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CHOLAM AS INFANTS' FOOD

BY

FEMINA

[We are indebted to an esteemed lady contributor for the following note on 'Cholam as Infants' Food'. A lengthy article on the subject appeared in our December issue (1929). The future of cholam malt for home-made infants' and invalid food rests entirely in the hands of women, both from the point of view of propaganda and experimentation for the production of recipes of varied tastes. We are happy to note that the subject is receiving the attention it deserves and we have great pleasure in publishing the note by our esteemed correspondent.—Ed. M. A. J.]

No, the idea is not to feed simple cholam grains to babies and young children!

So long ago as 1917, Mr. B. Viswanath, Government Agricultural Chemist, proved that in the making of malt, cholam would replace barley, a crop little grown in South India. A gold medal was awarded to his exhibit of malted foods at the Madras Industrial Exhibition held in 1917. These foods were intended to replace expensive proprietary preparations imported from abroad.

Cholam, being a widely cultivated crop in South India, is cheap and available to all classes. Its conversion into malt is quite possible in any home where a little trouble is taken. No special apparatus is necessary.

The value of malt as a pre-digested food, suitable for young children and invalids, is so well known that there is no need to dwell upon it. A doctor in South India has just prepared a quantity for use in his hospital, and wishes that the use of cholam in this connection were more widely known. Ragi may also be used but the grains are too small for easy preparation.

The preparation of malt on a larger commercial basis would be possible to a man with a little capital. This would add a useful indigenous industry to India's resources. Information on this subject is available from the Government Agricultural Chemist at Lawley Road, P. O., Coimbatore.

Method of preparation. Take good, sound, cleaned cholam. Soak it in clean water for one day, and one night, changing the water four times. After soaking heap up the cholam, covered with a wet cloth till the sprouts appear. Then spread it thinly and evenly on a clean mat, occasionally sprinkling water over it.

When the sprouts are about three-quarters of an inch long, dry the cholam in the shade for half a day, and then in the sun till it is quite dry.

The dried grain should be slightly moistened and pounded to remove the husk and sprouts. The latter have a bitter taste. After removing the husk the clean grain is slightly roasted over a slow fire till the grains are just brown. They are then to be ground in a coffee mill or grinding stone and sieved through muslin.

The powder may be made into a conjee with milk or water, and salt and sugar added according to taste. The malt may be added to other food. It actually requires no further cooking, but may be cooked if wished.

The following is extracted from 'Food' *by Lt.-Colonel R. McCarrison.*

'Vitamin A is produced when grains are sprouted after soaking in water: sprouted gram and dhal contain quite a lot of it.'

He also tells us that a deficiency in Vitamin A is associated with such diseases as inflammation of the eyes, ears, nose, throat, lungs, stomach and bowels. Night blindness may be due to a deficiency of this vitamin.

There are of course many other sources of Vitamin A besides that described here. A study of the book mentioned will show what these are.

Reference:—'Food' by Lt.-Col. Robert McCarrison, C.I.E., M.D., D.Sc., L.L.D., F.R.C.P., I.M.S.

Macmillan and Co., London; Madras; etc. Price As. 12. All profits from the sale of this book are given to certain Indian charities.

REVIEW OF THE COPRA MARKET (October 1929)

BY D. H. GRIST, Federated Malaya States,

Agricultural Economist.

INTRODUCTION. The world's marketed production of copra is estimated to be slightly in excess of one million tons per annum, of which Malaya's exports form nearly 20 per cent. The product is graded on the European market according to the country of origin; the accompanying table indicates the existing grades, the average prices obtained, and the approximate quantities shipped annually.

TABLE I

Grades and Values of Copra

Grade	Average price per ton (Nett Cash C. I. F.) London	Average Quantity Shipped per annum (Tons)
F. M. S. *Ceylon	24 5 0	95,000
F. M. S. Java	23 10 0	40,000
F. M. S. Straits	23 7 6	180,000
M. S. Straits	22 12 6	
F. M. S. Dutch East Indies	23 7 6	360,000
M. S.	22 12 6	
F. M. S. Ceba	22 17 6	200,000
F. M. S. Manila	22 10 0	
F. M. S. South Sea	22 17 6	150,000
Kiln dried South Sea	22 10 0	
Average ...	£23 1 9	Total 1,025,000 tons.

In view of what follows, it should be noted that those grades which command the highest price (F. M. S. Ceylon and F. M. S. Java) bear but a small proportion (approximately 13 per cent.) to the total quantity

*F. M. S. = Fair Merchantable Sun-dried.