

1923

EC950 Meals for All Occasions

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Nebraska

COOPERATIVE EXTENSION WORK

IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
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Extension

950

MEALS FOR ALL OCCASIONS

A subject which at the present time is receiving much attention is the proper feeding of farm animals. The cows are given a measured amount of meal and succulent material; the pigs are given a carefully estimated ration intended to develop a pig best suited to its intended use; the poultry is fed a definite amount of certain foods to prepare them for market purposes or for egg laying. How is it with your family? Is the food and its relation to health as carefully studied? Are not the boys and girls a more important asset than stock? Yet when it comes to the question of proper food, the family is often given whatever is convenient with little thought as to its improving the health and efficiency of the individuals. Are we not agreed that "the prosperity of the nation depends upon the health and morals of its citizens, and the health and morals of a people depend mainly upon the food they eat, and the homes in which they live"?

The homemaker who selects and prepares the food for the family has a responsibility and privilege to serve not only her family but her community. To feed our bodies so as to insure health, some knowledge of meal planning is needed rather than depending upon intuition. The human body is built of certain types of materials just as a house is made of stone, lumber, plaster and cement. Foods for the body are grouped as:

- Building material
- Fuel and energy
- Body regulators and protectors

The body, like a house, is well built and withstands wear and tear if built of those materials most essential for strength and endurance. Without adequate building material it will be weak, will be limited in its usefulness, will be readily attacked by diseases and will be easily broken down. Food is expressly taken into the body to make for usefulness and efficiency; to build and repair tissues; and to furnish energy either as heat or power to do muscular work. A homemaker may know if the foods fed to her family are meeting these needs, when the adults maintain their normal weights, the children make satisfactory gains and all members are mentally and physically active, not subject to colds, headaches, constipation and have no digestive disturbances.

In building a house, the stone or lumber can not be substituted by paper or cotton. Likewise, neither can the work of one group of food in the body be substituted by another. The diet is adequate only when foods from the different groups (see**, page 2) are supplied in each day's diet. Instead of a single meal, consider the three meals in one day as a unit for the day's diet. Then, each individual group mentioned may be easily represented.

To build muscle tissues so that they will be firm, not flabby and soft, protein and mineral foods are needed. Growth and repair are functions of protein and mineral foods. These are found in milk, eggs, meat, dried peas and beans, nuts and whole grain cereals. The first three foods mentioned are among the best known muscle builders. There are many good foods made of milk, or combinations of milk and eggs, such as custards, milk soups, hot chocolate and cocoa, ice creams, cream sauces, milk and egg drinks, and puddings.

**

| Building materials | | Fuel and energy | | | Body regulators & protectors | | |
|--------------------|-------------------|-----------------|------------|------------|------------------------------|--------------|------------|
| Protein : | Mineral | Fat : | Sugar : | Starch | Cellulose : | Water : | Vitamin |
| Meat : | <u>Calcium</u> | Butter : | Honey : | Cereals | Fruit : | Beverage : | Vegetables |
| Egg : | Milk | Lard : | Molasses : | Vegetables | Vegetable : | Fruit : | Fruit |
| Poultry : | Greens | Cream : | Dried : | Bread | Covering : | Vegetables : | Milk |
| Fish : | Leafy | Bacon : | fruits : | Macaroni | of : | | Eggs |
| Milk : | vegetables | Nuts : | | Spaghetti | grains : | | Butter |
| Peas : | Cheese | Oils : | | Cornstarch | | | Whole |
| (dried) : | Oranges | | | | | | grains |
| Beans : | <u>Iron</u> | | | | | | |
| (dried) : | Whole grain | | | | | | |
| Cheese : | cereals | | | | | | |
| Nuts : | Spinach | | | | | | |
| | Prunes | | | | | | |
| | Egg yolk | | | | | | |
| | <u>Phosphorus</u> | | | | | | |
| | Milk | | | | | | |
| | Egg | | | | | | |
| | Meat | | | | | | |
| | Whole grain | | | | | | |
| | cereals | | | | | | |

Protein in excess of the needs of the body is discarded causing extra work for the kidneys. The best types of proteins for children are found in milk and eggs.

Failure to supply foods containing minerals will cause the body to wear out or to be weakened. The foods eaten play an important part in the kind of teeth one has. A child may have good teeth in his early years but unless he puts into his body foods which makes it possible to build and keep good teeth, they may crumble away. If plenty of milk, vegetables, fruits and whole grain cereals are included in the diet, they will supply enough lime to build and keep good teeth. Eating to grow good teeth is important from the very beginning. The teeth, bones, hair and other tissues having rigidity require the same materials as the softer muscles and also foods rich in mineral substances. Another important feature to be considered in the relation of food to teeth is the value derived from eating hard foods, such as crisp bacon and toast. The mastication benefits both the teeth and the gums.

Calcium, phosphorus and iron play an important part in body building. Milk, cheese, vegetables, potatoes, nuts and eggs are rich in calcium. The foods rich in phosphorus are whole grain cereals, bran, eggs, peas, beans, milk and cheese. Iron helps to make good red blood and the health and vigor of the individual is impaired when it is lacking. Anemia results from a lack of iron. The foods rich in iron are green vegetables, especially spinach, peas, beans, eggs, milk, cheese and dried fruits. The mineral matter in foods needed by the body has been found by chemists to include not only the three just mentioned but a total of about fifteen different substances. If food is supplied which contains enough calcium, phosphorus and iron, the other mineral constituents are supplied in sufficient quantity.

Starch, sugar, cellulose (carbohydrates) represent a large proportion of the diet. These foods serve as fuel to the body and give energy for work. Unless sufficient fuel is supplied the body will burn its own tissues. However, when the

fuel foods are taken in excess of the needs of the body they are stored as fat or glycogen in the liver.

Fats such as butter, lard, oil, suet, cream and others, are used as fuel food just as the carbohydrates. Fats and starches can replace each other to a very large extent in our diet. Too much fat is hard to digest, but it is impossible to do without any fat at all. If one eats much fried food, he is likely to eat too much fat.

We need to drink water every day and have plenty of it for a number of different purposes. In the first place we must have it to aid in the digestion of our food and to carry the digested food thru the intestinal walls into the blood. The blood must have plenty of water in it so that it can circulate properly and carry food and heat around to all parts of the body. The body temperature is regulated by evaporation of perspiration. It also aids the body by carrying off waste matter.

The regulatory and protective foods are important because they are needed for growth, maintain health and to carry off waste. Milk and whole grain cereals are among the regulatory foods - also acid fruits, green leaf vegetables, root vegetables and those containing much fiber.

In order to have the best use of an automobile, we must have it well built, supply it with gasoline, and keep it regulated. But if the "self-starter" does not work, or we can not crank it, we can not use the car. This is true with our bodies. We may eat good building foods, supply our bodies with fuel in the form of starch, sugar and fats but unless we supply our bodies with the vitamins, we will not grow as well or be as efficient as if we had an adequate diet. The vitamins help to regulate the body by promoting growth and by protecting us from certain diseases.

A careful study of the body needs will add interest to the daily round of meal planning. Simplicity is to be sought in planning any meal. LET WHATEVER ONE SERVES BE THE BEST OF ITS KIND, PERFECTLY COOKED AND DAINILY SERVED.

To maintain a well balanced ration will mean a fair distribution in the use of vegetables and fruits, protein foods, starchy foods, sugar and fats. This will help one to avoid duplication of the same type of foods. For example, the serving of potatoes and rice, or potatoes and spaghetti, means a duplication of two starchy foods. A mistake quite as common is to serve beans, often cooked with pork and a generous helping of meat and potatoes at the same meal. Since they supply much of the same kind of food materials it is not necessary for both to appear at one time. Such foods may be and should be substituted one for the other, but not duplicated.

One dessert is sufficient for any meal. When more are served preparation uses up time and energy of the housewife which might be spent to better advantage. Besides, it makes a needless item in the expense account and endangers the digestion of the consumer, and decreases the possibility of variety for other meals.

Duplication, continual repetition of one food and unnecessary "extra" dishes have no place in meal planning at any time. The homemaker's aim in meal planning should be to secure good, wholesome food, well prepared and in sufficient quantities to satisfy all.

Community Dinners

Has your experience been that simplicity in menus for community dinners or community picnics is observed? Or, does each family prepare a basket lunch and bring it to the meeting place? The latter is often true and those who are responsible for the filled baskets remember the occasion as a bugbear because of the hours of time and labor spent in preparing that filled basket. Wouldn't it be wiser to utilize a little time to plan an appetizing meal and then assign one duty to each family?

The following is a suggestive plan indicating the division of work in making plans for a successful get-together of this kind. A committee could plan the menu and then assign a dish to be prepared to each lady. For example, suppose the following menu is to be served to twenty families.

Meat loaf
Escalloped potatoes String beans
Cabbage and beet salad
Rolls, butter, jelly
Fruit gelatin, whipped cream Cake
Coffee, Milk

The committee could ask two or more women to prepare enough of a certain food for the entire group, for example,

Meat loaf to five women.
Escalloped potatoes to three women.
String beans to three women.
Cabbage and beet salad to one woman.
Rolls, butter and jelly to two women.
Fruit gelatin and whipped cream to three women.
Cake to two women.
Coffee and milk to one woman.

Those who are familiar with the "Nebraska Food Calendars" will see by checking these foods in their respective groups that string beans, cabbage and beet salad, and fruit gelatin would be placed in group I; meat loaf and milk in Group II; escalloped potatoes, rolls and cake in group III; jelly in group IV and whipped cream and butter in group V. This shows that each group of food is represented and is used in good proportion.

A committee may be appointed to see that enough tables and dishes are provided while another committee may take care of the entertainment.

Childrens' Picnics

Luncheons or picnics for children merit and require thought, time and an adequate knowledge of food elements, proper combinations and good cooking. A healthful and nutritious noon meal for young children may be a chop or meat cake, a baked potato, a fresh vegetable, a simple pudding and milk. For a children's picnic lunch, it might be well to serve

Raisin sandwich (dark bread)
Carrot and potato salad (for salad dressing see below)
Fresh fruits Cookies
Ice Cream Milk

Cooked Salad Dressing

| | | |
|--------------------------|-------------------------|--------------------------|
| $\frac{1}{4}$ c. vinegar | 3 t. sugar | $\frac{1}{8}$ t. mustard |
| $\frac{1}{4}$ c. water | 2 eggs | $\frac{1}{8}$ t. salt |
| 1 t. butter | $1\frac{1}{2}$ T. flour | speck of white pepper |

Mix dry ingredients with the eggs. Add butter, then vinegar and water. Put in double boiler and cook until thick. Just before using whipped cream may be added.

Harvest Meals

In planning harvest meals as well as other meals, one considers, -

1. Cost of food, fuel and labor.
2. Quality and quantity of food for proper nourishment of body.
3. Minimum waste of food and energy.
4. Variety of food.
5. A well balanced ration.

Kensington Teas

For kensington teas, it is in better taste to serve light refreshments, because these teas usually come at a late hour in the afternoon. If too much is served ones appetite is satisfied and there is less interest in preparing the evening meal for the family. The following are suggestive menus:

No. 1

Toasted marshmallow wafers*
or cheese wafers**.

Tea

No. 2

Ice or sherbet
Cookies.

No. 3

Nut bread sandwiches
Chocolate

No. 4

Fruit nectar (fruit juices)
Butter scotch cookies***

*Toasted Marshmallow Wafers

Place marshmallow on cracker; make small nest in center of marshmallow and in it place a small piece of butter. Place in oven and brown. Remove from oven and place candied cherry in nest.

**Cheese Wafers

Grate cheese. Sprinkle on crackers, then dust with paprika and place in oven to toast.

*** Butter Scotch Cookies

| | | |
|-------------|-----------|-----------------------------|
| 2 c. sugar | 3 eggs | 1 T. vinegar |
| 1 c. butter | 1 t. soda | flour to roll |
| | flavoring | (about $4\frac{1}{2}$ cups) |

Cream butter and sugar. Then add eggs, soda and vinegar and gradually add flour. Roll very thin.

Luncheons and Banquets

The following circulars have good suggestions for luncheons and banquets:

The Buffet Luncheon, Extension Circular 954.

Banquets, Management and Service, Extension Circular 962

(Prepared by Florence J. Atwood Approved by Dept. of Home Economics).