

Keith's Corner/McGill News

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Foods, My Generation Consumed

A brief answer would be—anything we could get our grubby hands on that didn't move or bite us.

Basically it was called a meat and potatoes diet, but it was not, just those items. We had salads and desserts several times a week.

The doctors and diet folks of the gubberment had a food pyramid that we were told to follow. Basically, food groups like grains, meats, dairy and veggies.

If I remember correctly, we were supposed to drink 4-6 glasses of milk daily. I liked milk but not that much. In 1940 when I was 4-5 years old, I had to put some yellow powder in my milk. I think it was iron sulphate because it turned my milk the color of pee. I remember hiding the stuff, but my folks found it the same day. It is hard for a 4 year old to outwit parents.

While we are on the dairy group, it is important to add that our milk was strictly whole milk. It came from the McGill Dairy in bottles delivered twice a week and always had pure cream in the neck of the bottle. So we probably got more milk fat than is tolerated now days, but we were a hell of a lot more active in our daily life. It helped keep us warm in the winter, as we didn't have insulated clothing and our houses were not insulated. There were no furnaces, so when the wood or coal burned up the house got very cold.

Another food group was meat. We ate a lot of game meat like deer, fish, rabbits, ducks, etc. We had a freezer locker at the back of the Commissary building to store our game meat. During WWII meat was rationed, so the game meat was handy.

As for eggs, our grandfather in Salt Lake had a lot of chickens and sent us eggs every month via the post office.

The grain group was a good one. Mom baked all our bread and rolls, along with home made scones. Breakfast was usually hot Wheat Hearts with white sugar and milk.

Desserts were all home made pies and cakes. Home made candies like fudge, taffy and my favorite, divinity. Yes, Myrtle, I know all of these things had sugar in them, but we didn't snack on candy bars, chips or guzzle sodas.

I remember only 2-3 kids in all of grade school that were fat. Take a look around now days.

All that homemade food with sugar, I feel fully satisfied out hunger and we didn't need all the junk food the kids consume now days. Plus, few of them burn it off with exercise, except maybe their thumbs.

How many of them have ever enjoyed the smell of fresh bread baking in a wood or coal fired oven? Or, tasted a scone cooked on a stove top and smothered in REAL butter. Maybe, even topped with home made jam.

Let us consider Thanksgiving Dinners, past and present.

Mom cooked our turkey in either the oven or a GE electric roaster.

The gravy was made from the drippings and not out of a bottle or can.

The dressing didn't come from a box, it was made from bread that was allowed to dry to a crispy texture and then crumbled and mixed with chopped celery and other ingredients.

She boiled down potatoes and used that to make "potato dinner rolls", which she browned in the oven.

All of this home made food took time and lots of love. Now days, few take the time and instead tend to buy boxed items that are full of stuff harmful to us. We pay the price in many ways.

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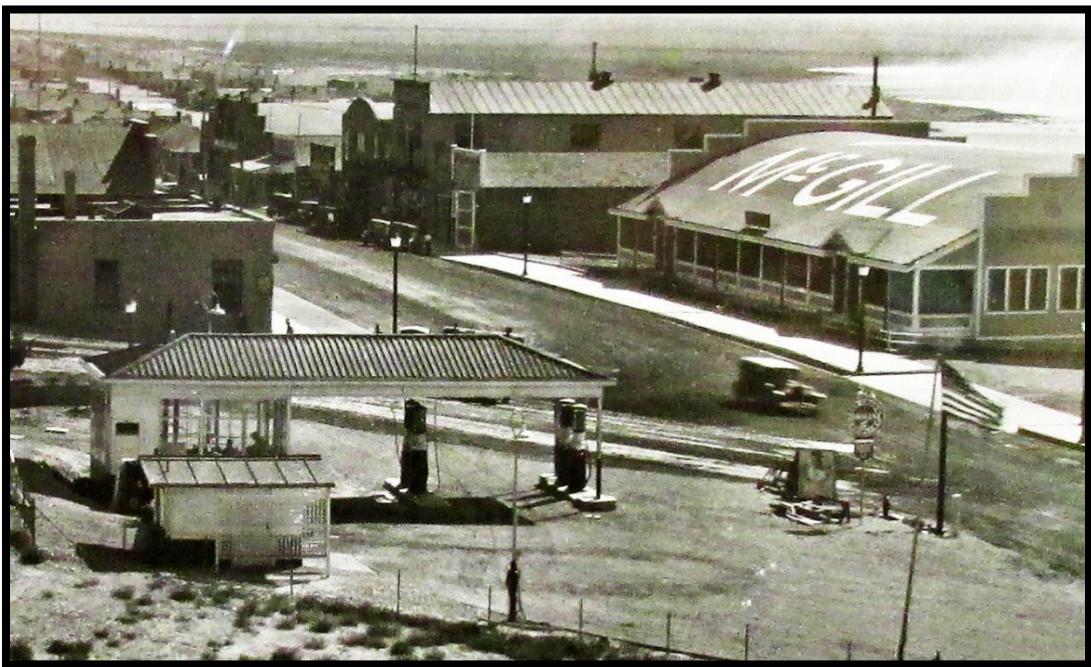
One of the nice amenities that I get from doing the Drugstore bit, is meeting great folks from all over this old mud ball called Earth. It always shows me that people are pretty much the same no matter where they are raised. Yesterday, September 23, I had the honor of meeting Andrew and Emily.



Andrew is from Scotland and Emily is from London. They have merged their talents and formed a travel guide on the internet, 'Along Dusty Roads'. Their blog is --alongdustyroads.com. Check them out.

We had a marvelous time at the Drugstore. They were on their way to Reno along 50. I hope they had a safe journey and got the rental car back on time.

Old Photo



I was recently asked about the Commissary building on main street. Half of it was a Boarding house for the single workers, the other half was a grocery store. It also had a section for work clothes. We used coupons instead of cash. The coupons were charged against the next employee's check.

Photo is about 1928 . The gas station and theater are there.