

COMMON CONTACTS WITH SOY BEAN

Soy beans have been grown in Asia for centuries, especially in China. To the orientals they have been their bread, meat and oil. Since 1804, American farmers have grown soy beans and fed them to livestock or plowed them under for fertilizer.

In the past few years chemists have found many uses for this bean and soy beans are proving to be a treasure and a bonanza.

Foods Containing Soy Bean or Made from Soy Bean.

Bakery goods:

Soy bean flour containing only 1 per cent oil is now used by many bakers in their dough mixtures for breads, cakes, rolls and pastries. This keeps them moist and salable several days longer. The roasted nuts are used in place of peanuts on breakfast rolls. K-biscuits and several crisp crackers have soy bean flour in them.

Sauces:

Oriental Show You Sauce
Lea and Perrins Sauce
Sexton's Chop Suey Sauce
Maull's Steak Sauce
Sexton's Sirloin Sauce

La Choy Sauce
Heinz Worcestershire Sauce
Derby Steak Sauce
Sexton's Mushroom Sauce

Cereals:

The following cereals contain soy, Sunlets, made by American Dietetics Co., Yonkers, N.Y., Cellu Soy Flakes, made by Chicago Dietetic Supply House, Chicago. Corn Soya Shreds, made by Kellogg's Cereal Co.

Salad Dressings:

Cross and Blackwell's Salad Dressing
E-P-K- French Dressing, Price Flavoring and Extract Co., Chicago
Richelieu Thousand Island Dressing
Barra's Wine Dressing
Trader Vic's Salad Dressing
- Miracle Sandwich Spread
Cellu-Soyanaise
Cellu-French Dressing
Kraft's Miracle Dressing

Many of the salad dressings and mayonnaises contain soy oil, but only show on the label that they contain vegetable oil. When using a particular brand of either dressing or mayonnaise, inquiry should be made as to the contents.

Meats:

Pork link sausage and lunch meats may contain soy beans. The allergic individual should buy only pure meat products

Candies:

Soy flours are used in hard candies, fudge, nut candies and caramels. Lecithin is invariably derived from soy beans for use in candies, particularly chocolate, to prevent drying out and to emulsify the fats.

Milk Substitutes:

Some bakeries use soy milk instead of cow's milk in recipes.

Sobee, made by Mead Johnson & Co., and Mull-Soy, made by Borden Co., have soy as the main ingredient.

Miscellaneous uses:

Soy products are used in some ice creams. They are used in many soups. Joy Anna, made by American Diet aids Co., Yonkers, N. Y., contains soy. Fresh green soy sprouts are served as a vegetable especially in Chinese dishes. Soy beans are roasted, salted and used instead of peanuts. They are also used to make soy noodles, macaroons and spaghetti. Reason seasoning made by American Diet aids Co., contains soy, as do a number frying fats and shortenings. Oleomargarines and butter substitutes contain the oil and bean products. None-Such Bread Molasses, Caresca Cocktail Rice crackers, Zad's Soya Cocktail Sticks, Smax Corn Chips and Peterson's Svenska Soya Crackers all contain soy. It is also present in these cookies: Gaietz Sandwich Chocolate, National Biscuit Co.'s Soya and Nabisco; and in Chocalla Grahams made by Sunshine Biscuit Co.

Industrial and Other Contacts

Soy products are used in varnish, paints, enamels, printing ink, massage creams, candles, celluloid, custards, linoleum, paper sizing, adhesives, paper finishes, blankets, cloth, nitro-glycerine, urease, Gro-Pup Dog food, French's fish food, soaps, fertilizer and automobile parts. It is also used for fodder, textile dressing, glycerine, coffee substitutes and to make lubricating and illuminating oil.

Ford is using soy beans to make a plastic from which window frames, steering wheels, gear shift knobs, distributors and other parts are made. He is also making an upholstery fabric from soy beans.

Soy bean is used to make rubber substitutes and its lecithin is used as a stabilizer in leaded gasoline.

If one will keep in mind that soy bean and its products are used as a flour, an oil, a milk and as nuts, he can anticipate many possible contacts, we are living in an era of expanding uses for soy bean, furthermore food combinations are quite popular and many new contacts can be expected.