

SARAH LAWRENCE COLLEGE

NUTRITION MELODIES

BY

STUDENTS AND FACULTY

OF

Sarah Lawrence College
Bronxville, New York.

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by

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Sarah Lawrence College Bronxville, N.Y., U.S.A.

Music arranged by Norman Lloyd

Songbook designed and executed by Betty Carris Reynolds - Sarah Lawrence College



FOOD-A WEAPON

Tune of: Battle Hymn of the Republic

1. We have seen the havoc done to those in lands not strong and free, We are
send-ing food to men who fight our cause a-cross the sea, We are
shar-ing food at home with those who work with you and me, to
keep our coun-try strong. Food a wea-pon of our na-tion,
Food a wea-pon of our na-tion, Food a wea-pon of our na-tion, to



2.

We are teaching men to know the truth of what to eat and why
We are telling how to pack a lunch on which you can rely
We are singing songs to help you see we must eat right or die
In the fight for liberty.

Food will build a new America
Food will build a new America
Food will build a new America

In the fight for liberty.

3.

In the lunch box you must put a hot and creamy soup, not tea
Make the sandwiches of whole wheat bread with meat loaf, cheese,
You must sometimes add an egg and always fruit or celery, poultry,
In all our factories.

Pack a lunch a man can work on
Pack a lunch a man can work on
Pack a lunch a man can work on

In all our factories.

4.

If we can't buy ham or beef or eggs or cheese or fish with cash
We must learn to cook a tasty dish with soybeans called goulash
It is rich in proteins, vegetables and gives us pep and dash
It keeps us fighting on.

Uncle Sam he needs us healthy
Uncle Sam he needs us healthy
Uncle Sam he needs us healthy

It keeps us fighting on.



OH, DEAR!

Tune of: Oh Dear What Can the Matter Be

1, 2, + 3. Oh dear what can the mat-ter be

Dear dear what can the mat-ter be

Oh dear what can the mat-ter be

1. John-nie is tir-ed all day He
 2. John-nie eats wrong so they say. He
 3. John-nie is diff'-rent to-day. He's

can't do his num-bers, he can't learn to writz, he
 nev-er drinks milk, he sel-dom has beans, he
 first with the lass-es, he's hun-gry in class-es, sats

miss-es the ball, he can't win a fight, He
 nev-er eats spin-ach, grapes, ap-ples or greens, He
 oat-meal and ap-ples, dark bread with mo-lass-es, Baked

nev-er is hun-gry, he can't sleep at night,
 spends all his mon-ey on dough-nuts it seems,
 beans and green sal-ads and milk by the glass-es,

John-niz is tir-ed all day.
 John-niz sats wrong so they say.
 John-niz is diff-erent to-day.



WE'RE ON OUR MILKY WAY

Tune of: Auld Lang Syne

My Ma she tells me to drink milk, My Pa he says so

too, My tea-cher says, A quart each day Is not too much for

you, Is — not too much for you.

I says to them: "I'm ten years old
 "And old enough to know
 "The things I like and what I'll do
 "Why must I eat just so
 "Why must I eat just so."

My teacher says, "You are quite right
 "You need not eat just so
 "But there are things a boy must know
 "If he will eat to grow
 "If he will eat to grow."



My teacher says, says she to me
"Your bones are made of lime
"The milk you drink turns into bone
"If you will give it time
"If you will give it time."

I want to swing a baseball bat
I want to run each base
And now I know to do all that
I need good bones - not fat
I need good bones - not fat.

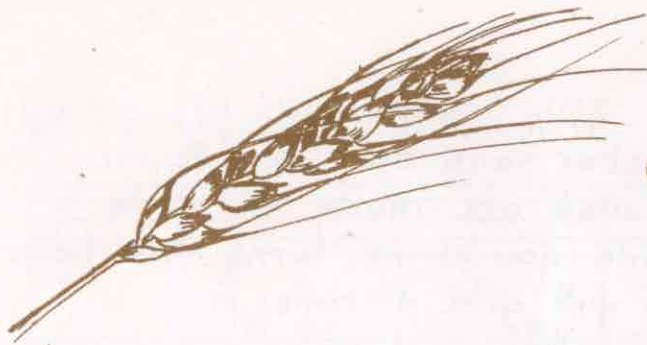
Today in school my teacher said
"Milk is for everyone
"Your Ma and Pa, they need it too
"They need the cal-ci-um
"They need the cal-ci-um."

"I can't drink milk" says Ma like that
"I would make me fat" says she.
"Takes more than milk to make you fat".
Says I to Ma, like that
Says I to Ma, like that.

My sister goes to work each day
She rivets and she drills.
The workers in her plant, they say
"Take milk instead of pills
"Take milk instead of pills."

So Ma and Pa and Sister too
We all drink milk each day
We know what teacher says is true.
We're on our milky way
We're on our milky way.





CONSUMER FRIEND

Norman Lloyd

Con-sum-er friend what-e-ver your name, Read your la-bels, don't
pur-chase in vain, Buy whitz bread that's called en-riched, Buy
whitz flour, that's la-bzled en-riched. Con-sum-er friznd, what-e-
ver your name, Stu-dy your la-bels, don't pur-chase in vain

2

Consumer friend, whatever your name
Study your diet, don't be eating in vain.
Eat dark bread, brown bread or white bread ENRICHED
Eat dark bread, brown bread or white bread ENRICHED
Consumer friend, whatever your name
Study your diet, don't be eating in vain.

LISTEN, FRIENDS

TUNE OF: I LOVE COFFEE, I LOVE TEA

1. Lis-ten friends and we will tell, sim-ple ways of keep-ing well.

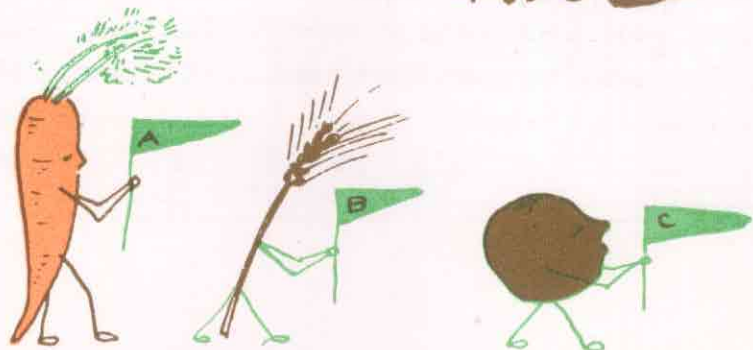
The musical notation consists of two staves. The top staff is in G major (one sharp) and 2/4 time, with a treble clef. The bottom staff is in G major (one sharp) and 2/4 time, with a bass clef. The melody is written on the top staff, and the bass line is written on the bottom staff. The lyrics are written below the top staff.

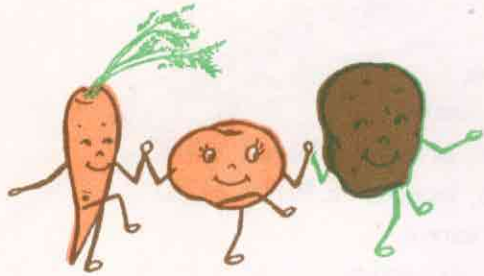
2.
Cut down coffee, cut down tea
Milk's the drink for victory.

3.
Spare the sugar, share the meat
Win the war by what you eat.

4.
Don't buy drugs and don't buy pills
Let your diet cure your ills.

5.
That's our story, that's our song
Listen and you can't go wrong.





VEGETABLES ARE VERY GOOD

Tune of: Mary Had a Little Lamb

1. Vege-ta-bles are ver-y good, Ver-y good, ver-y good,
 2. Lit-tle wa-ter in the pan, In the pan, in the pan,

Poco rit -----

Vege-ta-bles are ver-y good, If you cook them as you should.
 Lit-tle wa-ter in the pan, Al-ways save it when you can.

3
 Feed the children, not the sink,
 Not the sink, not the sink,
 Feed the children, not the sink,
 These are juices you must drink.

4
 Don't add soda, leave on skins,
 Leave on skins, leave on skins.
 Don't add soda, leave on skins
 This will save the vitamins.

5
 Cover the pan and keep it tight,
 Keep it tight, keep it tight,
 Cover the pan and keep it tight
 That's the way to cook them right.

6
 Do this now for Uncle Sam
 Uncle Sam. Uncle Sam.
 Do this now for Uncle Sam,
 Put the Axis in a jam.

CHECK THAT HIDDEN HUNGER.

Norman Lloyd

Every day, eat this way, check that hid-den hun-ger,

1. Start the day with oat meal
2. Milk for all both young and old
Whole wheat bread and fruit
Juice of fruit, just fresh and cold

Add some milk and eggs to suit
If the meal has all been sold
Start the day with oat meal
Sub-sti-tute with cheese I'm told.

Green and leaf-y vege-ta-bles
When the but-ter sent a-broad,
Eat them cooked or raw!
We will eat with one ac-cord.

This is vic-TOR vs first law
O-le-o with vi-to-min A
Green and leaf-y vege-ta-bles
Good as but-ter an-y day.

Ever-y day eat this way, check that hid-den hunger.



EAT THIS WAY TO-DAY

Tune of: The Farmer in the Dell

Musical score for the song "Eat This Way to-day". The score is written in 2/4 time with a key signature of one sharp (F#). It consists of two systems of music, each with a treble and bass staff. The lyrics are written below the notes.

System 1:
 Treble staff: Eat this way to-day! Eat this way to-day!
 Bass staff: (Musical accompaniment)

System 2:
 Treble staff: high-on the dair-y-oh Eat this way to-day!
 Bass staff: (Musical accompaniment)

2. Breakfast with oatmeal, etc.
3. Eggs you must not miss, etc.
4. Whole wheat bread and fruit, etc.
5. Meat and cheese are good, etc.
6. Butter with vitamin A, etc.
7. Or oleo with A, etc.
8. 'Tatoes baked in skins, etc.

9. Vegetables so green, etc.
10. Leafy ones are swell, etc.
11. Yellow ones are good, etc.
12. Learn to cook them right, etc.
13. Learn to eat them raw, etc.
14. Milk with every meal, etc.
15. Eat this way today, etc.