



## Why do eat what we eat? ...

Some food guidance in the U.S. has changed in the last century, and other advice remains evergreen.

"You probably looked like the little girl on the cover," my husband commented.

"I wasn't alive in 1943, but she does look a little like me, I suppose," I remarked as I looked at the pin-curled blonde girl in a vintage dress.

I was looking at a "Health for Victory Meal Planning Guide" prepared by the Home Economics Institute during World War II. My set of antique magazines inspire me sometimes.

What did people eat 83 years ago? Why did they choose those foods?

Further, why do we choose the foods we eat now?

We make decisions about what to eat for many reasons, including what's available and affordable, our time and food preparation skills, and our personal tastes. Your diet may be influenced by advice from a health care or nutrition professional.

You have probably heard about the U.S. Dietary Guidelines re-

leased in January 2026. When did dietary guidelines first appear in the U.S.?

The first food guide was promoted from 1916 (the time of World War I) to the 1930s. It was called "Food for Young Children" and "How to Select Foods." Early nutrition and health professionals were becoming more aware of the link between specific nutrients and health.

During World War II, "A Guide to Good Eating" ("The Basic 7") was released to promote a healthy population overseas and in the U.S. through seven food groups.

Group 1 included green and yellow vegetables. Group 2 consisted of oranges, tomatoes and grapefruit. Group 3 included potatoes and other vegetables and fruits. Group 4 featured milk and milk products. Group 5 included meat, poultry, fish, eggs, dry beans, nuts and peanut butter. Group 6 consisted of bread, flour and cereals. Group 7 consisted of



Our diets have been influenced by U.S. food guidance for over a century. (NDSU photo)

butter and fortified margarine with added vitamin A, with the note to "consume in moderation."

During World Wars I and II, families were advised to produce food, including victory gardens in plots everywhere from backyards to parks and schoolyards. People were urged to conserve food by canning and to avoid food waste. Sharing food with neighbors and others who did not have enough to eat was encouraged.

This advice stands the test of time.

During World War II, families received ration books with stamps to obtain foods that were in shorter supply, such as sugar, coffee, butter, meat, fat, canned goods and dairy.

From the mid-1950s to the

1970s, the "Basic 4" food groups were promoted. The "Hassle-Free Daily Food Guide" appeared in 1979. The latter added a food group to eat in moderation: fats, sweets and alcohol.

The original "Food Guide Pyramid" was introduced in 1992. It remained until 2005 when MyPyramid, a colorful version with vertical stripes representing food groups, was released. Then in 2011, MyPlate was introduced to provide a visual image of five food groups on a sectioned plate, which encouraged variety.

After an absence of more than 20 years, a Food Guide Pyramid has reappeared, but it's flipped upside down, as you may have seen.

I encourage you to read the 12-page summary report of the Dietary Guidelines Advisory Committee at <https://www.dietaryguidelines.gov/2025-advisory-committee-report>.

I wasn't around for the last 100 years of nutrition advice, but I have been a registered dietitian for more than 28 years. These are some recommendations I have gleaned from current and past guidance:

- Eat a variety of foods in moderation.
- Consume plenty of vegetables and fruits in various forms: fresh, frozen, canned or dried.
- Eat a variety of protein foods throughout the day, including meat, poultry, eggs, nuts, dry beans and lentils.
- Incorporate more whole grains in your diet.
- Hydrate yourself with water regularly.
- Include healthy fats from a variety of sources. Limit saturated fat to no more than 10% of your calories.
- Get your calcium-rich foods. Dairy is an excellent source. If you cannot consume dairy due to an allergy or intolerance, explore other foods and beverages rich in calcium.
- Limit highly processed foods that are high in added sweeteners and salt. Read and compare nutrition labels.
- Limit alcoholic beverages or avoid them altogether, especially during pregnancy.

We all eat for various reasons. I hope that your health, as well as enjoyment of food, plays a role in guiding your choices.

Here's a recipe from the 1943 cookbook. My husband pronounced it "really good."

### Graham (Whole Wheat) Quick Bread

- 1 egg
- 1 cup buttermilk or sour milk
- 1 tablespoon melted shortening (or butter)
- ½ cup molasses
- 1 teaspoon baking soda dissolved in 1 tablespoon boiling water
- 3 cups graham (whole wheat) flour
- 1 ½ teaspoons salt
- ½ cup sugar
- Optional toppings – peach or strawberry preserves

Beat egg, then add buttermilk or sour milk, and melted shortening (or butter) and molasses. Dissolve soda in boiling water and add. Mix the graham flour, salt and sugar together, then add to the first mixture, beating only enough until mixture is well blended. Pour into a well-greased loaf pan. Bake in preheated 375 F oven for 45 to 50 minutes.

Makes 16 servings. Each serving has 150 calories, 1.5 grams (g) fat, 4 g protein, 31 g carbohydrate, 2 g fiber and 330 milligrams sodium.

*(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of*

### DATEBOOK cont. from page 2A

January 28, 2026 – World War I caused changes throughout the world. When the war broke out in Europe, North Dakotans were very reluctant for America to get involved. Many of the state's citizens were isolationists, and the large number of German immigrants may have been a factor. Or North Dakotans may have had clear memories of sending troops to the Philippines only 20 years before. They knew the hardships that war would cause, from shortages of goods to shortages of agricultural labor.

But when the government called for troops, North Dakota responded. After serving on the Mexican border in 1916, North Dakota troops had been deactivated, but that soon changed, with the First and Second North Dakota Regiments drafted into federal service in March, 1917. They were reorganized into the 164th Infantry Regiment and became part of the 41st Division. North Dakota soldiers were involved in many well-known battles including Cantigny and the Meuse-Argonne Offensive.

On this date in 1919, the Fargo Forum announced that plans were being made to bring the boys home. The newspaper predicted that 1,800,000 troops would return within six months. It was an enormous undertaking. German ocean liners were being commanded to help transport the troops.

Chief of Staff Peyton March said men in home training camps would be demobilized within twenty days, but it would take longer to get the troops home from Europe. March estimated that 300,000 troops per month could be transported back to the United States. He explained that an army of occupation, composed of experienced troops, would be the last to return home. The War Department said their length of stay would depend on decisions reached during the upcoming peace conference. This meant those stationed in France would be the first to return, while those in Germany would remain in Europe for the foreseeable future.

North Dakota troops, however, did not have to wait long. They returned within the month, and were deactivated on February 28, at Camp Dix, New Jersey.

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### Death of Ole H. Olson

*By Jack Dura*

January 29, 2026 – North Dakota's history of governors is turbulent, with several removals and even a recall. Ole H. Olsen, lieutenant governor under William Langer, became North Dakota's eighteenth governor in 1934. He died on this date in 1954 in New Rockford, North Dakota.

Olsen was born in 1872 in Wisconsin to Norwegian immigrants. He graduated from Concordia College in Moorhead, Minnesota, in 1892. He moved to North Dakota that year, and later homesteaded in Eddy County. Olson farmed near New Rockford. He married in 1912 and had 10 children.

In 1916, he entered politics, serving in the North Dakota House of Representatives until 1919, and then the state Senate, where he became president pro tem in 1929. In 1933, Olson became lieutenant governor under William Langer.

Langer was removed from office in 1934 after being found guilty of "conspiracy to obstruct federal relief legislation by soliciting political contributions from federal employees." Langer was sentenced to 18 months in prison and fined \$10,000, but several court battles later he was acquitted of all charges. Langer again became North Dakota governor, and then served 18 years in the U.S. Senate.

But following Langer's removal, Olson shifted into his seat, serving 200 days before Thomas Moodie's election. During Olson's term, demonstrators marched on the new Capitol. It was a time of political upheaval. Olson called in the National Guard to handle the demon-

strators, and people opposed to Langer's removal were openly hostile to him. Members of the Farm Holiday Association "roamed the streets of Bismarck" in July 1934, shouting support for Langer.

North Dakota's National Guard adjutant general placed troops around Olson's hotel as a precaution. Crowds gathered with mob leaders shouting to "yank him out and shoot him at sunrise." Olson, meanwhile, said he should "be out on the farm looking after the hay instead of wasting time on all this tomfoolery." He also said he had no "revolutionary" plans for his governorship, but would fight to hold office until the next governor took over.

When he left the governorship in January 1935, Olson was done with politics, turning his attention to the Farmers Union Livestock Commission and the Farmers Union until his death at age 81.

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### Planning a Peace Garden

*By Russell Ford-Dunker*

January 30, 2026 – January is a crucial month for gardeners. By the end of the month, seed catalogs are dog-eared, orders are penciled in, and colorful dreams and schemes begin to solidify.

So it was on this date in 1932 when a group of North Dakota and Manitoba gardeners – and dreamers – went public with plans for a new garden in the Turtle Mountains that would span the 49th parallel between Dunseith, North Dakota and Bosissevain, Manitoba. Not a vegetable garden, mind you, but a 3,000-acre plot containing hills and trees and lakes to be dedicated as a natural monument to peace.

The sponsors announced that the site would be known as the International Peace Garden. Free of commercialism, and with half the land in the United States and half in Canada, they said it would be a shrine to peace.

The idea grew out of annual "peace picnics" that had been taking place in the "shady recesses of the Turtle Mountains" for several years. The picnics celebrated the long history of peaceful relations between the US and Canada. It was out of these peace picnics, which were attended by as many as 5,000 people, that the dream of a permanent peace garden was born.

The founders envisioned a natural landscape complemented by the work of leading gardeners and landscape artists of both nations. Their vision excluded any commercial development. They were seeking legislation that would disallow any gasoline stations, road houses, dance pavilions or other resorts within five miles of the park, providing a protected zone.

No small thinkers, they asked for five million dollars, right in the middle of America's Great Depression—over 70 million in today's dollars. One fifth of that would be used for direct improvements of the park, and four fifths would be set aside as a permanent endowment to assure proper maintenance down through the years.

The organizers sought support from service clubs, the state and provincial governments, individual donors, and even the nickels and dimes of American and Canadian school children.

Perhaps the financial bleakness of the 1930s, and the fear of another war, had helped inspire the peace garden planners, but in July of 1932, 50,000 individuals traveled from all over the United States and Canada to witness the groundbreaking and dedication ceremony for this unique and enduring garden in the center of North America – the International Peace Garden.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at [prairiepublic.org](http://prairiepublic.org), subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at [shop.prairiepublic.org](http://shop.prairiepublic.org).

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### INVITATION to BID

**PROJECT:** Turtle Mountain Community College EIFS Replacement

**BIDS CLOSE:** Thursday, February 12, 2026

**PROJECT #:** 20232952

**DATE of ISSUE:** January 19, 2026

**BY:** EAPC Architects Engineers 2080 36th Ave SW, Suite 201 Minot, ND 58701

**PHONE:** (701) 839-4547

**OUTLINE OF PROJECT.** The project consists of the removal and replacement of EIFS around the existing lobby skylight and on the sloping walls and extending to sections of vertical wall. The new EIFS system includes appropriate drainage planes, control joints and flashing.

**TYPE OF BIDS.** Single combined bids will be received for all portions of the work. The successful bidder will be the single Prime Contractor for the Project.

**THE OWNER.** Turtle Mountain Community College 10145 BIA Road 7, PO Box 340 Belcourt, ND 58316

**BID PLACE.** Turtle Mountain Community College Training Room 2nd Floor Auditorium 10145 BIA Road 7 Belcourt, ND 58316

Bids received after the designated time will not be accepted. All interested parties are invited to attend. Bids will be opened and publicly read aloud. It is the bidders responsibility to see that mailed or delivered bids are in the hands of the Owner prior to the time of the bid opening.

**OBTAINING DOCUMENTS.** Drawings and Specifications may be examined at the Architect/Engineer's office, and the Owner's office at the address shown above and:

QuestCDN ([www.questcdn.com](http://www.questcdn.com))  
Dodge Plan Room and SCAN in Minneapolis.  
ConstructConnect  
Minnesota Builders Exchanges: Minnesota Builders Exchange in Minneapolis  
North Dakota Builders Exchanges: Bismarck, Dickinson, Fargo, Grand Forks, Minot, Williston  
South Dakota Builders Exchanges: Aberdeen, Plains Builders in Sioux Falls, Rapid City, Sioux Falls  
Montana Builders Exchange: Billings  
Wyoming Builders Exchange: Gillette

If Contractor receives his bidding documents from a plans exchange, it is the Contractors responsibility to contact EAPC Architects Engineers to be added to the plan holders list.

Complete digital project bidding documents are available at [www.questcdn.com](http://www.questcdn.com). You may download the digital plan documents for \$22.00 by inputting Quest project # 10026710 on the website's Project Search page. Please contact QuestCDN.com at 952-233-1632 or [info@questcdn.com](mailto:info@questcdn.com) for assistance in free membership registration, downloading, and working with this digital project information.

An optional paper set of project documents is also available for a refundable price of \$50 per set from EAPC Architects Engineers, 2080 36th Ave SW, Suite 210, Minot, ND 58701. If the bidder returns the set of documents, in good condition, within 10 days following the bid date, the deposit will be refunded. If the bidder does not return the set of documents within the designated time, none of the deposit will be refunded. Please allow 2 days for printing.

Partial or complete sets of prints and specifications may be obtained from EAPC by other than the above. The sets or partial sets will be distributed upon receipt of payment for the information charged at the current reproduction rate. None of this payment will be refunded. Completeness and adequacy of the list of documents requested shall be the responsibility of the person making the request.

**BID SECURITY.** Bid Security in the amount of five (5%) percent of the Bid including all add alternates, must accompany each Bid in accord with the Instructions to Bidders 00 1000.7. Cash, Bidders Bond, cashier's checks or certified checks will not be accepted.

**NORTH DAKOTA LAW.** All bidders must be licensed for the highest amount of their bids, as provided by North Dakota Century Code Section 43 07-07; and no bid will be read or considered which does not fully comply with the above provisions as to bond and licenses, and any bid deficient in these respects submitted will be re sealed and returned to the bidder immediately.

THE OWNER reserves the right to waive irregularities, to reject Bids and to hold all Bids for a period of 30 days after the date fixed for the opening thereof.

By order of: Kevin Morin, Facility Manager