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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Daylight Blossom Time"...Information from the plant scientists of the United States Department of Agriculture.

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If you were to hear somebody say..."It is now...well...say 10:00 O'clock daylight blossom time"...you'd think most likely, that that person was getting a bit soft headed. And maybe it'd be true. But not entirely.

Because the plant scientists of the United States Department of Agriculture tell us there is a connection between the length of daylight and the growth and flowering of many plants. These plants produce seed only when they're exposed regularly to a certain amount of light. Take poinsettias, for example. No matter when a poinsettia is planted, it blooms along with all the rest of the poinsettias in the wintertime. Most plants wait on the season of the year that gives them the proper amount of daylight and darkness to bloom and produce seed.

This discovery of the influence of the length of daylight on plants was made in the Department of Agriculture 25 years ago. And since then, a lot of florists have used it to force their summer-flowering plants to bloom in the winter by exposing them to artificial light...and their winter-blooming plants to flower in the summer by keeping them out of the light for a while each day.

But forcing flowers for their ornamental value is only one of the results of the discovery. Plant improvement work has gotten a tremendous lift from it. Hybrids can be developed now from two species of a plant that ordinarily do not flower at the same time of the year. Plant research is speeded a great deal because two or more generations of plants can be grown in one year by the proper control of day length. Also, plants that grow well in one spot can be transferred to other places in the same latitude over the world, providing all other environmental factors...such as altitude, wetness, dryness and so on...are suitable.

The discovery is one of those basic research findings that have meant so much to the advancement of science and the general welfare.

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U. S. DEPARTMENT OF AGRICULTURE

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SUBJECT: "Fats Without Points" -- Information from the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture.

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Some fat in a meal makes it more satisfying. Reason for this...say the nutritionists...is that fat digests slowly...so the meal "stays by".

When you're looking for unrationed fats for autumn meals...take the advice of home economists of the U. S. Department of Agriculture. Try nuts.

Most nuts are at least half fat. Some are even richer. Nuts are also high in protein. On occasion...you may wish to alternate nuts for meat in the main dish. Nuts provide the B vitamins...especially thiamine...and they provide a little iron and calcium. All that's to the good. But the best use you can make of nuts in a meal...say the nutritionists...is to supply some of the needed fats.

Add chopped nuts to biscuits...muffins...waffles...cookies...cake batter.

Something to remember. In a baked mixture...nuts tend to absorb moisture. They make the product dry. But you can forestall this. When you use a large proportion of nuts in a baked mixture...place the nuts first in boiling water for a few minutes. Then drain and add the nuts to the mixture in the usual way.

The kind of nuts you use in meals...this autumn of 1945...will depend on the kind you like. You may have variety. Prospects are good for a bountiful supply of nuts grown here at home...pecans...almonds...filberts and English walnuts. And chances are you'll be able to get imported nuts as well.

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10-4-45



