, cabbage, watercress, cauliflower, swedes, potatoes. Rose-hips, blackcurrants, orange juice.

strong bones and sound teeth.

Main sources : Your rations of butter and margarine. Fish liver oil. Herrings and other oily fish. Dried or fresh eggs. Milk. Cheese.

How to get the VITAMIN C you need

Every day you need :

2 or 3 tablespoonfuls of lightly cooked green vegetables;
or swedes when green vegetables are unobtainable.

As well as

3 or 4 freshly cooked jacket potatoes

and a good helping of salad including shredded raw green vegetables, not forgetting Brussels sprouts, spinach and cabbage. Garnish liberally with parsley, mustard and cress and watercress, as these are very important sources of Vitamin C.

All these are required by **every person, every day.**

Ring the changes in the salad and green vegetables of course—not only according to season, but from day to day. And don't forget root vegetables—turnips, swedes. Swedes are a good source of Vitamin C. Remember too, how important it is for each person to have at least 1 lb. of potatoes a day.

Number

14

MINISTRY OF FOOD
WAR COOKERY MANUAL



HINTS AND RECIPES

An alphabet of vitamins in this one meal!

National bread and butter or margarine, some raw green salad, a piece of cheese and a glass of milk. The children should, of course, take some of their "priority" milk this way. For grown-ups, try cocoa or coffee made with household milk, or household milk flavoured with meat or vegetable extract.

School children having this for their mid-day meal every day grew stronger, healthier, and "quicker" than children having the usual meal of "meat and two veg." You'll find it a splendid lunch or dinner for grown-ups, too—the heaviest manual worker, the girl in shop or office, and the child of two and upwards, all are the better for this "Health Meal" three or four times a week. Better still, every day.

Gold and white salad

If you have one of those handy little potato peelers, use it to shave thin slivers of carrot and turnip; otherwise shave as thinly as possible with a sharp knife. Allow two or three small carrots and turnips per person. Do the same to some cheese; about an ounce per person. If the cheese is crumbly, grate it. Pile lightly in dish in pyramid form, on a good bed of shredded raw heart of cabbage or other greens, surround with a wreath of parsley or watercress. Serve with salad dressing.

Savoury Potato Salad

Cut cold potatoes in thick slices. Spread each slice thinly with meat or vegetable extract. Shred a small cabbage, mix it with a tablespoonful of chopped mint, arrange all on a dish, and sprinkle with chopped parsley.

Grow your own!

Even if you have no garden, you can have fresh-picked parsley or mustard and cress, for these both grow well in window-boxes or flower-pots. Or mustard and cress can be grown on damp flannel. Remember—the fresher the better for you—and the better the flavour!

Vitamins for Children up to five years old, and for expectant Mothers

Young children cannot eat enough greenstuff and other foods to give them all the vitamins their quickly-growing bodies and minds need. So the Government has made available **extra vitamins** in the form of fruit juice and cod liver oil for all children under 5 years of age; and for expectant mothers, too, because baby's needs begin before he is born. Don't think, because your little one seems "well enough" that he or she does not need these vitamin products. Only a plentiful supply of vitamins can ensure that children will grow and develop, and resist illness, as they should. Ask your local Food Office, Food Advice Centre, or Infant Welfare Clinic for particulars.