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## EC941 The Value of Properly Planned Meals

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Nebraska  
COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln

Extension  
Circular  
941

THE VALUE OF PROPERLY PLANNED MEALS

In a talk given before the homemakers who attended the Western Organized Agriculture meetings, Mrs. Julia Kiene, Editor of the Home Department of Capper's Farmer, emphasized the importance of the right foods in the daily diet. In her talk, Mrs. Kiene said:

"Our diet in winter has much to do with our health in spring. The 'tired' feeling that comes with the first warm days may have nothing to do with the weather but instead may be caused by a lack of the right variety of foods during the winter months.

"Lack of the necessary variety in the diet is more likely in winter than at any other time of the year because some of the important 'protective' foods are then out of season in many parts of the country and, therefore, are more expensive to buy. But some way must be found of supplying, if not these foods, then their equivalent in food value. This is not a simple task for the housewife, but fortunately the average housewife is able to meet the situation.

"It is the protective foods, particularly fruits and vegetables, that are likely to appear on the table too seldom in winter. Green leafy vegetables with their vitamins, their calcium, iron, and other minerals are just as necessary when out of season as in summer when the gardens are growing. However, these out of season foods are costly and difficult to secure. One of the cheapest of all vegetables, however, is cabbage which may be stored for winter use and which comes at the top of the list for protective foods. It can easily be made into sauerkraut which is an excellent food to include in the diet."

Root vegetables are considered protective foods also because of their vitamin and mineral content, but their protective value depends largely upon the method of preparation. Raw Irish potatoes for instance are rich in vitamin C and mineral content but cooked mashed potatoes lose much of these protective factors. Carrots and onions may be used raw and contain more vitamin C than when cooked.

There are so many ways to prepare vegetables that monotony may be avoided easily. Extension circular 923 gives a large variety of recipes for the preparation of vegetables. For example, twenty-four different ways are given as possibilities for serving green beans and thirty ways for serving cabbage.

Mrs. Kiene impressed upon the women the merits of tomatoes. She said, "Tomatoes either canned or fresh are so rich in vitamin content that they rank with cabbage and other green leaves as protective foods. Tomato juice may be served, hot or cold, either as a drink or as a vegetable. Although classed as a vegetable, tomatoes are really a fruit and may be used for the same purpose when fruits are lacking.

"Dried fruits, although they have lost much of their vitamin content, are splendid sources of minerals. The more limited the family purse, the more uneconomical it is to feed the family on a one-sided diet, that is, one too heavy in breads, cereals, fats and sweets, and lacking in fruits and vegetables."

12214a

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It is essential for the welfare of the family for a homemaker to recognize the importance and the sources of the various protective vitamins. By including these foods in the daily diet, an adequate amount of minerals and vitamins will be furnished.

There are a number of minerals which are essential for the maintenance of good health. However, the three which are most commonly mentioned are calcium, phosphorus, and iron. If these three are provided in sufficient quantities, the other minerals are automatically supplied.

In reply to the question often asked, "Why is calcium necessary?" Mrs. Kiene replied: "First of all it is needed for bone building. Ninety-nine per cent of the calcium of the body is in the bones. Without it children have rickets and poorly developed body structure. A child with rickets in most instances has had too little calcium in his diet. Poor teeth are frequently a result of too little calcium.

"During pregnancy a woman should eat food especially rich in calcium for she needs it not only for her own body but for the bones of the little body that is growing. It used to be said that a woman lost a tooth for every baby. If more attention had been paid to the daily calcium intake during the period of pregnancy the tooth would not have needed to be lost. Calcium is also necessary for the proper coagulation of the blood and for normal heart action. Without the proper development of bones, normal heart action and quick coagulation of blood, an individual cannot be healthy. If an insufficient supply of calcium is fed to the family, nature steps in and draws her supply from the bony structures. During the period of lactation, that is, during the time a mother is nursing her baby, she should also pay strict attention to the calcium content of her food."

Milk ranks very high as a source of calcium. The calcium found in milk is more usable than the calcium found in other foods. In order to insure an adequate supply of calcium, the quart of milk daily is recommended for the growing child and at least one pint for the adult. Other common sources of calcium are egg yolk, cheese, and leafy vegetables.

Phosphorus is another important mineral to consider. It is found in every living cell and is essential for the maintenance of each cell. Phosphorus is necessary for cell development and is associated with the movement of liquids in the body, maintenance of the proper liquid content of the body tissues, and with proper absorption and secretion. Phosphorus is also necessary for the prevention of rickets. Good sources of phosphorus are dry beans, whole grain cereals, cheese, egg yolk, lentils, milk, and meat.

The third important mineral to which special attention needs to be given is iron. Iron is the mineral necessary for good red blood corpuscles. Iron is needed by the body in order to avoid anemia. Women need iron in greater quantities than men because of certain reproductive functions. Menstruation, pregnancy, and lactation all tend to increase a woman's iron requirement. An infant is born with a reserve iron supply which lasts through the early months of life. Milk contains only a small amount of iron, so very soon it is necessary to supplement the baby's diet with foods containing iron. For this reason egg yolk, vegetable pulp, and whole grain cereal gruels are added to the baby's food supply while he is still quite young. Common foods which are rich in iron are egg yolk, liver, lean meat, whole grain cereals, spinach, lettuce, molasses, prunes, dates, figs, dried beans, peas, cabbage, greens, and raisins.



Some winter menus for farm families have been planned which not only make provision for the protective foods mentioned above but which also make use of many of Nebraska's own products.

### SUNDAY

#### Breakfast

Orange juice  
Waffles  
Bacon  
Coffee, milk

#### Dinner

Smothered chicken in  
sour cream (915)\*  
Mashed potatoes  
Creamed carrots and peas  
Lettuce salad  
Bread and Butter  
Sponge cake, whipped cream  
Coffee, milk

#### Supper

Toasted cheese sandwiches  
Apple-orange-lettuce salad  
Honey cookies  
Cocoa

### MONDAY

#### Breakfast

Sliced oranges  
Whole wheat cereal  
(906)\*  
Bacon  
Toast, butter  
Coffee, milk

#### Dinner

Baked Potatoes  
Meat vegetable stew  
Cabbage, carrot salad  
Bread, butter  
Milk

#### Supper

Creamed potatoes  
Buttered string beans  
Browned canned beef (936)\*  
Bread, butter  
Chocolate cornstarch  
pudding  
Tea, milk

### TUESDAY

#### Breakfast

Rhubarb sauce (922)\*  
Eggs  
Pancakes  
Coffee, milk

#### Dinner

Baked ham and browned  
potatoes  
Creamed cabbage  
Bread, butter  
Baked apples, cream

#### Supper

Cheese souffle (924)\*  
Buttered peas  
Apple-carrot salad  
Graham muffins, butter  
Cocoa

### WEDNESDAY

#### Breakfast

Dried prunes  
Oatmeal  
Toast, butter  
Omelet  
Coffee, milk

#### Dinner

Creamed hominy and  
bacon (916)\*  
Harvard beets (923)\*  
Spinach with egg  
garnish  
Bread, butter  
Sour cream spice cake

#### Supper

Liver escalloped with  
tomatoes and corn  
Rolls, butter  
Canned peaches with  
custard sauce



THURSDAY

Breakfast

Apple sauce  
Poached egg on toast  
Bacon strips  
Coffee, milk

Dinner

Spare ribs and sauer-  
kraut  
Mashed potatoes  
Bread and butter  
Corn bread  
Cinnamon apples  
Milk

Supper

Hominy, cheese sauce (916)\*  
Raw vegetable salad (928)\*  
Bread and butter  
English apple pie  
Milk

FRIDAY

Breakfast

Dried apricots  
Hot biscuits and honey  
Baked eggs in cream  
Coffee, milk

Dinner

Cheese and tomatoes  
escaloped  
Baked squash (969)\*  
Cabbage-peanut salad  
Bread and butter  
Chocolate bread pudding  
Milk

Supper

Creamed salmon on toast  
Buttered carrots  
Whole wheat bread, butter  
Cherry cobbler  
Milk

SATURDAY

Breakfast

Tomato juice  
Cornmeal cakes and  
sausage  
Coffee, milk

Dinner

Corned beef and cabbage  
Casserole potatoes  
Raw carrots  
Bread, butter  
Graham pudding with  
raisins

Supper

Fried ham and apples  
Baked sweet potatoes  
Green beans, buttered  
Bread, butter (940)\*  
Fruit sauce  
Honey cookies (911)\*  
Milk

\*The following circulars are available from your county agent or the Extension Service, College of Agriculture, Lincoln, Nebraska.

- 905 - Family Food Guide
- 906 - Cereals
- 911 - Uses for Nebraska Honey
- 915 - Delicious Poultry Recipes
- 916 - Hominy Recipes
- 922 - Home Conservation of Fruits  
and Vegetables

- 923 - New and Old Ways of Cooking  
Vegetables
- 924 - Cheese Making in the Home
- 928 - Salads and Salad Dressings
- 936 - Home Preservation of Meats
- 940 - Home Baking of Breads
- 969 - Vegetables for Health

The recipes included in this circular were given to the women who heard Mrs. Kiene's talk at Western Organized Agriculture.

Whole Wheat Muffins

1 c. sifted flour      1 egg  
 $\frac{1}{2}$  t. salt       $\frac{1}{2}$  c. milk  
2 t. baking powder      1 T. melted fat  
1 c. cooked whole wheat  
Sift, dry ingredients together, add  
wheat, and mix thoroly. Beat egg, add  
milk, and stir into dry ingredients with  
fat. Pour into greased muffin pans and  
bake in moderate oven about 30 min.  
Serve hot.  
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Sour Cream Spice Cake

3 eggs (beaten)       $\frac{1}{4}$  t. cloves  
1 c. sugar      1 t. cinnamon  
2 c. flour       $1\frac{3}{4}$  c. thick sour  
1 t. baking powder      cream  
 $\frac{1}{2}$  t. soda      1 c. raisins  
(floured)  
To beaten eggs add gradually the sugar.  
Beat mixture until light and foamy. Sift  
flour, baking powder, soda, and spices.  
Combine ingredients as in butter cake.



### Tapioca-Apple Pudding

To 3 c. boiling water in double boiler slowly add 4 T. Minute Tapioca and cook until clear. Peel and core six apples and place in baking dish. Slice 1 lemon into thin slices and place a slice on top of each apple. Squeeze juice from remaining lemon and pour over apples. Sprinkle over apples and lemon  $\frac{3}{4}$  c. sugar and  $\frac{1}{8}$  t. salt. Then over all pour the tapioca mixture and bake in moderate oven until apples are tender. This has the appearance of a frozen dessert and may be served hot or cold, with or without cream.

### English Apple Pie

1 c. light brown sugar       $\frac{1}{2}$  c. butter  
 $\frac{3}{4}$  c. flour      1 t. salt  
Blend together the above ingredients as when making pie crust. See that the butter is thoroly mixed with the dry ingredients and that no large lumps are left.

Have ready 10 apples which have been peeled and cut in thin slices as for pie. Place these in a baking dish. It is not necessary to butter the baking dish. Over the apples place the above mixture. It is dry, in fact has the appearance of pie crust before the liquid is added. Place a cover over this and put in moderate oven and bake 1 hr. or longer. At the end of this time remove cover and let brown. Cool and serve either with whipped or plain cream.

### Chocolate Cake

3 T. cocoa or as much as you like  
1 c. hot water      1 t. soda  
Mix this together and let stand while mixing the rest.

Cream 2 c. sugar and  $\frac{3}{4}$  c. butter. Beat 2 eggs lightly and add to sugar and butter mixture.

Add 1 c. sour milk alternately with 3 c. flour. Add vanilla flavoring to taste.

### Grated Apple Cake

Cream  $\frac{1}{2}$  c. shortening with 1 c. sugar. Add 2 c. grated apple and beat well. Sift together 2 c. flour,  $\frac{1}{4}$  t. salt,  $\frac{1}{4}$  t. nutmeg,  $\frac{1}{4}$  t. cloves, and 1 t. cinnamon. Mix 1 c. each of raisins and nuts into sifted dry ingredients and add to sugar, shortening, and apples. Stir in 2 t. soda which have been dissolved in 1 T. hot water. Bake in moderate oven over 350° for 45 min. Ice with butter cream frosting, which is made by mixing  $\frac{1}{2}$  c. butter,  $1\frac{1}{2}$  c. confectioners' sugar, 1 egg yolk, a few grains salt, and flavoring to suit taste.

### Gingersnaps

1 c. sugar      1 c. lard  
1 c. sorghum molasses  
Boil these ingredients together. Take care to let boil not more than 2 minutes. Cool to lukewarm, then add 3 T. cider vinegar and 2 eggs. Sift with  $\frac{1}{2}$  c. flour, 1 t. soda,  $\frac{1}{2}$  t. salt, 1 T. ginger, 1 t. cloves. Add these dry ingredients to the molasses mixture and stir thoroly. Then add sufficient flour to make soft dough. Remove from pan in which dough has been made, and put in a slightly greased mixing bowl. Let stand from 12 to 24 hours. Roll out desired thickness and bake in quick oven. Do not add any more flour when rolling out.

### Parsonage Scalloped Beef

2 c. chopped cooked beef  
2 c. tomato juice      2 T. flour  
2 T. butter      Pepper and salt  
Rub 2 T. flour into 2 T. butter in skillet. Pour in 2 c. tomato juice, pepper, and salt and cook to a sauce. Butter a baking dish. Put in a layer of chopped beef (either boiled or roasted) with pepper and salt. Cover with tomato sauce. Put on another layer of beef, then of tomato sauce and cover with buttered bread or cracker crumbs and bake 20 min.



### Amherst Pudding

1 c. molasses  
1 t. soda dissolved in molasses  
1 T. butter  
1 t. each of cinnamon and cloves  
1 c. sweet milk  
1 c. each of raisins and currants  
Pinch of salt  
 $3\frac{1}{2}$  c. flour  
Pour in a pudding bag and keep it boiling 3 hours, or it may be cooked in a double boiler. Serve with hard sauce.

### Scalloped Whole Wheat and Cheese

2 T. fat                      1 c. cheese  
2 T. flour                   $2\frac{1}{2}$  c. cooked whole  
1 c. milk                      wheat  
Salt and pepper  
Cook the fat, flour, milk, and seasoning together into a sauce. Add cheese, stirring until melted. Combine with wheat and place in greased baking dish. Bake in moderate oven until lightly browned on top. Buttered crumbs may be used over the top if desired.

Liver Escalloped with Tomatoes and Corn  
Slice liver. Dredge with salt, pepper, and flour. Sear on both sides in hot fat until browned. Alternate layers of liver, cooked tomatoes, canned corn, and bread crumbs in baking dish. Season with salt, pepper, and butter. Bake slowly in oven for one hour.

Hubbard Squash in Casserole with Bacon  
Cut squash in quarters, remove the seeds. Boil until tender and peel. Put through a sieve or potato ricer enough squash to make 3 cups. To this add 1 t. salt,  $\frac{1}{2}$  t. paprika, ( $\frac{1}{8}$  t. nutmeg) and 1 c. of cream. Mix all together, turn into a greased baking dish, and sprinkle with  $\frac{1}{2}$  c. buttered bread crumbs. Broil 5 or 6 slices of bacon until half done. Remove and place on the squash and bake in hot oven (500 degrees) from 12 to 15 minutes.

Acknowledgment is given to Mrs. Julia Kiene for the parts of her talk and recipes used in this circular. Arranged by Leona S. Davis. Approved by Matilda Peters, Foods and Nutrition Division, Home Economics Department, University of Nebraska. 12214a

### Cocoanut Bread Pudding

6 slices bread                      1 pt. milk  
2 eggs                              4 T. sugar  
 $\frac{1}{2}$  t. salt                              1 c. cocoanut  
Soak bread in water until soft. Drain off water, add milk, eggs, sugar, and salt. Beat well, add cocoanut. Put in a buttered baking dish and grate or sprinkle a little nutmeg over the top. Dot with butter. Bake until firm in moderate oven. Serve with hard sauce. A cup of raisins may be added.

### Whole Wheat Pilau

2 thin slices salt pork  
3 c. tomato juice and pulp  
2 c. cooked whole wheat  
2 onions, cut fine                       $1\frac{1}{2}$  t. salt  
1 c. chopped celery                      Pepper  
 $\frac{1}{4}$  c. minced parsley  
Fry salt pork until crisp. Remove from fat and cook onions in fat until lightly browned. Heat tomatoes, add wheat, onions, celery, and salt, and cook about 15 min. Stir frequently. When mixture has thickened, stir in crisped pork and parsley and add more salt if needed and pepper. Serve on crisp toast.

### Casserole Potatoes

Cut potatoes in small cubes. Season with salt and pepper. Place in casserole, dot with butter, add  $\frac{1}{2}$  c. water, cover tightly and bake until tender.

### Cabbage in Sour Cream Dressing

1 small head cabbage                       $\frac{1}{2}$  c. sour cream  
1 egg                                      1 T. melted butter  
 $\frac{1}{2}$  c. vinegar                              Paprika  
1 t. sugar                                      1 T. finely chopped  
Salt and pepper                              pepper  
Chop the cabbage fine and cook in boiling water five or ten minutes. Drain and sprinkle with salt and pepper. Mix the egg, cream, butter and sugar and bring to the boiling point and pour over the cabbage. Sprinkle with the paprika and the chopped pepper.



# FAMILY FOOD GUIDE

Prepared by Mrs. Ruth Davis Hill and Miss Florence Atwood

	Vitamins					Cal-	Phos-	
	A	B*	C	D	G*	cium	phorus	Iron
<b>Milk</b>								
Whole: fresh, evaporated, dried - - -	xxx	x		x	xx	xxx	xxx	x
Skim: fresh, evaporated, dried - - -		x			xx	xxx	xxx	x
Buttermilk - - - - -	x	x			xx	xxx	xxx	x
Cheese, American - - - - -	xx				x	xxx	xxx	
Eggs - - - - -	xx	x		x	xx	x	xx	xx
<b>Meat</b>								
Lean muscle- - - - -	x	x			xx		xx	xx
Liver, kidneys - - - - -	xxx	xx			xxx		xx	xx
Fish - - - - -		x			xx		xx	x
Shellfish, oysters, clams- - - - -	x	x			x		x	xx
<b>Vegetables:</b>								
Tomatoes, raw or canned- - - - -	xx	xx	xxx		xx	x		x
<b>Thin green leaves, cooked:</b>								
Kale, mustard, spinach, collards								
turnip greens - - - - -	xx	x			x	x	x	xxx
Lettuce, green, raw - - - - -	xxx	xx	xxx		x	x		xx
Cabbage, green raw - - - - -	xx	xx	xxx		x	xx		xx
String beans, cooked - - - - -	xx	x			x	x		xx
<b>Roots and tubers:</b>								
Irish potatoes, cooked - - - - -		xx	x					x
Sweet potatoes, yams, cooked - - - - x								x
Carrots, raw - - - - -	xxx	xx	xx		x	x		x
Onions, turnips, cooked- - - - -		xx	x			x		x
Rutabagas, raw - - - - -	x	xx	xxx			x		x
Pumpkin, Hubbard squash- - - - -	xx							x
Dried peas, beans- - - - -		xx			x	xx	x	xx
<b>Fruits, raw:</b>								
Apples, peaches, pears - - - - -	x	x	xx					
Bananas- - - - -	x	x	xx					
Oranges- - - - -	x	xx	xxx		x	x		
Figs, fresh or dried - - - - -						xx		xx
Dried prunes - - - - -	xx	xx						xx
Whole wheat products - - - - -		xx					xx	xx
Wheat Germ - - - - -		xxx			xx		x	
Rice Polish- - - - -		xx						
<b>Molasses, not highly refined:</b>								
Cane, sorghum- - - - -		x				x		xxx
Butter- - - - -	xxx		x					
Cod Liver Oil- - - - -	xxx		xxx					
Yeast, pure dried: bakers', brewers' -		xxx			xxx			

\*Vitamin B indicates the anti-neuritic factor of the original vitamin B complex, while G indicates the factors stable to heat, including the pellagra-preventive factor.

x indicates that the food material contains the essential.  
 xx indicates that the food material is a good source.  
 xxx indicates that the food material is an excellent source.