

FOOD SPECIALIST

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ANNUAL REPORT

OF

Mary E. McGowan
STATE FOOD SPECIALIST

December 1, 1927 to December 1, 1928

EXTENSION DIVISION

DEPARTMENT - HOME DEMONSTRATION

PROJECT - NO. 4

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL
COLLEGE AND POLYTECHNIC INSTITUTE
AND UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATION

EXTENSION SERVICE

Blacksburg, Virginia
December 10, 1928

John E. Hutchesson, Director
Extension Division
Blacksburg, Virginia.

My dear Mr. Hutchesson:

I am attaching my report for 1928. This covers the time from December 1, 1927 to December 1, 1928. One-half of my time for three months of this year was given to resident teaching.

Very truly yours,

Mary E. McCown

(Miss) Mary E. McCown
State Food Specialist

REPORT OF FOOD SPECIALIST

Virginia

December 1, 1927 - November 30, 1928

One specialist and she for part time only, is employed for food work with the Extension Division. This year the time of the specialist was divided thus: for one-fourth of the year, January to April, half time to resident teaching and half to extension work; three-fourths of the year, entire time to extension work. Annual leave comes out of the three-fourths given to extension work. Thus the specialist had nine and a half months to give to extension food work between December 1, 1927 and December 1, 1928.

From 1929 on, the specialist will not do resident teaching. The request to be released from resident teaching was put in a year and a half ago, but the college could not grant the request until after 1928. Leave of absence to study for one semester, has been granted the specialist for 1929. She will go to Columbia University, New York, February 1st, to be there until early in June, 1929. The remaining half of the year will be given to extension work.

In reading this report it should be kept in mind that only a part of the specialist's time is given to extension work.

FOOD WORK WITH WOMEN

The program with women is based largely on food units of work.

A unit means four meetings devoted to one subject. This year 31 units were taken by 742 women. For distribution of these units over the State, see map and tables at end of this section of report.

The units for this year were:-

- | | |
|--|---------------------------------|
| 1. Dishes for Social Affairs | 4. Meats |
| 2. Planning and Serving the Family Meals | 5. Food Preservation |
| 3. Food Selection | 6. Breads |
| | 7. Use of Vegetables and Fruits |

Persons Taking Food Unit

Home demonstration clubs are expected to take at least one unit of work, either Food or Clothing, or one unit of each may be taken. Any group of as many as five women, whether a club or not may take a unit. This is often the beginning of a home demonstration club.

New Units For 1928

Two new food units were decided upon during the annual conference of agents, January 1928. These were, "Dishes for Social Affairs," and "Planning and Serving the Family Meals." Agents were anxious to have these units. The unit, "Dishes for Social Affairs" was planned to meet two needs: (1) to attract groups not previously interested in home demonstration work or clubs. (2) To encourage more social life in rural districts. The fourth meeting of this unit must be a social affair given by the unit group. Material prepared

by the specialist for this unit is a bulletin of recipes and an agents' manual of demonstrations. These are included with other subject matter at end of report.

Planning and Serving the Family Meals was planned to meet many requests for help in this phase of housekeeping, and to be a companion unit to "Food Selection." It was thought that when a group had taken those two units the members would have a fair foundation for serving better meals. The material for this unit was prepared and sent out in typed form to several agents who were using it with their women. However, later in the year it was thought best not to put this material into permanent form at present. Sets of charts were prepared for the use of the agents when giving this unit.

Methods Used in Unit Work

The home demonstration agents give the major part of the demonstrations and talks for the unit work and this means a good deal of preparation and work for the agents, particularly those having no organized Home Economics training. The specialist, when in a county, always gives some demonstrations before unit groups. This year she gave 30 such demonstrations and talks. With one specialist to the entire state and she on part time, her visits do not relieve the agents from many meetings.

Occasionally some member of the club or the district agent may give the demonstration. Agents, however, do not use their members in this way as much as they could. There are but few communities where at least one woman could not be found to give one of the four demonstrations in a unit. If even

one woman of the county could be used to give one demonstration in two or more parts of the county it would be more help to the agent than she now gets. In addition it would develop the woman. In 1926 an agent who was in Princess Anne County for a limited time used leaders in putting on one food unit in several communities and did a splendid piece of work. None of the other agents of the state have used leaders for adult food work.

If the specialist could induce district agents and home demonstration agents to use local women more, it would increase food work in the counties. All material for most of the units is prepared by the specialist and could be placed in the hands of the women helpers. If the agent had to give even an entire day to training one woman, she would get direct returns if the woman gave only two demonstrations for it would be easier to train her for other demonstrations and easier to get other women to try the same thing.

How Food Units Fit in With Junior Projects

One of the "pet plans" of the specialist is this: to encourage the agents to have, in the same community, better food clubs for juniors and food selection or meal planning units for women. If both mothers and children are working on the problem "What to Eat" some real improvement can be expected. Agents do not as yet follow this plan as much as the specialist would like to see them do, but perhaps more will be done on it another year. Something of this plan was followed in Fairfax County. These stories came in with the report of two meal plan-

ning units of that county.

"This group of women got the county store to have "greens" in the winter and they are helping with a hot lunch club at school. This interest was started when Miss McCowan visited the school and started a better food club."

"This group of women made a survey of the community and found that the children were not getting enough milk. A better food club was organized; 65 out of 70 children got at least one pint of milk per day where before this only about forty were drinking milk at all."

Advantage in Unit Work

One of the best things about unit work is the encouragement it gives the agent and the women to have fewer single demonstrations on one subject. There is a natural tendency to have one demonstration on this subject, another on some other subject. Unit work encourages the women to put enough time on one subject to get real help on the problems of housekeeping that relate to that subject.

Distribution of Units

Distribution of units over the state is shown in the table on next page.



Final Plans
for a
School Lunch
Amherst County.



A Demonstration
in Meat
Canning
Stafford
County



Dishes for
Social Affairs
Dixwiddie
County.

FOOD UNITS FOR WOMEN

County	Name of unit	No. enrolled	No. meetings attended	No. recipes or recommendations practiced at home	No. records sent in	No. others to whom recipes or recommendations have been given	No. using recipes etc.	Amount money saved or earned as result of this unit
Albemarle	Food Preservation	10					2016	containers up
"	" "	15	36					
"	" "	8	14	16	8			
Alleghany								
Amelia	Use of Fruits and Vegetables	14	37	62	35	40	40	
Amherst								
Augusta								
Bedford	Miscellaneous	12	37	52		8	16	
Brunswick	Food Selection	12	40	32	31	13		
"	Bread	17	60	88	48	27	12	
Campbell	Food Preservation	11	27	12	19	18	11	
Chesterfield	(1)							
Dinwiddie	Home Planning	12	41	31	42	9	10	
"	Dishes for Social Affairs	9	29	36	27	15	11	
Fairfax	Home Planning	8	65	529	28	22	19	
"	" "	11	40	528	25	23	16	
"	" "	14	130	752	62	47	47	
Franklin								
Goochland								
Greene								
Halifax	Food Selection	16	43					

TOTALS

County	Name of unit	No. enrolled	No. meetings attended	No. recipes or recommendations practiced at home	No. records sent in	No. others to whom recommendations or recipes have been given	No. using recipes etc.	Amount money saved or earned as result of this unit
Halifax	Food Selection	8	24					
Henrico								
James City								
Loudoun	?	15						
"	?	19						
Mecklenbg.	Miscellaneous	15	110	97	46	75	64	
"	"	15	115	44	44	56		
Montgomery								
Nelson	Food Preservation	11	32	52	32	26		\$ 55.00
Norfolk								
Nottoway								
Pohatan	Dishes for Social Affairs	10	36	36	37	13	7	
"	" "	15	46	49	47	42	16	
"	Meal Planning	16	66	154	59	57	48	
"	" "	14	47	126	53	47	36	
"	Food Selection	12	41	97	43	52	37	170.00
Pr. Edward	Dishes for Social Affairs	8	28	90	27			
"	Food Selection	9	25	25	25			
"	" "	8	25	23	23			
"	" "	11	33	29	29			
Pr. William	Bread	16	62	106	62	28	9	
"	"	15	52	86	52	10	6	

TOTALS

(4)

WORK WITH JUNIORS

There was some improvement in the enrollment of cooking clubs this year, quite an improvement in bread club enrollment and in addition there were new projects, Square Meal clubs and School Lunch units, each with a small enrollment. Since January 1929, better food clubs have been a part of the regular club work (before this they were a special food project). This club has a very large enrollment this year. There is, therefore a total enrollment in junior food work this year of 8965 against 8268 last year. Some of the members in better food clubs are associate members, that is, under regular club age, but this is a small proportion of total number.

Better Food Clubs

The better food clubs continue to be the best piece of junior food work in Virginia. Changes were made in the organization of this work this year, the principle one being changing time from one month in spring and another in the fall to three consecutive months. A definite outline of meetings was prepared by the specialist, also subject material to be used by agents and leaders at the meetings of this club. This material is in the agents' manual attached under subject matter section of this report. This material should encourage the formation of better food clubs, as all that the agent needs in carrying on the clubs is supplied in the manual.

Stories From Better Food Clubs

Last year many stories of progress, through better food clubs, came to the specialist. This year report blanks for this work were prepared by the Club

office. They do not call for stories of individuals, so few have come in. It is hoped this can be remedied next year.

The following story is from Amelia County:

"Better Food clubs were organized in 4 schools, with 151 boys and girls keeping score sheets for three months. 78 gained from one to 10 pounds. 36 stopped drinking coffee or tea. 109 homes were reached. Every child brought milk in bottles to drink with his or her lunch. Families having plenty of milk sent some to school for those having no milk. The mothers prepared better school lunches and gave their families better balanced diet- more fruits and vegetables with less meat. The most interesting thing was the way in which the children kept up their leafy vegetable. Each afternoon after school they spent in gathering wild salad. Those having salad in the garden gave some to their neighbors. Three clubs were in two-room schools. The room making the highest number of points was given a party by the room making the lowest number of points. Refreshments were served by the losing room, games were played and made a most happy conclusion for the Better Food Clubs. The above plan made keen competition and better results were accomplished. The teachers, parents and children all cooperated making it an outstanding project."

Mecklenburg County:

// "The State Health Department wished to put on a big campaign in Mecklenburg County early this year. They asked the home demonstration agent to have Better Food Clubs as a part of the work. Two white and one negro clubs were organized - 411 white children and 97 negro children were enrolled. A total of 425½ pounds were gained by white children and 60½ pounds by negro children. In one white school 74% of the school was 7% or more underweight. At end of work, only 19% were in this class. Another school 33-1/3 % were 7% or more underweight, at close, only 20% were. In negro school 19½ % were in this class, at the end this was reduced to 15%.

People taking part in project as a whole - 1000; people reached 2000-4000; homes - 1500.

This is the first time any work of this kind has been conducted in the county. The interest and help given was marvelous. Parents, teachers, preachers, doctors and children cooperated beautifully, all doing their part to make the work a success. So far, (to May 1st.)

52 newspaper articles have been published about this work and the county papers still continue to have something each week."

This story is from Norfolk County:

"Better Food clubs were organized in four schools, with 130 boys and girls taking part. 250 people and 150 homes were reached. As a result of the clubs one school in county started the one dish hot lunch. Children gained in weight and some of the parents told us it helped them to try to have more balanced meals. One home demonstration club was organized as a result of the Better Food club in that community. The women said they realized they should study more about foods and they hoped to take up the work in the club and also that it would help them another year in planning their school lunch room. This work has helped to establish Better Food habits with the children. The club sponsors helped to teach the proper foods in the health work in the class rooms."

Princess Anne County (no county home demonstration agent) had one Better Food Club under the direction of the county farm agent and a teacher, who was formerly an agent. This story is from that county:

"40 children took part, 160 people and 36 homes reached. Greatest number of pounds gained by one member was seven. From 1-2 quarts of milk supplied daily by members for others. Milk taken by children who had always refused to drink it before. Some walked two and three miles to get their three cups of milk. Caused children to spend money for fruit instead of candy. Had so many coffee and tea addicts, not one at end of contest. Highest score made from a possible 200 points was 270. Children who made highest score showed increased vitality. Children refused to eat candy between meals. Some reported vegetable soup for breakfast! Our county nurse says that this is the best piece of work that has been done in the county. She is bringing some head officials tomorrow to see results."

TABLE OF BETTER FOOD CLUBS - Reported in June

County	Enrollment	No. Associate Members	Total No. Project Groups	No. Items Reached	No. Stopped Drink	TOTAL NO GAINING			Value of Prizes Won
						Pounds			
						1-5	5-10	over 10	
Amelia	131	48	4	109	26	67	11		
Brunswick	136	30	3	94		69	26		
Dinwiddie	123	59	4	100	49	67	1		
Fairfax	61	6	2	67		47	10		
Geochland	67		4	45	6	26	5	2	
Greene	45	19	4	35	31	27	14	5	
Henrico	54	2	1	33	24	25	1		
Leeson	17	10	1	12		6			
Mecklenburg	372		2	1200					
Montgomery	215	25	2						
Norfolk	180		4	180					
Portsmouth	95		4	54	22	44	6		
Richmond	62	18	4	41		46	14		
St. Edward	26		1	25	12	11	2	\$ 2.00	
Smyth	109	25	2	65		24	7	1	2.00
Stafford	75	49	2	125	7	16	1		
Tazewell	50		2	50	40	30		1	
Washington	34		1	30	15	9	5		
Waynes	34		5						
Westmoreland	97		1						
TOTAL	1932	500	61	2554	234	514	105	9	\$ 5.00

Food Contest Creates Much Interest at Princess Anne

The Princess Anne Courthouse school has recently completed a "Better Food Club Contest" with the pupils of the 5th and 7th grade. The contest was made possible through the co-operation of Miss Kate Bratten, teacher of 7th grade and Miss Randolph, teacher of 5th grade, H. W. Oulin, county agent who furnished the necessary blanks for enrolling the pupils, Mrs. Reusch, county health nurse who weighed the contestants and encouraged the good work and others of the Extension Division and of the National Dairy Council of Washington, D. C.

The contest ran for a four week period and the object was to get the members to form the habit of eating better food properly balanced that will build strong bodies and sound quick minds. Forty boys and girls were enrolled from the 5th and 7th grade, representing 36 homes, and reaching in all about 160 people. Health jingles, health posters and health compositions were enthusiastically contested for by the members and the seven meetings were held for purpose of checking up on results.

The net results were measured as follows:

1. Two quarts of milk were supplied daily by members for others less fortunate.
2. Caused members to spend money for fruit instead of candy.
3. All members stopped drinking tea or coffee.
4. Quite a number ate green vegetables who had not done so before.
5. Milk was taken by members who had refused it before.
6. Caused co-operation and competition among pupils and rooms.
7. Greatest weight gained during four weeks 7 pounds.
8. Highest score made from possible score of 280 was 278.
9. Helped in language and hygiene work, supplied material.
10. Members who made high scores showed increased vitality.
11. Reports were made of having vegetable soup for Breakfast.
12. Members refused to eat candy between meals.

The contest for making the best Health Poster was won by Annie Belle Johnson of the 5th grade and Ethel

Club girls are directly responsible, says the Virginia extension service, for the establishment of a "One-dish hot lunch" in 16 rural communities during the last school session, and closely connected with the establishment of that kind of lunch in 13 other communities.

Official Record Jan 4
1928.

Van Norstrand of the 7th grade, these posters are both very fine and can be seen on exhibition in the school.

Also some very fine compositions on health were submitted by the contestants, the prize winners being Mildred McClanan of the 7th grade and Madge McClanan of the 5th grade.

In the health jingle contest some real poets were found as can be judged by the two prizes winners submitted.

What's the use of doctors
With their castor oil and pills,
When milk, fresh fruit and vegetables
Will keep away our ills.

—by Gladys Strawhand (7th grade)

I like milk in the summer,
I like milk in the fall,
But when it comes to a contest
I like it best of all.

—by Sarah Cooper (5th grade)

The contest closed with the following program:

Recitation; A Modern Dinner Pall, 5th grade. Play; Queen of the Foods, 7th grade. Song; Johnny Johnson, 5th and 7th grades. Story; Putting Pop into your Motor, 7th grade. Play; Before and After, 5th grade. Song; Billy Boy, 5th and 7th grade. Play; The Five Milk Fairies, 5th grade.

This contest created much interest in the entire school and other rooms are ready to put on a similar campaign as soon as the enrollment blanks can be secured.

Better Foods Campaign

Prince William County, Va.

The Better Foods Campaign in Prince William county ran from December 15, 1926 to April 24, 1927. This, the first campaign, was carried on in only two schools, Cherry Hill and Gold Ridge.

From these we get the following reports.

Fifty home were reached representing over one hundred and fifty people.

6 children gained 10 pounds each.
15 children gained 8 pounds each.
8 children gained 3 pounds each.

Every child in the two schools gained something in weight while hot lunches were being served.

At Cherry Hill the teacher writes: "The hot lunches have encouraged attendance and good manners. If possible, I will always serve hot lunches wherever I teach." In this school lunch was served every day and milk three times a week. Many children drinking it for the first time. There are only two cows in the community.

At first parents were opposed to the work. After one month they decided to raise the money to continue it so long as the weather would permit.

At Gold Ridge the teacher writes: "My attendance is always good the days we serve hot lunches." Here hot lunch was served three times a week.

All the children in the two schools kept records during the time the lunches were served.

Miss Mary Fred Claytor, County Home Demonstration Agent, who was responsible for these campaigns reports there will be six such campaigns during this year.

What are other counties doing?

Southern Planter Jan 15-28

Children in Better Food Clubs Gain 608 Pounds in Four Weeks.

The home demonstration agents throughout Virginia have been emphasizing the value of better foods during the past year and it is very gratifying to note from reports recently received that teachers in many schools are giving them splendid cooperation in this work. The home demonstration agent in Montgomery county recently reported that through the cooperation of the teachers in Radford that milk had been placed in all the schools and each child had been offered the opportunity to buy a pint of milk a day. The children have learned food songs and made attractive posters. There were 199 white children and ninety-two colored children reporting complete food scores during the past month. The complete gain in weight for this number over the four-week period was 608 pounds.

Virginia Beach April 13 - 1928.

Southern Planter Feb 1-28

TOTALS FOR BETTER FOOD CLUBS

Better Food Clubs completed and reported by June 1928	No. Clubs	Enrollment	
		White	Negro
	61	2185	97
Better Food Clubs started this fall - not complete work until December 1928.	101	3890	
Total this year	162	6122	

ENROLLMENT ALL JUNIOR FOOD WORK REPORTED IN JUNE

	1926	1927	1928
Cooking clubs	762	673	954
Canning clubs	783	774	678
Bread clubs	1150	921	1058
Square Meal clubs			62
School lunch clubs			92
Better Food clubs			2232
Total	2695	2568	5076

Add to this number Better Food clubs started this fall to be completed in December (no report on number of school lunch units this fall) and we have a total of 8966 juniors in food work this year.

MADISON COUNTY CLUB LEADER SPONSORS BUDGET EXHIBIT

One of the leaders in Madison County this summer was Betty Thomas, a Virginia Polytechnic Institute student in Home Economics. She is a former club girl and expects to be a home demonstration agent when she graduates, June 1929. She won the trip for club leaders to Camp Vail, this year

In her home community where she was leader this summer there was a girl who had completed four years of canning work but who wished to continue canning club. Betty got her to "can a budget" for her family and to exhibit the work at the county and state fairs, also to try for Hazel-Atlas and Ball Brothers prizes. The girl got one of these prizes at the state fair.

Betty's initiative in handling the problem of this particular girl was gratifying to the specialist who has taught her foods the previous three years at V. P. I.

CLUB STORIES FROM AMELIA COUNTY.

BREAD "Seven bread clubs were organized with an enrollment of 41. 35 completed the project. One club of 4 members enrolled, but as they were taking canning project also I did not think it advisable for them to do the bread club work. 34 girls are doing all or a part of the family baking. At the first demonstration of the bread club the mothers and friends are invited. I find that the women are as interested as the girls and ready to accept new ideas. Mrs. Wright won first prize on her biscuits at the county fair; when she found she had won first prize on her biscuits she came to me and said, "I came to the bread club demonstration and have been using your recipe and following your instructions and now I have won the blue ribbon." One of my former bread club members entered the Bread Judging Contest at the state short course and won second place receiving a medal. Another former club member won blue ribbon on her sponge cake at the county fair."

CANNING "30 girls completed the canning requirements. 4180 containers of fruits and vegetables were put up by the girls. 17 girls exhibited at fairs winning \$36.25. Total profit made on canned products \$991.04. 11 girls are doing the entire home canning. One girl, twelve years old, who completed the second year in canning, won first prize on her exhibit at state fair also district and county fairs besides individual prizes. Total amount won on her exhibits \$17.25. I have sent a quart jar of canned cherries and canned beets to the Hazel-Atlas Contest held in Chicago during the National Club Congress. The canning exhibit at the county fair made a wonderful display, attracting the attention of

everyone. The superintendent of schools said it was the most beautiful display he had ever seen and he did not know canning could be made so attractive. One club member as the housekeeper for her father and three brothers, she has time to attend all the demonstrations of her club, has not missed a 4-H community club meeting this year. She is also a garden club member and tends the garden by herself while her brothers help the father in the field. She is president of her club and an excellent club member.

Winners—National 4-H Club Congress.

Won first place in National Bread Judging Contest at Chicago National 4-H Congress. Fifteen teams entered.



Left—Margaret Rawlinson, Nottoway county, Virginia; winner of Northwestern Yeast Company's trip to Chicago.
Right—Louise Steele, Loudoun county, Virginia; winner of Montgomery Ward Company, trip to Chicago.
Margaret and Louise represented Virginia girls at National Club Congress and won first place in the bread judging contest.

Virginia came first and Louisiana second. Louise Steele was the highest scoring individual in the contest for this she was awarded a 4-H Club Ring.

This team was not trained. Indeed the girls met for the first time on the way to Chicago.

They had both been well trained. Margaret has completed fifteen club projects and is now President of Nottoway 4-H Club Council.

Louise has completed nine projects and after completing four years cooking club work has continued her study, giving a great deal of time this fall to experiments in bread, which was very best training she could have had for judging bread.

"4-H Club Girls Certainly Know Their Work."

In speaking of the interest in club work in her county, Mary E. Benson, home demonstration agent in Nelson county, writes:

"One hundred and thirty club members made exhibits in some department at our county fair this year. Mrs. Never-well's and Mrs. Ever-well's "medicine cabinet" attracted a great deal of attention. A high school teacher said that the cabinet taught her more than anything she had seen on the fair grounds, and she wanted all of her pupils to see it. Practically all of those attending the fair had something nice to say about the 4-H club exhibit. A very prominent man was heard to say, "Well, the 4-H club girls certainly know their work. Just look at those cans!"

Southern Planter

Feb. 1, 1928

Canning Improves in Homes

Marian M. Lawrence, Amelia county, writes: "While visiting canning club members this week I found in a great many cases that the club girls have taken over the home canning. The home canning has also improved 100 per cent. since the girls have joined the club due to the mothers following instructions given to the girls. The improvement in canning peaches is quite noticeable."

Southern Planter

Jan. 15, 1928

Extension Division News

18

Nov. 1928

GENERAL TRENDS IN VIRGINIA FOOD WORK

INTEREST IN "WHAT TO EAT"

One of the most encouraging things to the specialist in the food work of the state is the growing interest taken in the question "what to eat."

In the Extension Director's annual report, Bulletin No. 105, there is this statement: "More interest was shown in home gardens this year than has been shown in any year since the close of the world war. This interest developed largely as a result of the better foods clubs and has been fostered by the garden specialist in every way possible."

The selection side of food work has been stressed by the specialist in her work with the county agents and over the state. Food preparation has not been neglected but one of the major aims in Virginia food work has been and still is, improved food habits, better choice of food, particularly winter food. Some projects both with adults and with juniors are built around this idea. Results are beginning to show.

SPECIAL PIECES OF WORK

Two of the best pieces of work this year were a rat feeding demonstration and the state Better Food club, for county and state home demonstration workers. In home demonstration work as in other organizations, individual workers sometimes have to be won over to the importance of certain lines of work. Certain ideas must be sold to the workers themselves. To help do this in connection with the importance of food selection these two special pieces of work were undertaken this year.

I.

The State Better Food Club.

County Agents and State Workers Practice What They Preach

County home demonstration agents and state workers of the home demonstration department joined unanimously in a club in which they were required to practice certain food habits and keep the same food score which is used in the Better Food Clubs for juniors. It was a case of "practice what you preach." The club was organized at the January 1928 conference of agents and was to run for three months, later it was decided on advice of several members to continue for six months. A physical examination was given by the college doctors to all who wished it. All except a very few took the examination. The plan was for each member to send in her food score monthly to the food specialist who was secretary of the club, and at the August gathering of agents to have a final check up and another physical examination by doctors.

Few things are carried out entirely as planned. This club was no ex-

ception. Some agents were careless in sending in scores, some lost interest after the first three months, (just as club members out in the counties do); then the state office ruled that no time was to be given to this matter at the August gathering, but held over for the January 1929 meeting. However some good work was done. The county forces held up better than the state forces. The club did much to prove, "it matters what we eat."

Soon after the club was organized, the women of one county, seeing a news notice of it, asked their home demonstration agent if they would be allowed to have a similar club. Two agents reported that they posted the food scores at their boarding houses and got improved meals. Several agents gained weight and one over-weight went to a doctor for a special diet for reducing. One agent reported it helped her particularly in that she ate something at noon every day when before she often went without and that as a consequence she felt much better. The specialist still hears a county worker here and there say the club helped her in that it made her more careful in her choice of food and that she felt better as a result of having been in the club. Two or three bought thermos bottles so as not to go without water all day when out on a field trip.

The psychology of the club has been good in two or three ways; many agents feel proud of having done the work and they like to tell about it to the boys and girls in community better food clubs; junior club members took quite an interest in the progress of their agent in the club, and adults of the counties liked the idea of agents practicing what they preach. On the

whole, the specialist feels it has helped a lot in getting agents to realize that "food matters."

This month's letters were sent the members of this club - Several of these letters are attached (next page)

WE PRACTICE WHAT WE PREACH

For some time better food clubs have been organized among children in various counties and conducted by the home demonstration agents with the object of establishing better food habits and bringing more closely to the attention of the parents the necessity of using milk, fresh vegetables, and fruits in the diet. This club runs over a short period of time (3 months). The children are weighed at the beginning and are given a food score to keep; this score gives credit for the daily use of milk, vegetables other than potatoes, and fruit; then at the end of the period the children are again weighed and often the underweight child has gained several pounds.

At the annual meeting of home demonstration agents in January it was decided to form a better food club of adults, all of the home demonstration agents and specialists; for extension workers believe in practicing what they preach. This has been called the state "Better Foods Club," and has been organized along the same lines of the children's clubs.

The State Better Foods Club is well on into its third month, the March scores came in better form than those for February, and some gains have been noted. The club has been the means of getting more vegetables into the diet of a good many people besides the members, and drinking milk is being stressed with the underweights. Some of the overweight's report a standstill while one or two report a loss in weight. This is a great encouragement to resist the temptation of delicious desserts and a stern resolve to forego candy of any kind. The April reports will soon be due and the high scores will be published.

"BETTER FOOD CLUB" IDEA IS SPREADING

(Special to The Times-Dispatch.)
BLACKSBURG, Va., Jan. 15.—Last year twenty-two counties in Virginia had "Better Food Clubs." These clubs were organized to encourage boys and girls to improve their food habits. Talks were made to interest the children in the effect of food and they were asked to eat certain foods for a given length of time and keep a score during that time. All were weighed at the beginning and at the end of this period. Believing in the saying: "You should practice what you preach," the home demonstration agents at their annual meeting in Blacksburg, January 5-12, decided to organize the entire force in a better food club which will continue for three months, beginning February 1.

Miss Marion Lawrence, Amelia County, was elected president; Hattie L. Hughes, State City, club agent; vice-president, Mary B. McGowan, State food specialist, Blacksburg; secretary, and Jessie M. Hodder, assistant poultry husbandman, reporter.

A general physical examination was given each agent by Dr. W. A. Brunsdale, college physician, and this was followed up by a talk on "Good and Bad Posture."

This state-wide club will keep the same score used by the boys and girls and will be reported to the secretary. This price of work should not only encourage the boys and girls to greater effort, but greatly benefit the agents.

Extension Division News

MoX 1928

Richmond Times

Despatch

Jan. 16, 1928

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
State of Virginia, Va.A. & M. College and Poly.Inst. & U.S.D.A. Cooperating
EXTENSION SERVICE

March 26, 1928

MONTHLY LETTER #3 - STATE BETTER FOOD CLUB

Mary B. McGowan - Secretary

The April score is enclosed. Let's make it a perfect one!

Let each person total the points of her score before sending it in. It takes hours for one person to do the clerical work on all scores. Put total of each day and at the bottom of the score put the grand total of points. Miss Furr sent hers in all totaled up!

Do not forget that weight for beginning and ending of month is needed. Get your score to Blacksburg by April 3rd. Some of the February scores were very late.

Here are some facts from the February scores which may interest you:

Highest number points made - Ragsdale, 247; Lippard, 238;
Collins, 231½; Moorman, 228.
Oliver, 267½; McGowan, 253; Ricks 200½.
The lowest points were 149½ and 159 3/4.

Pounds gained - Burruss, 7 lbs.; Vaughn, 5lbs.; Furr, Jamison,
and Lawrence, 4 lbs. each.
Lost - Moorman, 5; Alverson, 3; Cook, 2; Rutherford, 2;
Lippard, 1; Garrett, 1½.

The following failed to send in March 1st weight - Miller, Swink, Pattenon, Ragsdale, Ricks. Massey did not send either February or March weight.

Scores were pulled down because of decided or habitual weakness in certain points of the score. The following gives some of these; - Vegetables (other than potatoes), 3 persons; greens, 4 persons; whole grains, 14 persons; water, 3 persons; milk, 25 persons; coffee, 1 person.

Shall we try specially hard to improve on milk and whole grains for April? It is true an adult can do on one pint of milk, but if we are short on other protective foods, should we not use more milk? If you are reducing, cut down the total quantity of food, especially breads and sweets. It is better to do this than to avoid milk entirely.

The following failed to send in their scores. It is hoped their March ones will come in on time. - Hamilton, Long, Ferguson, Pauline Davis, Claytor (sick during February), Sell, Bell.

The following scores were very carefully filled out and well kept: Furr, Rutherford, Moorman, Oliver.

In sending in your March and April scores please attach any statements or stories to show the value of what we are doing in the State Better Food Club.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
 State of Virginia, Va. A. & M. College & Poly. Inst. & U.S.D.A. Cooperating.
 EXTENSION DIVISION

Blacksburg, Virginia
 July 11, 1928

MONTHLY LETTER No. 8 - STATE BETTER FOOD CLUB

Mary B. McGowan - Secretary.

July will close our work of score keeping for the State Better Food Club. At that time will you please make out your "final score of members" and hand to me as soon as you come to Farmers' Institute. I am enclosing another copy of this final score in case you have lost yours.

A summary of the work for February, March and April was sent you with Monthly Letter No. 5, mailed the first of June. On that table I gave you your total number of points for February, March and April. For fear you have lost this table I am attaching statement of total number of points made for February, March and April.

Where there are blanks, loss of score in reaching this office is responsible. If yours was lost, give yourself the number of points made on a score which you did send in that totaled about the same. Of course if a score was not kept and sent in, the points for that month will have to be omitted in the final score.

There has been some splendid work done in the State Better Food Club. I congratulate each on the way you have stuck by the job.

Name	Weight			Name	Weight		
	Feb.	Mar.	Apr.		Feb.	Mar.	Apr.
Mrs. Miller	205	230	275	Miss Massey	210	187	
Miss Barruss	181	227	275	Miss Rutherford	204	219	200
Miss Lawrence	194	183	202	Miss Gardner	212	214	194
Miss Lindamood	149			Miss C. Farrar	184	242	226
Miss Garrett	192	215	205	Miss Vaughan	197	189	200
Miss Jamison	196	192	213	Miss Benner	159	159	181
Mrs Ferguson		185		Miss Furr	215	246	242
Miss Lassetter	197	217	228	Miss Patteson	206	208	195
Miss Zion	189	164	159	Miss Bagdale	247	225	234
Miss Lippard	238			Miss Alverson	204		
Miss Collins	251	175	207	Miss Bell		113	220
Miss McGhee	161	227	174	Miss Moorman	228	224	
Miss Mapin	197	228		Miss Sell		192	193
Miss Cook	203	204	217	Miss Hawthorne	180	200	206
Miss Swink	56	160	208	Miss E. Farrar		220	252
Miss Davis		252		Miss Coker	137	167	148

II.

A RAT FEEDING DEMONSTRATION

Eight rats of same age and size were put in four cages and fed thus:

1. Bread	Lost	in 5½ weeks	12 grams
2. Bread and sugar	"	" " "	21 "
3. Bread and milk	Gained	" " "	159 "
4. Bread, milk and vegetables	"	" " "	136 "

Cage 4 gained a bit less than cage 3, but they were livelier, more energetic.

At the end of the time (5½ weeks) the rats were shown to the 800 club boys and girls of the state short course, and to the farm women and home demonstration agents during the State Farmers' Institute. Practically all state agricultural workers saw the rats at different times while the demonstration was in progress. A county nurse came from a near-by district and brought a number of children to see the rats. The specialist had several requests to borrow them for exhibits and demonstrations; one from a county nurse and another from the head of the V. P. I. resident home economics department. One of the most enthusiastic persons who saw them was the head of a large beauty parlour in Hanoka. He was most anxious to exhibit them to show the effect of food on the hair. Boys of the state short course were immensely interested and asked many questions.

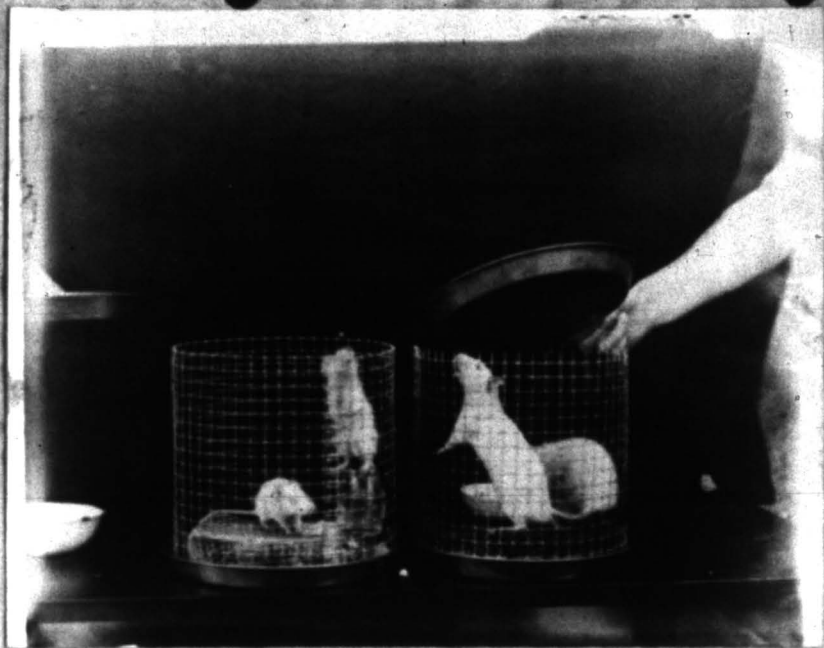
The specialist made her own equipment for the demonstration and has it now on hand to lend to home demonstration agents who may wish to have such a demonstration in their counties.

At the outset, the plan was to recommend this demonstration in connection with "The Square Meal Club" a new club for juniors started this year and to ex-

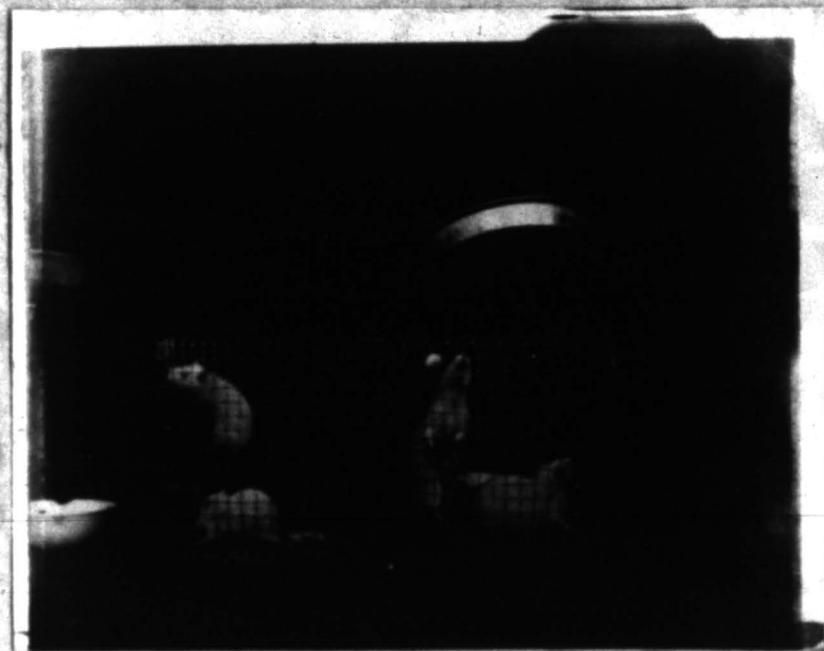
plain to the agents what help they could get in such a demonstration, but just at the time the demonstration was completed the state and district agents decided to do nothing more on the club this year. Probably the counties will use the demonstration next year.



Rats Being Fed and
Examined.



Left hand cage - Bread and Sugar
Right hand cage - Bread, Milk and Vegetables
Note relative size of rats standing.



FOOD WORK ON COMMUNITY BASIS

The specialist was very anxious to have some work done this year leading to improved food habits of families. The food habits of individuals have been improved through the better food clubs, but to work on families would be much farther reaching. Tazewell County accepted plans for work on a family basis to be done in three communities and Halifax County in one community. The object was "Better Winter Diet". The work was to include better food and square meal clubs for juniors; meal planning or food selection units for women; special work in gardening and canning; with one community meeting for the whole family, for the special purpose of interesting the fathers. The year's work was to end with an exhibit of food supplies for winter. This latter was to include vegetables stored and in the ground; fruit and vegetables both canned and dried; and a statement of what the winter's supply of milk was to be.

Halifax was moving along nicely until the floods and storms of August ruined the gardens. Tazewell was a disappointment to the specialist. The agent seemed to have no grasp of the plan, nor of how to work towards improved winter supply of food. For instance, in one community she had a bread club where a canning or garden club would have contributed to the general plan. The county needs the work, it is mountainous, with long winters, little provision made for winter food so that bread and meat is decidedly the winter's diet. [Some of the women of the county said they had enough sweet potatoes to last until Christmas - after

that no vegetables except a few cabbage and Irish potatoes. Those women were not exceptions, by any means. The specialist put the plan before the advisory board of the county, they approved heartily. She gave them to the work and instructed the help of the garden specialist, and prepared such material as the stretched listers, for the agents. But nothing was accomplished. The agent of the county did not even mention it in her annual report.

BETTER WINTER FOOD

One of the greatest needs of the farm home is a better balanced ration and more palatable fare during the winter months. Under the direction of Miss Mary B. McGowan, food specialist, extension division, a movement has been put on in a number of counties through the home demonstration agents to encourage the people to plan ahead for their table supplies for the winter. This extract from a recent field report shows the plan Miss McGowan is following:

"Spent three days in Tazewell helping Miss Hawthorne with the work she is doing on "Better Winter Food." She is trying this in three communities. Prospects are quite encouraging in two of the communities and I believe the other one will get something done. At Falls Mills an all-day meeting was held and was attended by men and women. I gave two demonstrations that day, one on canning, one on salads, using for the latter vegetables and fruits that are available in winter. Canning demonstrations were given in the other two communities.

"At this week's meeting each community made definite plans towards the exhibit of winter supplies to be held in late October. (This is a part of the plans decided on some time ago.)

"I helped Miss Hawthorne map out demonstrations to be given in these communities in the next several meetings. Ways of Preparing Leafy Vegetables, 'Whole Grain Dishes,' 'Cabbage and Salsify,' etc. We also planned for a rat feeding demonstration to be carried on by these communities (at the schools), ending at the time of the exhibit, when the adults could see the results."

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL
COLLEGE AND POLYTECHNIC INSTITUTE
AND UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATING

EXTENSION SERVICE

BETTER WINTER FOOD
Watch
FALLS MILL
RAVEN BANDY

The best health insurance you can carry for your family is to give them plenty of vegetables, fruits and milk during the winter months. Are you going to be prepared to do this?

Begin today to can or dry all the vegetables and fruits it is possible for you to get hold of.



Plan to store quantities of cabbage, carrots, parsnips, turnips, apples, sweet and Irish potatoes. Make some kraut. If you have no garden, contract with a neighbor to sell you vegetables for storing.

Will your cow be giving milk this winter? If not, cannot you buy one that will?

EXHIBIT

Winter Food For My Family



What will you have to contribute to this exhibit?

You are being counted on.

Very truly yours,

County Home Demonstration Agent.
Tazewell County.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL
COLLEGE AND POLYTECHNIC INSTITUTE
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EXTENSION SERVICE

BETTER WINTER FOOD

Watch

FALLS MILL

RAVEN BANDY

"SHOP IN YOUR OWN BACK YARD."

Will you be able to do so during December, January and February?

What are you planning to do to help make your community exhibit a success? This will be held late in October. Come to the meeting _____ at _____ to talk over plans.



A bowl of hot vegetable soup! How good it tastes on a cold day! Use your odds and ends of late summer vegetables to make a vegetable mixture.

SOUP MIXTURE

10-12 qts. fresh tomatoes	1 qt. corn (cut from cob)
1 qt. okra, cut in thin slices, or	2 T. sugar (level)
1 qt. tiny butter beans	1 T. salt (level)

Cook tomatoes, strain, return to fire and cook down slowly until thick (about two quarts). Add corn, okra or butter beans, sugar and salt. Boil in open kettle ten minutes, pour boiling hot into sterilized jars. Process in steam pressure cooker 36 minutes, or process in hot water canner two hours.

Can some jars of this mixture for the exhibit:

Very truly yours,



County Home Demonstration Agent
Tazewell County.



MISCELLANEOUS WORK

1. The One-Dish Hot Lunch is still being stressed in this state. Beginning January of this year the Lunch Unit was adopted as part of our club work. Twelve or more such units have been started this fall, but have not yet been reported. Women also work on this project.
2. Helped in one home improvement project - a dining room campaign in Amherst County.
3. Had charge of the social hour for men and women during the Farmers' Institute. Had a program and served ice cream to about 500 persons.
4. Attended, for three days, a state conference of negro women put on by the Presbyterian Synodical. Gave three demonstrations and lecture demonstrations.
5. Helped with plans for three county exhibits at fairs. Wrote legends for posters and figured amounts for special display of home grown and bought supplies for a family of five.
6. Helped at the state short course for boys and girls. Had charge of a bread judging contest, judged food demonstration teams and gave a lecture demonstration, illustrated with rat feeding project.
7. Helped at two women's camps and one district short course.
8. Judged all food work, girls and women, both white and negro departments, of state fair.
9. Was on program for one of the specialists' meetings.
10. Gave one day's training to club leaders in food work in Rockingham County.
11. A committee of five home demonstration agents was called to Blacksburg.

just prior to the annual conference of all agents, to plan and advise with the club agent and food specialist on food projects for the year. The specialist put in two very busy days with this committee.

12. Gave food demonstrations in one new county which the state office is working up.

13. The nutrition specialist of various states got out a round robin. This state takes its part in this plan.

14. Judged the stories and reports submitted by women of the state taking part in bread making contest put on by the Soft Wheat Millers' Association.

15. Attended the annual meeting of the Virginia Home Economics Association in Richmond in November. Specialist was chairman of the Nutrition Section of the Association this year; she gave a report of nutrition work done by various people of the state; was reappointed chairman for the next two years (the only chairman reappointed); was elected news gatherer for the Association.

"Better Homes Day" Held At Parish House

Lynchburg Merchants Offer Prizes To Be Awarded In Dining Room Contest

(Special to The News)

Amherst, April 28.—Paul Fletcher, teacher of agriculture in the Amherst High School, is very proud of his stock judging and athletic team, which took part in the contests at Blacksburg last week.

Hampton Campbell, of Amherst, was not only one of the successful contestants in the stock judging team, which won the trip to Kansas City, but was also awarded the degree of Virginia Planter. This award was made on class-room merits and the amount of money made out of projects tried out and the manner in which it was invested.

The team of Kansas City is represented by the boys winning the four highest grades in the Blacksburg contests in the judging of hogs, beef cattle, horses and sheep.

Mr. Campbell's name was also placed in nomination as president of the organization known as "Future Farmers of Virginia."

Amherst Team Stood Eleventh.

In the track meet on the athletic field, the Amherst team tied for eleventh place in the contest.

Mr. Fletcher, who was called to his home in West Virginia on account of the illness of his father, has returned to Amherst.

Wednesday in the parish house at Ascension Episcopal Church, "Better Homes Day" was observed in connection with National Better Homes Week and the county dining room improvement campaign, which is being put on by the advisory boards of the home demonstration departments all over the state.

The meeting was called to order at 10:30 o'clock by Mrs. I. Paul Walker, president of the Amherst advisory council, and the Lord's prayer was repeated in unison, after which all present joined in singing "Home, Sweet Home," Mrs. W. D. Cox being the accompanist. Mrs. Cox also played as a piano solo, "Spring." The guests were welcomed by Mrs. Thomas Whitehead, president of the Amherst club, who welcomed especially the newly organized "Red Bud Garden Club" of Elon.

Mr. John C. Long, county home

demonstration agent, spoke briefly on dining room improvement, and introduced Miss McGowan, extension food specialist of V. P. I. Miss McGowan made many helpful suggestions as to interior decorating and especially as to dining rooms. Among other things she advised an attractive table, fresh walls of a pleasing color, soft light and fresh blossoms as being the requisites to produce a room of charm. She also stressed the fact that an unused room was not considered a home room because there was no home life in it, and stated that the room showed the qualities of the homemaker, because "it expresses you."

In discussing arrangement, Miss McGowan suggested that one take out everything that was not needed, and that the walls be simple in design and not prominent. In regard to paint, she advised the use of flat paint, and suggested that ivory walls were always good, especially for small rooms, with warmer colors for larger rooms. Various designs of wallpaper were shown with draperies to match, and suggestions were thrown out as to renovating old furniture.

In the afternoon Miss McGowan gave a demonstration in table setting for a formal dinner and breakfast service and engaged in a round-table discussion of what to serve and how to serve it. For this demonstration the silver and china were furnished by D. B. Ryland Co. and J. D. Moore & Sons, and the linen by J. R. Miller Co.

O. B. Ross, county agent, talked on whitewash, and advised that he would be glad to furnish approved formula for mixing same to anyone who would write him.

Mrs. Long talked on "The Southern Planter yard improvement contest," which is gaining each day in popularity, and many men in the county are becoming deeply interested in the project.

Mrs. George Ewers, secretary of the Elon club, discussed curb marketing and what it will mean to the women of the county, and Miss Drucilla Settle, who is in charge of the stall in Lynchburg, secured through the Chamber of Commerce, told of what has been accomplished since the opening of the stall the first of April.

Mrs. George Ewers of the Elon club, was awarded the prize of \$5, offered by the advisory council to the person securing the most entries for the dining room contest, Mrs. Ewers having securing 18 names. Mrs. George T. Harris of Madison Heights, came second, with five. There were thirty-seven contestants.

Prizes offered by Lynchburg merchants to those competing in the dining room contest are as follows:

Colophon rug by Schewel & Co. and Spina & Co.; mirror by McGowan; also one blue margin Bavaria to each contestant; table runner and six napkins by J. R. Miller Co.; 26-piece dinner set, Gilmer & Co.; 20-piece dinner set, Lynchburg Implement Co.; picture, "The Learning Tree" by Knapp, by J. P. Bell Co.; four towels, by Leggett's; silver dish by Knapp; curtains, by Snyder & Betman; buffet runner, by McGregor; hand-embroidered, modern center piece by D. Moore; 2 rope and piece of chaise, by D. L. Lavender of the Peoples National Bank.

Home Improvement
Amherst County

WEAKNESSES IN THE YEARS WORK - PLANS FOR NEXT YEAR

1. The preparation of too much subject matter was undertaken particularly when little provision was made by the persons planning the specialist's itinerary for this work to be done. As a consequence many nights and Saturday afternoons were spent on this work and the material was often rushed through when more time should have been given to it.
2. Too few news articles and other publicity material was prepared by the specialist. This was partly to the fact that she was very busy preparing subject matter. Next year during the months she will be in the state, she hopes to get out at least one news paper article a month and to prepare some material for the home demonstration agents to use in food publicity work.
3. Food work is developing in Virginia, but there is still not enough done. The specialist is even more convinced than ever that agents need more home economics training than many Virginia agents have, if they are to do food work. Many of the agents have to study the subject matter and are nervous over how a cooking demonstration will turn out. Agents can prepare material to use in clothing, home improvement or poultry demonstrations and carry that material over the state for months but food demonstrations have to be prepared for each time they are given and afterwards kitchens must be straightened up and dishes washed. Agents can not be expected to choose food work for their counties in preference to other kinds of work in the face of the difference in preparation and physical labor which it

involves and certainly not when they have had little preparation for the work. When the state is able to pay more salary and will require some economic training, food work should go more rapidly.

4. The district agents largely control the specialist's itinerary. She is quite willing, in fact likes to have them decide which counties of their districts shall be visited and which omitted, but when it comes to the division of time between field and office it seems that it would be fairer to the work as a whole if other things weighed equally with the plans of the district agents. In one instance this year the present plan had rather a serious effect on the work of the food department.

5. The specialist has no good way of knowing what food work goes on in the counties except a few reports of food units which come to her late in November. She would like to manage time next year to see weekly and monthly reports of agents that come to the state office.

6. An effort will be made to induce agents to use at least one local leader or helper in adult work. This means selling the idea to the district agent so she will agree to the agent's doing this.

7. The specialist has leave of absence for study at Columbia University from February 1, to early in June, 1929. This will cut her time quite short for next year.

SUBJECT MATTER

The attached material shows some of the large amount of subject matter prepared this year, all that has been put into permanent form. It is hoped that the weaknesses in this are not too glaring and that the material may be judged in the light of time time which the specialist was allowed for such work, part of the year going to resident teaching and field trips for the remainder of the year being kept up to about the usual average. It is fair to say that such effort and energy has gone into this part of her work.

The bulletin, "Dishes for Social Affairs" has been most enthusiastically received by the agents and by fellow specialists. One agent, Miss Lippard, writes:

"I think "Dishes for Social Affairs" is fine! In fact, I think its by far the most attractive bulletin in Extension Division."

Another agent, Miss Lawrence, says:

"The bulletin on "Dishes for Social Affairs" came yesterday, and I am simply delighted with it. I think it is the most attractive bulletin that has ever been gotten out by the Extension Division. It looks like a bulletin with a heart or soul one or the other, as the others before always looked so cold and uninteresting. Keep the good work going."

The specialist feels the two manuals are very useful and convenient for the county workers. All material for one project being in one piece it is much easier for the agent with her limited filing space and lack of office help to keep up with it.

One other piece of material, "Planning the family meals" has been prepared but has not been printed, so is not included here. Charts for this work

were prepared - 25 charts, 7 different ones. This meant much work as the specialist and her stenographer have the actual making of the charts and the copies of them, there being no one person in the Extension Division for making charts after they are worked out.

Part of the material for a Junior club has been prepared but was not finished because the state office decided in the middle of the year not to use that club very much this year. This material and also that on planning meals was sent out in typed form to certain selected agents. These agents used it and reported it as satisfactory. They were much pleased with having charts to use in the unit, "Planning and Serving the Family Meals."

Agents started in February using the new units for women and the new Junior clubs for which such material was prepared, so it was a race to keep them supplied with material. Almost all of the subject matter prepared was first sent out in typed form and used by the agents. This meant much copying and mailing. During January and February ($\frac{1}{2}$ day only given to Extension) there was prepared and sent out the following:

Subject matter prepared. 14 different pieces, consisting of 5 outlines, 5 stories and 4 demonstrations.

	<u>Typed</u>	<u>Mimeographed</u>
Total No. pages prepared	500 (12 sub.)	2 (2 sub)
" " " sent out	375	80
Wall charts prepared for use of agents	- 25 (7 different ones)	
" " sent out	- 20 of the above (others sent later)	
	3 " " ones made in 1927.	

STATISTICAL REPORT OF MARY B. MCCOWAN

STATE FOOD SPECIALIST

December 1, 1927 - December 1, 1928

(One-half of the time from January 1st to
April 1st given to resident teaching.)

Days in field	126 $\frac{1}{2}$
Days in office	119
Home Demonstration agents visited	37
Meetings of extension committees	40
Attendance	279
Other meetings	83
Attendance	5459
Letters written	1410
Different circular letters written	31
No. circular letters sent out	1525
No. bulletins sent out	1415
No. pieces of subject matter written and sent out	722
No. girls' clubs visited	15
No. women's clubs visited	27
No. demonstrations given	76
No. lecture demonstrations given	14
No. days annual leave	38
No. miles traveled by Auto	3167
No. miles traveled by Rail	6428

#8629

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
State of Virginia, Va. A. & M. College & Poly. Inst. & U.S.D.A. Cooperative
EXTENSION SERVICE

FOOD HABIT SURVEY

Community _____ County _____ Date _____

No. in Family _____?

No. of Children _____? Ages _____?

Do you have a cow _____?

Amount of milk used per day _____?

Do you use canned milk _____? If so how much per day _____?

Do you have a garden _____?

Do you raise fall and winter vegetables _____? Name them _____

Approximate number quarts vegetables canned _____?

Approximate number quarts fruits canned _____?

On an average how many vegetables other than potatoes, dried peas and beans
do you serve per day _____

Does your family eat fruit (fresh, canned, dried) daily _____?

Name _____

Address _____

SOURCES OF NUTRITION MATERIALUseful in Virginia Food Work

- Child Health Organization. Catalog. 370 Seventh Avenue, New York
- National Dairy Council. Catalog. 910 S. Mich. Ave, Chicago, Ill.
(after Hwy 1 '28, 307 N. Mich Ave.)
- Metropolitan Life Insurance Co., New York City
List of Nutrition Material
"Mother Goose;" "Rickets and Scurvy;" "Family Food Supply;" "Dyskinasia"
- Nutrition Dept. Battle Creek Sanitarium Battle Creek, Michigan
Bulletin, "Survey of Animal Experiments 1927"
Photographs of rats.
- Food Dept. Va. Extension Division Blacksburg, Virginia
Blue print chart, "The Essentials of a Normal Diet." McGowan
Rat and other animal pictures
Leaflet, "Fattickness and Food" Case.
Book, "Child Health Dramatized," Hallock.
- Farmer's Wife Publishing Company. St. Paul, Minnesota.
A Play, "The Vegetables Entertain" 10¢
- Miss Miriam Birdsago, Nutrition Specialist, Bureau of Home Economics.
List of Slides and Moving Pictures. Washington, D. C.
- New England Dairy & Food Council. 51 Cornhill, Boston, Mass.
- U.S. Bureau of Education, Dept. Interior. Washington, D. C.
List of Health Education Publications.
- National Child Welfare Association 70 Fifth Ave., New York.
List of Nutrition Posters.
- Children's Bureau, U.S. Dept. Labor Washington, D. C.
"Sunlight for Babies."
- John F. Jelke Company, 759 S. Wabash Ave, Chicago.
Booklet & Crayons, "Good Luck and Good Health" 10¢ oc. 5¢ in quantities.
(Attractive for prizes)

Agents and lenders will find the following useful for their own information:

- "Food, Nutrition & Health," McCollum and Simmonds, Price \$1.50
Published by the authors, Johns-Hopkins University, Baltimore, Md.
(Every H. D. A. in Virginia should own a copy of this book.)
"Food Facts for Every Day," Winchell, Lippincott Co. Philadelphia, \$.94
"Signs of Health in Childhood;" American Child Health Ass'n. 25¢
"Foundations of Nutrition;" Rose. Macmillan Publishing Co.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
 State of Virginia, Va. A & M College & Poly. Inst. & U.S.D.A. Cooperating
 EXTENSION SERVICE

FOOD UNITS FOR WOMEN

I. Plans for Social Affairs

Outline

1. Small Fancy Cakes
2. Frozen Desserts
3. Entrees or Icings
4. A Social Affair given by the Unit.

Material available

1. Bulletin No. 107 - for members
2. Manual, mimeographed No. 9230, of demonstrations for agents or leaders.

II. Meats

Outline

1. Tender and Tough Cuts
2. Soup Making with Meat
3. Reducing the Expense for Meat in the Diet
4. Meat Cutting
5. Pork, Lamb, Fish
6. Meat Canning

Material available

1. Bulletin No. 95 - for members
2. Demonstrations mimeographed Nos. 6656, 6659, 6697, 6700-07, 6608, 6643-47 - for agents or leaders.

III. Use of Green Vegetables and Fruits

Outline

No permanent form of outline was prepared for this unit when unit was adopted. Agents select demonstrations for themselves according to material in bulletin. They may be along this line:- "Unusual Ways of Preparing Ordinary Vegetables," "Winter Vegetables," "Salads," "Leafy Vegetables," "Fruits."

Material available

1. Bulletin No. 80

IV. Breads

Outline

No permanent form of outline was prepared for this unit when unit was adopted. Agents select demonstrations for themselves according to material in bulletin. They may be along this line:- "Yeast Breads," "Quick Breads," "Uses of Stale Bread," "Judging Breads."

Material available

1. Bulletin No. 89

V. Food Selection

Outline

1. Choosing the Days Food - Lecture demonstration
2. The Keen Meal at School
3. Home Feeding of the Sick
4. Protection Through Winter Diet - Lecture demonstration

Material available

1. Demonstrations mimeographed Nos. 7343, 7336, 7315, 7349, 7350, 7342, B-248.
2. Blue print chart - "The Essentials of a Normal Diet."

VI. Food Preservation

Outline

1. Equipment
2. Canning
3. Preserves, Marmalades, Conserves
4. Jelly Making
5. Pickles
6. Meat Canning

Material available

1. Bulletin No 79 - for members
2. Demonstrations mimeographed Nos. C7031-35 and C702

VII. Planning and Serving the Family Meals

Outline

Material prepared but not yet printed or mimeographed.

If limited number of agents wish this unit, material can be supplied in typed form for use of agents only. If wish completed material may be better to leave this unit for fall.

1. The Family Meals
2. The Very Young
3. School Meals
4. Table Service

Material available

1. Typed material for agents only
2. Charts
 - a. The Essentials of a Normal Diet
 - b. Four charts - Outline of a Day's Food
 - c. Three charts - Menu

Report Forms For Food Units

1. Monthly report card - for all units - 5001 (revised)
2. Final report sheet - for all units - 4966 (revised)

COOPERATIVE EXTENSION SERVICE OF THE HOME ECONOMICS
 State of Virginia, Va. A. & M. College & Poly. Inst. & U. S. D. A. Cooperating
 EXTENSION DIVISION

SERVING PLAN OF VEGETABLES AND FRUITS

Suggestions to Accompany Canning Plan

	<u>LEAVES</u> (1 serving per day)		<u>OTHER VEGETABLES</u> (2 servings per day)		<u>FRUITS</u> (2 servings per day)	
	Fresh or Stored	Canned	Fresh or Stored	Canned	Fresh or Stored	Canned
Sunday	Lettuce or cress	:	Turnips	: String beans	Oranges or grape - fruit	: Peaches
Monday	Cabbage (raw)	:	Carrots (cooked)	: Tomatoes	Apple Sauce	: Cherries
Tuesday	:	: Spinach	Onions	: Asparagus	Bananas or apples (raw)	: Plums
Wednesday	:	: Kraut	Salsify or parsnips	: Green peas	Baked apples	: Blackberries
Thursday	Cabbage (cooked)	:	Rutabagas	: Tomatoes	Apple salad	: Baked pears
Friday	Kale	:	Beets or celery or Onion	: Corn	Apples (raw)	: Fruit Juice
Saturday	:	: Turnip greens	Carrots (raw)	: Lima beans	Lemonade	: Raspberries

NOTE:- In addition to the above a family would have daily; one to three servings of such foods as, Irish potatoes, sweet potatoes, rice, and dried peas and beans.

#8962

VIRGINIA CANNING PLAN

Name of Club Girl or Woman _____

Product	Frequency of Use	Amt. to Can for Family of Five	Amt. to Can for My Family of _____ Members.
LEAVES (Greens)	Three times a wk.	60 qts. to last 4 months (1½ qts. per day)	
	(Four times a week use fresh or stored, as cabbage, turnip tops, lettuce, water cress, kale.)		
TOMATOES	Twice a week	64 qts. to last 8 months (1 qt. per day)	
OTHER VEGETABLES (not including potatoes, dried peas and beans)	Five times per wk.	120 qts. to last 6 months (1 qt. per day)	
	(Seven times per week use fresh or stored, as turnips, cabbage, carrots, parsnips, onions, salsify, celery, beets, rutabagas.)		
FRUITS	Six times per week	192 qts. to last 8 months (1 qt. per day)	
FRUIT JUICE	Once a week	16 qts. to last 8 months (1/2 qt. per day)	
	(Seven times per week use fresh or stored fruits, as apples, bananas, oranges, lemons, grapefruit.)		

The above amounts of canned leaves and other vegetables can be reduced using a cold frame or hot bed. This would give more weeks when fresh produce are in the garden.

If the supply of oranges, grapefruit and lemons is cut short, increase the number of cans of tomatoes.

LEAVES AND VEGETABLES SUITABLE FOR CANNING

Turnip greens
Spinach
Kraut
Swiss chard
Dandelion greens

Tomatoes
String beans
Asparagus
Green peas
Okra
Corn

Green lima beans
Soup mixture
Carrots (a few) Should be stored
Beets (a few) Should be stored
Egg plant
Squash

DISHES
for
SOCIAL AFFAIRS

Recipes for Use in the Food Unit
"Dishes for Social Affairs"

Mimeographed material No. 9230 is the agent's and leader's manual to accompany this bulletin.

Many of the recipes in this bulletin are from private sources; others are compiled from these publications:

Boston Cooking School Cook Book—Farmer.
Theory and Practice of Cookery—Williams and Fisher.
What to Serve at Parties—McCall's Magazine.
Institution Recipes—Smedley.
New Book of Cookery—Betty and Mary Lyles Wilson.

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The Extension Division carries the Agricultural College and United States Department of Agriculture to the farmer and farm home. It endeavors to meet their problems in soils and crops, horticulture, dairying, live stock, poultry, agricultural engineering, home economics, agricultural economics, and community development. This is done by personal visits, meetings, and correspondence of County Farm and Home Demonstration Agents and Specialists, through boys' and girls' and women's club work, cow testing and purified live stock and other associations and organizations, and the distribution of bulletins, circulars, newspaper articles, etc.

Application for information or assistance with any farm or home problem should be made to the Director of the Extension Division, Blacksburg, Virginia.

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SMALL FANCY CAKES

Hearts Delights

2 cakes cream cheese
½ pound sweet butter
¾ cup chopped pecans
2 cups flour
Guava jelly



Cream together cheese and butter and work in flour with the finger tips. Chill thoroughly. Roll out thin on a slightly floured board. Spread with jelly and sprinkle with nuts. Roll like a jelly roll. Cut in ½-inch pieces. Place cut side down on a greased pan. Bake in a hot oven (400 degrees F.) for ten minutes or until they are brown.

Filled Cakes

Remove centers from muffin cakes made of sponge cake, angel cake, or butter cake. Reserve the top of the centers for "lids." Fill centers with whipped cream, put on lids. Ice with pink, green, or white icing.

Snow Balls and Cinnamon Balls

"Cut" balls of cake, dip in icing, then in cocoanut to form snow balls. For cinnamon balls, dip in icing, then in powdered cinnamon and sugar mixed.

Sponge Cake

4 eggs	1 cup flour
1 cup sugar	1 tablespoon lemon juice, or
¼ teaspoon salt	1 teaspoon vinegar

Beat whites and yolks separately. Put sugar with whites and lemon juice with yolks and beat each one well. Add whites to yolks, beat, cut and fold in flour sifted with salt. Drop by spoonfuls on an ungreased sheet, or bake in muffin tins — 12 to 15 minutes in moderate oven. For a loaf, bake 45 minutes in moderate oven.

Peanut Cookies

4 tablespoons butter	1 cup flour
½ cup sugar	4 teaspoons milk
1 egg	1 teaspoon lemon juice
1 teaspoon baking powder	1 cup chopped peanuts

Cream butter and sugar and add egg, well beaten. Sift dry ingredients together and add one-half to the other mixture. Add milk and lemon juice and then rest of flour. Drop from a teaspoon on a baking sheet, placing them one inch apart. Place one section of a peanut on each cookie and bake 10 to 15 minutes.

Date Bars

1 cup stoned dates	1 tablespoon melted fat
1 cup nuts	1 tablespoon lemon juice
1 cup powdered sugar	4 tablespoons flour
2 eggs	$\frac{1}{2}$ teaspoon salt

Put dates and nuts through food chopper. Add sugar and beaten eggs, and mix well. Add melted fat, lemon juice, flour, and salt, and mix thoroughly. Spread evenly in a greased shallow pan, having mixture $\frac{1}{4}$ inch deep. Bake in a moderate oven (325 degrees F.) about 30 minutes. While hot, cut in strips and roll in powdered sugar before serving.

Venetian Cakes

$\frac{1}{2}$ cup butter	1 cup almonds
$\frac{1}{2}$ cup powdered sugar	1 teaspoon vanilla
1 $\frac{1}{2}$ cups pastry flour	yolks of 3 eggs

Cream butter and sugar until very light; add yolks well beaten, then almonds, blanched and cut in strips; mix; add vanilla and stir in flour. Take a small piece at a time, drop in powdered sugar, roll between hands into a ball one inch in diameter. Press an almond on the top. Place balls a little distance apart on floured pans and bake 10-15 minutes in a moderate oven to a pale color. They will flatten in baking.

Cocoanut Cornflake Macaroons

1 can Southern style cocoanut (or 1 package shredded cocoanut)	Whites of 2 eggs beaten stiff
	1 cup sugar
	2 cups cornflakes
	pinch of salt

Mix all together thoroughly. Drop by teaspoon on a greased pan and bake in moderate oven — 325 degrees F.

ICINGS AND DECORATIONS

Fluffy Frosting

Add $\frac{1}{2}$ cup boiling water to $1\frac{1}{2}$ cups sugar. Boil together until the syrup forms a nice long thread that blows from side to side. Cool a bit and add slowly to the stiffly beaten whites of 2 eggs. Beat with Dover beater until stiff enough to spread. Add a few drops of vanilla and put over hot water. Cook, beating all the time until it fluffs. Good test is, when scraped from bottom of saucepan it leaves a clean place and it sounds dry or sugary.

Remove, beat, put on cake thick. This icing holds its shape, does not run off.



Cream Icing

8 tablespoons evaporated cream
4 cups XXXX sugar

2 tablespoons butter
1 teaspoon vanilla

Cream butter and add sugar and cream. Put over hot water, add vanilla and stir into creamy icing. When taken off, let cool a little before icing cakes. If it gets stiff, beat, and if necessary put back over hot water. This can be kept several days. If too hard after cooling, add cream.

To make chocolate icing, add cocoa to taste.

Brown Sugar Icing

4 tablespoons sweet cream
 $\frac{1}{4}$ cup butter

2 cups light brown sugar

Mix as above, adding cream a little at the time.

Comfort Frosting

$2\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup light corn syrup

$1\frac{1}{2}$ teaspoons vanilla

$\frac{1}{2}$ cup water
2 egg whites

Put together sugar, corn syrup, and water. Cook to 242 degrees F.

Stop the cooking but leave saucepan where syrup will not become cold. Quickly beat the egg whites until stiff, using a Dover beater. If a wire whisk is used, beat eggs before the syrup is done to prevent syrup standing too long.

Pour hot syrup slowly into the beaten whites; beat while pouring. Use a wire whisk instead of a Dover beater because of

the stiffness of the frosting. Add vanilla, continue beating until the mixture is almost cold and will hold its shape when spread on a cake.

This frosting seems thicker than ordinary boiled frosting, but if spread too soon it will "run." It can be kept in a closely-covered jar or other container for a week or more. Because of the large proportion of corn syrup used, sugar crystals do not form when frosting stands. Should it become stiff from evaporation of water, soften by adding a small amount of boiling water (about one teaspoonful).

It is easily spread on a cake, and is nice looking because of its gloss, and the fact that it holds its shape and can be heaped up and swirled around. When cut it does not chip or crack but has somewhat the texture of divinity candy. It can be cut without breaking, even after five days. This frosting had the highest score of those tried in the frosting investigation. The average time required for its making is 30 minutes.

For chocolate Comfort Frosting, add 4 squares of melted chocolate (4 ounces) to the frosting during the final beating.

Cake Decorations

For roses, violets, sweet peas, use paper cone or pastry bag and tube. The opening in paper cone should be V-shaped. Color the icing a delicate rather than an intense shade.

Gum drops, nuts, candied or maraschino cherries are useful for decorating cakes. For sprays of cherries use whole or halves of candied or maraschino cherries with stems of citron or angelica.

For George Washington cake, place five blanched almonds in the center of cake, arranging them like the spokes of a wheel. Put cherry sprays at intervals in a circle between the almond spokes and the outer edge of the cake. A few sprays may be placed on the side of the cake also, with an almond between each spray. For small cakes, one spray may be used.

Miniature Christmas trees for a child's party are made by dipping small cone-shaped gum drops in syrup of sugar and water, then rolling in tiny colored candies. Fasten these on with tooth-picks.

Cakes iced plain, if the icing is well made and neatly put on, are more attractive and more tempting looking than those with fancy decorations used in a careless or inartistic manner.

FROZEN DESSERTS

An ice is fruit juice, sugar, and water, frozen.

A sherbert is an ice with white of egg or gelatine added.

A frappe is a granular ice.

Philadelphia ice cream is thin cream sweetened, flavored, and frozen.

Plain ice cream is a custard foundation with thin cream, flavored and frozen.

A mousse is heavy cream beaten stiff, sweetened, flavored, placed in mold, packed in ice and salt, and allowed to stand three hours.

Parfait is sugar syrup poured over beaten whites of eggs, whipped cream added, placed in molds, and allowed to stand until frozen.

Plain Ice Cream

(Vary flavor and use as foundation of any cream)

1 pint milk	2 eggs
1 cup sugar	2 tablespoons flour
1 pint cream	

Scald milk; mix together sugar, flour, and egg yolks slightly beaten. Add scalded milk slowly. Fold in whites of eggs beaten stiff. Cook over hot water, stirring almost constantly until custard will coat the spoon. Strain through fine strainer. When cold, add flavoring and cream and freeze. This may be made with three eggs and one quart of milk, instead of milk and cream, but even a cup of cream is a great improvement.

Flavoring: Vanilla Cream—2 tablespoons vanilla
Strawberry Cream—1 box strawberries crushed
Peach Cream—1 quart peaches, pared and crushed
Chocolate Cream—4 ounces chocolate melted (unsweetened)

Orange Delicious

2 cups orange juice	1 cup water
2 cups heavy cream	1 cup cream
2 egg yolks	¼ cup shredded candied orange peel
2 cups sugar	

Boil sugar and water eight minutes, add orange juice. Scald cream, add yolks of eggs, and cook over hot water, stirring constantly until mixture thickens. Cool, add to first mixture with heavy cream beaten stiff. Freeze. When nearly frozen, add orange peel.

This can be made more elaborate by lining a melon mold with orange ice, fill with orange delicious, pack in salt and ice, and let stand one and one-half hours.

Lemon Ice

1 quart water
1½ pounds sugar

4 large lemons
1 orange

Make syrup by boiling sugar and water together five minutes. Add grated rind of the orange and of one lemon. Add the juice of the orange and lemons. When the syrup is cool, strain and freeze.

Strawberry Ice

1½ cups sugar
4 cups water

2 cups strawberry juice
1 tablespoon lemon juice

Make syrup by boiling sugar and water together five minutes. Cool, add strawberry juice (crushed berries, strained through cheese cloth or ricer) and lemon juice. Freeze.

Angel Parfait

¼ cup water
1 cup sugar

1 egg white
1 pint double cream
2 teaspoons vanilla

Boil sugar and water without stirring till it spins a thread. Remove from stove, add slowly to the stiffly beaten egg white, and continue to beat until thick. Add vanilla and a few grains of salt and combine with cream (which has been beaten until solid). Turn into Frigidaire pan and allow to freeze without stirring. This may be served with canned apricots, maraschino cherries, or fresh strawberries, and is a very easily prepared dessert.

Peach Dessert a la Bland

Fill baking powder cans with home-canned peaches. Pack in ice and salt and freeze. Arrange slices of cake on individual dessert plates. Open the can of frozen fruit and slip contents out on a platter. Slice, put one slice on each piece of cake; top with whipped cream. Sprinkle with chopped nuts. Any kind of plain cake may be used, sponge, angel, or butter cake. Lady fingers also may be used. This dish offers a chance to use up cake that is slightly stale.

ENTREES

Shrimps, Louisiana Style

2 tablespoons butter	$\frac{1}{2}$ cup heavy cream
1 teaspoon chopped onion	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup canned shrimp (1 small can)	$\frac{1}{4}$ teaspoon celery salt
$\frac{1}{2}$ cup hot boiled rice	Few grains cayenne
	3 tablespoons tomato sauce

Cook butter with onion five minutes, stirring constantly. Add shrimps, broken in pieces, rice, and heavy cream. When thoroughly heated add salt, celery salt, cayenne, and tomato sauce. Serve in croustades or bread boxes.

Chicken Timbales

2 tablespoons butter	$\frac{1}{2}$ tablespoon chopped parsley
$\frac{1}{4}$ cup stale bread crumbs	2 eggs
$\frac{1}{2}$ cup milk	salt
1 cup chopped cooked chicken	pepper

Melt butter, add bread crumbs and milk, and cook five minutes, stirring constantly. Add chicken, parsley, and eggs slightly beaten. Season with salt and pepper. Turn into buttered individual molds, having molds two-thirds full; set in pan of hot water, cover with buttered paper, and bake 20 minutes. Serve with Bechamel Sauce, Brown Sauce, or Brown Mushroom Sauce.

Jellied Chicken

Dress, clean, and cut up a four-pound fowl. Put in stew-pan with two slices onion; cover with boiling water, and cook slowly until meat falls from bones. When half cooked, add one-half tablespoon salt. Remove chicken, reduce stock to three-fourths cup, strain, and skim off fat. Decorate bottom of mold with parsley and slices of hard-boiled eggs. Pack in meat, free of skin and bone, and sprinkle with salt and pepper. Pour on stock and place mold under heavy weight. Keep in a cold place until firm. In summer it is necessary to add one teaspoon dissolved granulated gelatine to stock.

Ham Mousse

1 tablespoon granulated gelatine	1 teaspoon mixed mustard
$\frac{1}{2}$ cup hot water	$\frac{1}{2}$ cup heavy cream
2 cups chopped cold boiled ham	Few grains cayenne

Dissolve gelatine in hot water and add to ham, which has been pounded in a mortar. Season with mustard and cayenne; add cream beaten until stiff, and turn into a mold, first dipped in cold water. Chill, remove from mold, garnish with parsley, and serve with Epicurean Sauce.

Creamed Oysters

Parboil one pint oysters until edges curl; drain and strain liquor through fine wire strainer or through cheese cloth. Melt 3 tablespoons butter, add 3 tablespoons flour, 1 cup of oyster liquor. Cook until smooth and thick. Add $\frac{1}{2}$ cup heavy cream, salt and pepper to taste, and $\frac{1}{4}$ teaspoon paprika. Add oysters and when heated stir in the yolks of 2 eggs diluted with a little cream, slightly beaten before adding. Serve at once.

Swedish Timbales

$\frac{3}{4}$ cup flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 or 2 egg yolks
1 teaspoon sugar	1 tablespoon olive oil

Mix dry ingredients, add milk gradually, and egg slightly beaten; then add olive oil. Let stand over night if possible, thus preventing bubbles. Shape, using a hot timbale iron; fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

Croustades

Cut $2\frac{1}{2}$ -inch slices from bread 24-48 hours old. Cut into squares. Remove crusts, take out centers, leaving boxes. Brush with melted butter; brown on all sides in oven.

Brown Sauce

$\frac{1}{4}$ cup butter	6 peppercorns
1 slice carrot	5 tablespoons flour
1 slice onion	2 cups brown stock
Bit of bay leaf	salt and pepper
Sprig of thyme	
Sprig of parsley	

Cook butter with carrot, onion, bay leaf, thyme, parsley, and peppercorns, until brown, stirring constantly, care being taken that butter is not allowed to burn; add flour, and when well browned add stock gradually. Bring to boiling point, strain, and season with salt and pepper.

Brown Mushroom Sauce

To one cup brown sauce add one-fourth pound mushroom caps peeled, sliced, and sauteed in butter five minutes.

Epicurean Sauce

3 tablespoons mayonnaise dressing	$\frac{1}{4}$ cup heavy cream
2 tablespoons grated horse radish root	1 teaspoon English mustard
$\frac{1}{2}$ teaspoon salt	Few grains of cayenne

Beat cream until stiff, using an egg beater. Remove beater and stir in remaining ingredients.

BEVERAGES AND ACCESSORIES

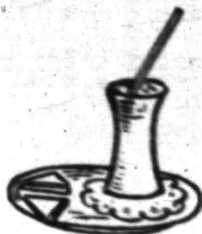
To Serve 50 Persons

Coffee

1½ pounds coffee
2¼ gallons of water

Tea

¾ cup tea
10 quarts boiling water
Steep not over 3-4 minutes.



Lemonade

6 cups sugar } make syrup
1 quart water }
3 dozen lemons
8 quarts cold water

Reception Chocolate

1 pound chocolate
3 cups sugar
8 quarts milk
¼ teaspoon salt
2 cups boiling water

Scald milk. Mix chocolate, sugar, and salt, adding enough boiling water to make a smooth paste; add remaining water and boil five minutes; pour into scalded milk. Beat two minutes, using egg beater.

Fruit Punch (I)

(7 quarts)

1 quart water
1 pint grated pineapple } syrup
1 quart water }
2 pounds sugar }
5 quarts water
1 pint hot tea
6 oranges
6 lemons
1 pint grape juice

Mix one quart water and one pint of pineapple and boil fifteen minutes. Strain and add the syrup made by boiling together two pounds of sugar and one quart of water ten minutes; add hot tea, orange and lemon juice, grape juice, the five quarts of cold water, and a large piece of ice. Fresh or candied cherries or strawberries may be used as a garnish. Serve in small sherbert glasses.

Fruit Punch (II)

3 cups water
6 cups sugar
3 cups tea infusion
3 quarts charged water
3 cups maraschino cherries
6 cups strawberry syrup
juice of 15 lemons
juice of 15 oranges
3 cans grated pineapple

Make syrup by boiling water and sugar ten minutes; add tea, strawberry syrup, lemon juice, orange juice, and pineapple; let stand thirty minutes, strain, and add ice-water to make three and one-half gallons of liquid. Add cherries and charged water. Serve in punch-bowl, with large piece of ice. This quantity will serve one hundred and fifty.

Salted Almonds

Blanch almonds by putting into boiling water. Let remain until skins are loose, then remove from water and take off skins. Dry on a towel.

Put almonds in shallow pan and roast in a moderately hot oven, stirring frequently until they are a delicate brown. Add a very small piece of butter, stir so as to bring all the almonds in contact with the butter. Pour out the almonds on brown paper to drain. Sprinkle freely with salt.

Almonds may be cooked in hot fat instead of being roasted in the oven.

Stuffed Dates

Remove stones from dates, fill the cavities with nuts, crystallized ginger or cheese and roll in granulated sugar.

Stuffed Celery

Use the tender, small pieces of celery. Fill the hollows with cream cheese or American cheese which has been mixed with enough cream to make of packing consistency. Olives or nuts may be added to the cheese if desired.

Informal Tea

Tea Coconut cornflake macaroons Salted peanuts
Heart Delights ——— Tea

Simple food and informal service on the piazza, in the living room, or from a shady spot of the lawn, is a delightful way of entertaining. Have a pot of freshly made tea and a small kettle of hot water, or have hot water and tea ball; sugar, lemon, cream, etc.; plate or basket of cakes; cups, spoons, plates. A tea wagon is convenient for this service.

4-H Club Party

Muffin cakes or cake squares iced white, with green 4-leaf clover on top
Fruit punch

Cottage cheese, nuts, and whole wheat bread sandwiches
(cut in 4-leaf clover shape)
Sweet apple cider

A graceful thing for adults to do is to give 4-H club boys and girls a party. The refreshments should be simple and wholesome, avoiding "pop" and too many weiners.

Buffet Supper

Chicken timbales or Creamed oysters
Small baking powder biscuits Olives or stuffed celery
Pineapple, date, apple salad
Angel parfait Coffee

Arrange the table attractively with a handsome all-over cover or with runners and mats of lace or other fine quality material. Place silver, napkins, plates, and cold food on table or buffet, with hot food in chafing dish or on grill or brought from kitchen as needed.

Guests supply themselves with plates, silver, and food, the men assisting the ladies. Guests sit where they please about the rooms or small tables may be placed in the dining room and living room for their use.

Outline of UnitDISHES FOR SOCIAL AFFAIRS

- I. Small Fancy Cakes
 - II. Frozen Desserts
 - III. Entrees or
Icings
 - IV. A. Social Affair Given by the Unit
-

Recipes for this unit are in Bulletin No. 107. This bulletin should be ordered for the members of the unit. In addition to recipes on the subjects named in the outline, the bulletin contains recipes for a few accessories and for large quantity beverages, also menus for social occasions. These are for the help of the group when entertaining.

Small Fancy Cakes

Demonstrate: 1. Filled Cakes

2. Snow balls and Cinnamon balls

3. Icing

4. Coconut Cornflake Macaroons

5. Hearts Delight (if time permits)

I. Preparation Before Demonstration Begins:

Get all materials and utensils ready. Sift flour, open can of coconut; cream butter; whip cream; grease pans for macaroons and hearts delight; chop nuts.

II. Introduction

III. The Body of the Demonstration:

1. Hearts Delight

Prepare pastry, put on ice. Use one-half of recipe.

State proportions of recipe as dish is put together. This mixture is rich and not very digestible but is intended for occasional use only. Cottage cheese could be substituted for cream cheese.

2. Filled and Decorated Cakes

Make sponge cake, put to bake in small muffin tins and in square layer cake tins. Use whole recipe.

Proportions of recipe given as used. Classes of cakes are; sponge - butter. Sponge cake much more digestible than rich cakes, such as fruit cake, layer cake, etc. May be given to children. Recipe an old family one of food specialist, is inexpensive, makes good quality cake.

Bake in ungreased pans. Paper in bottom of pan helps in keeping uniformly delicate crust.

Oven should be slow - 250 degrees F. for loaf sponge cake, moderate - 350 degrees F. for small muffins. For loaf cake the oven should turn a piece of white paper light brown in five minutes.

As a guide in keeping oven regulated, give rule for "quarters in baking."

3. Coconut Cornflake Macaroons

Prepare and bake. Use one-half of recipe.

Proportions of recipe given as used. These macaroons simple to make. Very popular with children. Remember, however, that coconut is in them and children

Small Fancy Cakes

should be restrained from eating too many of them.

Kisses which are very popular for social affairs are very similar to these macaroons. Kisses are egg whites and sugar, with nuts, dates, etc. added. A general proportion is 2 egg whites, 1 cup sugar and from $\frac{1}{2}$ to 1 cup of nut meats.

Date Kisses are, 2 egg whites, 1 cup powdered sugar with 1 cup nuts and 30 chopped dates.

Cupid Kisses are, 6 egg whites, 3 cups sugar, 1 cup nuts, made up of almonds, pecans and English walnuts.

4. Shape and bake hearts delight, while this is being done have helper start icing.

5. Fill and cover sponge cake.

a. Filled Cakes

Remove centers from muffin cakes fill with whipped cream, put on lids. Ice with white or colored.

b. Snow balls and Cinnamon balls.

"Cut" rounds of cake, dip in icing, then in coconut, forming snow balls; for cinnamon balls, dip in icing then in powdered cinnamon. Cinnamon may be mixed with sugar before cakes are rolled in it.

Filled cakes are delicious to serve with an ice; rather too rich for use with ice cream. For a tea or reception the refreshments might be, an ice, such as orange, strawberry, pineapple, lemon or grape, a filled cake and a small cup of black coffee, with any small accessory desired, such as salted nuts. See that the color of the ice and the icing harmonize.

Use two forks to "cut" sponge cake. Angel cake may be used for filled cakes.

A butter cake may be used instead of sponge cake for these balls or for other fancy cakes. When that is done a cutter may be used for the shaping.

In addition to variation shown in demonstration, various fancy shapes, such as hearts, half moons, etc. may be prepared and they iced white or a delicate pink or green. Be very careful to have the icing a delicate tint rather than intense. A safe way to add coloring is to put out some icing in a teaspoon, add color then mix it with the lot of icing. Continue doing this until the desired tint is secured.

For shorter demonstration, omit filled and shaped cakes and use peanut cookies instead. Or use rolled cookies, cutting them various shapes and decorating in different ways. Nuts, bits of candied cherries, citron, etc., offer many possibilities.

<u>SUPPLIES</u>	<u>Small Fancy Cakes</u>	<u>EQUIPMENT</u>	
Ice		Mixing bowls (small)	2
Cream cheese	1 cake	Large platters	2
Butter	1/4 lb.	Small platter	1
Small amount of jelly		Broad board	1
Flour	2-1/2 cups	Rolling pin	1
Pecan nut meats	3/8 cup	Sifter	1
Egg whites	8	Shallow baking pans	2
Egg yolks	4	Small muffin tins	1
Sugar	5 cups	Tea cup	1
Salt		Measuring cup (half-pint)	1
Vanilla		Tablespoons	2
Lemons	1	Teaspoons	1
Whipping cream	1/4 - 1/2 cup	Double boiler	1
Cinnamon		Saucepans (different sizes)	2
Cocoanut	1 can	Sharp knife	1
Corn flakes	1 cup	Case knife	1
Coloring		Dover egg beater	1
		Wire egg beater	1
		Dish towel	1
		Dish cloth	1
		Hand towel	1

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<u>SUPPLIES</u>	<u>Frozen Desserts</u>	<u>EQUIPMENT</u>	
Ice		Ice bag and mallet	1
Coarse salt		Freezers	2
Milk	1/2 cup	Saucepans	2
Heavy cream	1/2 pint	Double boiler	1
Oranges	4 - 6	Bowl for whipping cream	1
Sugar	2 cups	Dover egg beater	1
Strawberries	1/2 - 1 box	Cup	1
Peaches	1 can	Measuring cup	1
Plain cake or lady fingers		Tablespoons	2
Nut meats	8 - 10 pieces	Knife	1
		Lemon squeezer	1
		Fruit press or cheese cloth	1
		Dish, bowl or small plates	3 - 4

Frozen Desserts

- Demonstrate: 1. Orange Delicious
 2. Strawberry Ice
 3. Peach Dessert a la Bland or Angel Parfait.

I. Preparation Before Demonstration Begins:

Pack can of peaches in ice and salt. Squeeze juice from fruits. Get other materials and equipment ready. See if freezers work smoothly.

II. Introduction:

Probably no other one class of dishes is more universally liked for special occasions than frozen dishes; ice cream, ices, etc.

III. The body of the Demonstrations:

1. Orange Delicious
 Use one-half of recipe. Put milk to scald. Put water and sugar to boil; mix and cook eggs and cream; put both mixtures to cool.

State proportions of recipe as dish is put together.

A low temperature is the proper one for cooking both eggs and milk. A substance in milk called albumin is toughened by cooking at a high temperature. White of egg is almost pure albumin and water. Everyone knows how tough white of egg becomes when it is boiled. The custard foundation of ice cream should be cooked over hot water in order to have a low temperature.

There are two classes of ice cream: (1) Plain ice cream; (2) Philadelphia ice cream. The first has a custard foundation; the second is uncooked with thick cream added.

A Mousse is a heavy cream beaten stiff, sweetened, flavored and frozen without stirring. Is packed in two parts of ice to one part of salt.

2. Strawberry Ice
 Use whole or half of recipe.
 Put sugar and water to cook.

An ice is easy to make; the materials for it are simple and are easily kept on hand, particularly if a housekeeper cans fruit juices. An ice is very refreshing on warm days, it makes an acceptable light sweet to use with a hearty meal, it offers another way to get fruit into the diet.

A sherbert is a water ice with white of egg or gelatine added. The following make delicious ices: lemon, raspberry, pineapple.

3. Finish Orange Delicious; beat cream, put all parts together. Freeze

4. Put strawberry ice together and freeze.

5. Prepare Peach Dessert. Whip cream; open can of fruit; arrange the dessert, using one large dish or individual plates.

The best proportion of ice and salt for freezing creams, sherbert, or water ice is three parts ice to one part salt. This gives a smooth consistency. Equal parts ice and salt are used for frappes. This freezes quicker but gives a granular consistency.

To pack mixture in ice and salt, fill mould to over-flowing, cover with buttered paper, butter side up. Put on cover, tie narrow strip of buttered cloth around the edge of lid. Bury in mixture of four parts ice to one part of salt.

To remove frozen mixture from can, open can, dip quickly into warm water, allow mixture to slide out.

Parfait could be used instead of the peach dessert a la Bland. If a business meeting is held, fix parfait before the meeting. By the time the business session and the remainder of the demonstration are over, the parfait will be frozen. It is not necessary that the audience see the parfait prepared.

If plain ice cream is not made, take time to go over the recipe carefully. Much ice cream is poor in quality and many even excellent cooks seem to know little about making it. Good quality materials, right proportion of ingredients, low temperature for cooking with frequent stirring are necessary.

If custard curdles, remove at once from fire, turn into cold bowl beat with a Dover beater. Frequent cause of curdling is too long heating.

There are tin freezers that can be bought for thirty-five to fifty cents, very convenient for demonstrations.

An ice bag and mallet can be bought for fifty-nine cents, is a convenience and labor saver for demonstration agents.

Icings and Decorations

Demonstrate: 1. Comfort Frosting or Fluffy Frosting.

2. Cream Icing or Butter Icing

3. A Few Ways of Decorating.

Ice one large cake and a few small ones. Have member of unit furnish the cake; or may use an inverted cake pan and small cups to represent the cakes. However, icing the real cake is more satisfactory to the group.

I. Preparation before Demonstration begins:

Get materials and equipment ready. Put water to heat.

II. Introductions:

Icing or other decorations make cakes look festive and for this reason are attractive for social affairs. Icing offers a simple way to help carry out a color scheme.

III. The Body of the Demonstration:

1. Prepare "Comfort" or "Fluffy" frosting. Boil sugar and water, beat whites of eggs; put together, return to cook over water.

The person who invented Fluffy Frosting, made a fortune. Probably her invention was due to a mistake. Both this and Comfort frosting are much like divinity in texture and appearance. They do not crack when cut as the regular icing often does.

2. Apply icing; decorate, if this is to be done.

For a firmer, crustier icing use boiled icing. Fondant makes beautiful icing. It is much used for small fancy cakes. Keep over hot water and use as needed (that is, one does not have to work so fast as with boiled icing.)

3. Make Cream or Butter icing.

The filling for jets is made like cream or butter icing.

4. Decorate, if this is to be done.

These icings may be varied by using brown sugar instead of white; or cocoa or chocolate may be added. Again they may be colored yellow and flavored with orange.

In making this kind of icing use XXXX sugar. This is the finely powdered kind that is smooth like starch. The XXX kind has a little grain.

These icings make nice filling also, specially when nuts, raisins, etc., are added. Put on layer of filling, sprinkle with nuts, then more filling. This prevents discoloration as when raisins are beaten into hot filling.

Simple Decorations

Flowers, as violets, sweet peas, roses, etc., may be made with pastry bag and tube or with a paper cone. Form the cone, of writing paper, with opening at point no bigger than pin head. Cut off point to make an opening the size of a lead pencil. From this cut a V shaped opening. Leaves and the above flowers can be formed. If agent has had no experience it is better to get a woman of the community to show this, or agent may use other forms of decoration.

Gum drops may be cut and used. Nuts, candied or Marachino cherries also help out.

For a Washington's Birthday cake, make a spray of cherries by using candied or Marachino cherries cut in halves with stems made from angelica or citron. These may be placed at intervals in a circle on the top of the cake. In the center put five blanched almonds arranged like spokes. Around the side of the cake have another spray at intervals, an almond between each spray.

On small cakes one spray is sufficient. Or a tiny cherry tree can be made by putting bits of cherry with branches and trunk of thin strips cut from oblong green gum drops.

For St. Patrick's Day make green tree decorations. For trunks add four tablespoons of cocoa to 3/4 cup frosting. Put this on with pastry bag and tube (just press icing out of bag in crinkly shape); the trunks on the side of the cake. Tops of trees on the top of the cake are made of pistachio nuts arranged to simulate branches of tree. Instead of pistachio nuts use any kind of nuts and pour over the nuts green icing.

Cone shaped gum drops may be cut in half, dipped in syrup of sugar and water, rolled in tiny colored candies, the halves placed in the icing on the cake representing Christmas trees. For children's parties, the gum drops may be left whole and after being rolled in the candies they may be fastened in standing position on the cake, a tooth pick holding them in place. They are quite like miniature Christmas trees.

Small cakes are attractive with nuts only as a decoration. Use green colored icing, place four blanched halves of almonds with their pointed ends together at the center of the cake, (peanuts may be used). A tiny circle of citron may form the centre around which to place the nuts. Nuts of any kind, chopped finely may be used to make four or five curved lines that form a whirl radiating from the center of the little cake.

For Valentine, bake butter cake in a sheet, cut into heart shapes ice pink and decorate with an edge of tiny candied hearts.

Icing may be colored with prepared vegetable coloring put up by the various extract companies. To add color, take up some icing in a spoon add a bit of coloring, mix well, then mix this in with the whole amount of icing to be colored. Proceed in this manner until desired tint is secured. This helps prevent getting too much color. A tooth pick is handy for adding coloring.

The importance of a delicate, rather than intense, coloring should be stressed. The icing demonstration would be very valuable if it showed only the making of the icing and how to tint it properly.

Perfect icing, neatly put on makes a more attractive large cake and more tempting looking small cakes than fancy decorations put on in a careless or inartistic way.

Supplies

Sugar (XXXX)
Butter
Coloring
Cream
Eggs

Equipment

Double boiler	1
Saucepan or bowl	1
Bowls or cups for coloring parts of the icing	1 or 2
Spoons	
Dover egg beater	
Bowl or platter for beating eggs	1
Plates or card board on which to lay cakes as iced.	

ENTREES

- Demonstrate: 1. Chicken Timbales) (Ham Mousse
and) or (and
Brown Mushroom Sauce) (Epicurean Sauce
2. Creamed Oysters or Shrimp Louisiana Style
3. Timbalé Cases and Croustades

I. Preparation before Demonstration begins:

Chop chicken, Prepare crumbs. Sift flour. Get other materials and equipment ready for use. Put water to heat; get fat ready for heating. If time for demonstration is limited, butter the moulds and the paper for covering them.

II. Introductions:

In selecting refreshments for a party we first decide between these two classes:

1. Beverage and wafers
or
Frozen dish and cakes with or without coffee.
2. Salad, bread or crackers, beverage, accessories.

If neither of these fits our needs we must then use an entree, such as the following:

- a. Hot entrees: creamed meats, vegetables, fish, usually served in cases, as patty shells, bread boxes, timbalé cases or ramkins.
- b. Cold entrees: meat or vegetables in aspic jelly or in tomato jelly.
- c. Soufflés: a group of entrees consisting of a light, delicate mixture of meat, fish, cheese or vegetables with white sauce and stiffly beaten egg whites.

Entrees are (1) certain dishes other than roasts, etc., (such as the above) used as the main dish at a party or the main dish of a luncheon or supper. (2) Light courses served between the main courses of a dinner.

III. The Body of the Demonstration:

1. Chicken Timbales

Cook butter, crumbs and milk. Add chicken and eggs. Butter moulds, fill and put to bake.

Creamed chicken, Chicken a la King are much used entrees. Chicken timbales are more unusual, offer another way to use fowls. Home canned chicken is very convenient for chicken timbales. Notice that this dish is white sauce (butter, crumbs and milk) with chicken and eggs added, then baked.

Keep temperature low for baking, else timbales will be too dry.

2. Brown Sauce

Prepare sauce, set aside in warm place until timbales are served. If onion is not peeled a slice may be cut from it without getting much of the odor on the fingers. Wash the hands in cold water with no soap to remove onion odor.

A well made, well seasoned sauce adds to a dish. One that is lumpy, too thick and lacking in flavor detracts. The French excel in sauce making. The natural habit of hurrying may account for the poor sauces made by Americans.

The secret of sauce making is to use low temperature and stir frequently or constantly.

3. Croustades (Bread Boxes)

Shape bread into box, butter and put in oven to brown.

There are several cases for serving entrees. Probably the most digestible is a bread box or croustade. This is nothing more than toast, so is digestible. Makes a very attractive holder for creamed meats, vegetables, etc., as green peas, asparagus, cauliflower. For the top sprinkle a bit of grated cheese over the top.

4. Timbale Cases

While brown croustades, make batter for timbale cases. Start fat heating far enough ahead to have quite hot by time batter is made. Fry a few cases. Have fat deep enough to more than cover iron. Fry use small deep vessel.

Patty shells are made of pastry, timbale cases of batter. Neither are very digestible but since they are intended for occasional use only and in small quantities, usually no harm results.

In making timbales it is important to get iron hot and grease hot, but if over heated, batter will slip off in grease. Practice is necessary to get temperature just right. Do not be discouraged if the first few cases are irregular in shape or if iron does not work well at first.

Heat iron in grease, wipe lightly then dip in batter. After a few are fried wiping the iron is not necessary except occasionally and this must be lightly done.

"Patty shell" irons are lighter weight than "timbale" irons and cheaper. Two shapes, heart and round, come in one set.

5. **Creamed Oysters**
Rinse oysters, parboil and drain. Make sauce, add cream and oysters. Beat yolks with cream and add. Serve in croustades or timbale cases.

Oysters must be cooked at a low temperature in order to be tender. Oyster stew is often spoiled by cooking oysters too long and at too high a temperature. Watch fringed edges and as soon as they begin to curl, stop heating.

Pick over oysters to remove bits of shell. Rinse by placing in strainer or colander, pouring over them only one-half cup cold water to one quart oysters. Flavor is easily destroyed if much water is used.

In food value oysters are much like milk. They cost about four times as much in the average market, so are not cheap, but are valued for their delicate flavor and easy digestibility.

Other creamed meats may be prepared in the same way as oysters; eggs may be used or not, as desired.

Serve chicken timbales and creamed oysters.

Other Entrees to Suggest

Speak of moulding stuffed tomatoes in aspic jelly or meat balls in tomato jelly. Aspic is meat stock, seasoned and stiffened with gelatin. This is nice to serve at a summer party.

For a party serve an entree with hotton biscuits or sandwiches and an ice or ice cream with small cakes and a beverage - preferably black coffee. An accessory, as salted nuts or candies, adds to the attractiveness of the service.

SUPPLIES

Cooked chicken	1 cup
Butter	$\frac{1}{2}$ lb
Milk	1 $\frac{1}{2}$ cups
Mushrooms - small can or $\frac{1}{4}$ lb fresh ones	$\frac{1}{2}$ cup
Bread crumbs	1 $\frac{1}{2}$ cups
Flour	4
Eggs	1 slice
Onion	1 slice
Carrot	
Parsley	
Oysters	1 pint
Cream	$\frac{1}{2}$ cup
Bread (24-48 hours old)	$\frac{1}{2}$ loaf
Fat for frying	
Salt, pepper, bay leaf, thyme, paprika, sugar	
Brown stock (water in which meat has been cooked)-	2 cups

EQUIPMENT

Quart saucepans	3
Tea cups or molds for timbales	
Small fry pan for sauce	1
Fry kettle or saucepan	1
Grater for crumbs	1
Strainer	1
Pans(bake timbales and brown bread boxes)	2
Spoons	
Knives - sharp, vegetable	2
Measuring cups	2

A SOCIAL AFFAIR BY THE UNIT GROUP

One of the reasons for the unit "Dishes for Social Affairs" is to encourage more social occasions in rural districts. For this reason, the fourth meeting of the unit is a social affair given by the women of the group. Each agent will have to decide with her group what will be given.

An afternoon or evening picnic will bring the men and women together in an informal easy manner. A buffet supper, while more formal than a picnic, can be kept on informal lines. Such an affair furnishes an opportunity to encourage the men to show small social attentions to the women, such as helping them get their silver and food. If the men are reluctant to attend a buffet meal they may be induced to do so if the women will carry it out in a joking way. No man of the community would then need stay away, at the same time his self-consciousness in social affairs might be lessened.

Afternoon tea may be served in either formal or informal way. A formal tea may be desired merely for the practice or the novelty it affords. Have the group arrange the prettiest table possible with the best linen the community affords. The women should wear their best afternoon clothes and carry out the affair in a formal manner. An informal afternoon tea with one member as hostess is a good object lesson.

A party given by adults for the club boys and girls is a form of social affair to be encouraged. The advantage of such a party both to adults and juniors will be apparent to all agents.

THE SCHOOL LUNCH

MARY B. MCGOWAN
State Food Specialist



Hot soup served school children by Clayville Home Demonstration Club, Powhatan County

VIRGINIA AGRICULTURAL AND MECHANICAL COLLEGE AND POLYTECHNIC INSTITUTE
AND THE UNITED STATES DEPARTMENT OF AGRICULTURE, COOPERATING
EXTENSION DIVISION, J. NO. B. HUTCHESON, DIRECTOR
BLACKSBURG, VIRGINIA

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AUGUST, 1928

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THE VIRGINIA POLYTECHNIC INSTITUTE**

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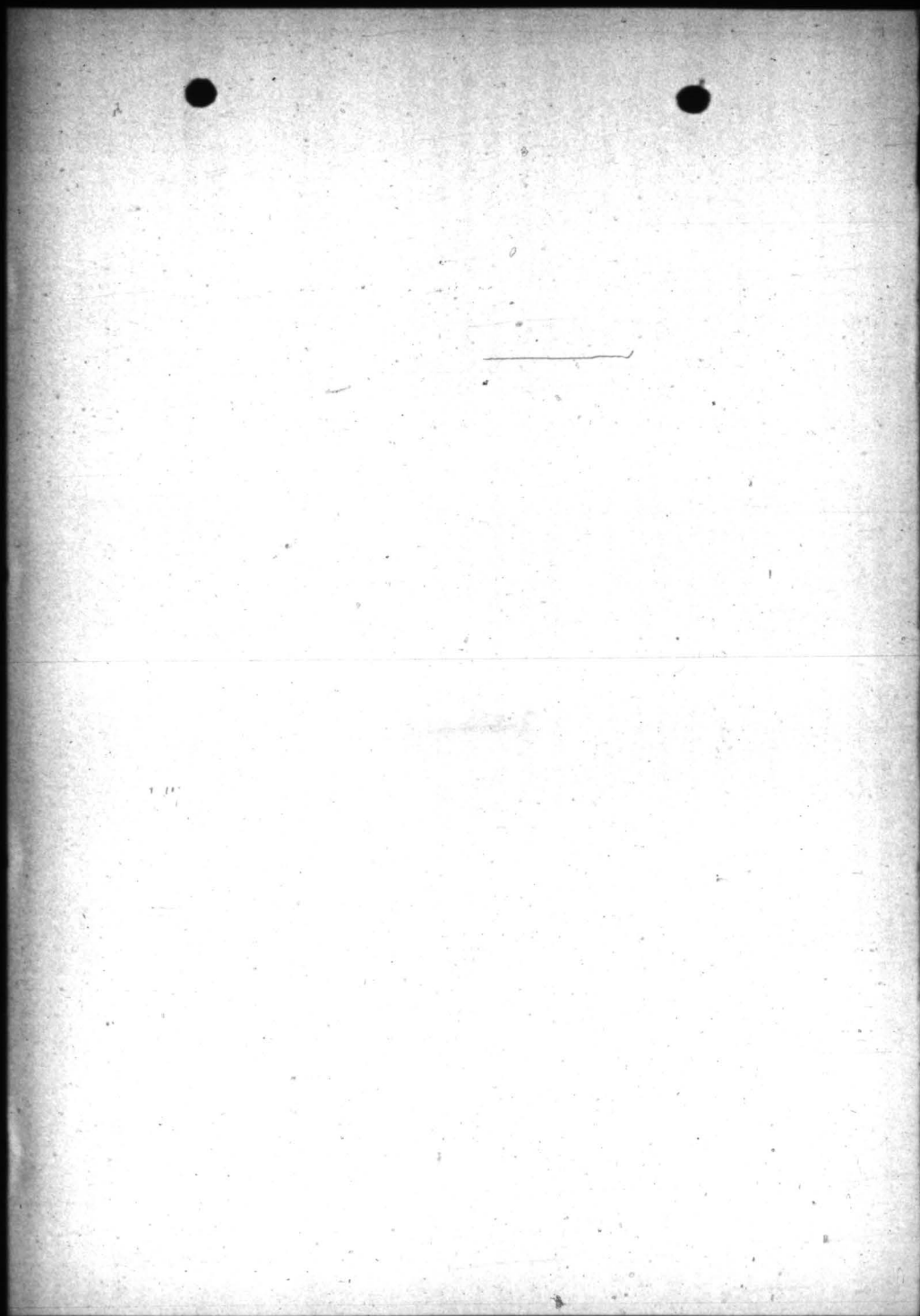
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FOREWORD

The "One-Dish Hot Lunch" was the subject of the food work given during the State 4-H Short Course, August, 1926. The object was to interest club girls and get them to work for hot lunches in their respective communities. As a result, club girls were directly responsible for the establishment of a "One-Dish Hot Lunch" in sixteen rural communities during the school year, 1926-1927, and closely connected with the establishment of such a lunch in thirteen other communities.

Some of these have quit operating; others are still in existence. During the year 1927-1928 from 17 to 20 new lunches were started by home demonstration agents. There is still the need for better school lunches. The present plan of attack is to work through School Lunch units for 4-H club members and special projects for home demonstration club members.



THE SCHOOL LUNCH

"No amount of good food and care in later years can make up for the lack of right food for the growing child."

While the rural child is eating his noon lunch at school his family is having a hot dinner. Is his lunch comparable to the family dinner in food value and palatability? It ought to be. The way he attacks his afternoon school work depends a good deal on what sort of lunch he had and how he ate it. The school meal forms about one-third of a child's food during school months; it should, therefore, be as carefully planned as any other meal. Which particular classes of foods should be represented in the lunch depends upon what is served at breakfast and supper, but one thing which can be stated definitely is, *part of the food should be hot*. For regular, "day after day" eating, cold food is less digestible and less appetizing than hot food. At present it seems that the best solution of the lunch problem in rural schools of Virginia, particularly the smaller schools, is to have a desirable packed lunch brought from home, supplemented by a hot dish served at school.

What the Body Uses

The human body needs:

1. Protective material
2. Growth and repair material
3. Energy material

These materials are obtained from foods. A person eats lettuce, bread, or turnips and during digestion the body takes from the lettuce, bread, or turnips any of the above materials which those foods contain. School girls and boys need to eat foods which will supply the above materials; otherwise their bodies suffer.

Protective Materials	Growth and Repair Materials	Energy Materials
Minerals Vitamins Water Plant fibre	Proteins Minerals Water	Fats Starches Sugars

The above represents the principal use made of such food-stuffs as proteins, fats, minerals, etc., but only the principal use.

Proteins, for instance, furnish energy as well as building material. Fats and sugars, besides furnishing energy, will also give building material.

Proteins	Fats	Sugars and Starches	Vitamins	Minerals	Plant Fibre or Roughage
Lean meat Eggs Cheese Milk	Cream Butter Fat meat Nuts	Cereals Sugar Sweets Breads	Leafy vegetables Whole milk Butter Cream Egg yolk Citrus fruits	Green vegetables Leafy vegetables Whole grain cereal Whole grain bread Milk Egg yolk	Outer coats of grain Vegetables of course tannins like: cab- bage, celery, greens, etc. Fruits

One day's food for school boys and girls should contain all classes. It is well to have the protective foods generously represented in the noon meal, since there is often a tendency to over-eat of meats, breads, and sweets to the neglect of protective foods — milk, green vegetables, leafy vegetables, and fruits. It is well to have meat in the school lunch and eat less of it at night. Milk should always be a part of the noon school meal.



Bringing hot food prepared at home in steam pressure cooker to serve school children. Clayville Community, Powhatan County

THE PACKED LUNCH

The packed lunch should be made up of foods that are digestible and easy to pack, that will keep in good condition, and that will be palatable after standing several hours. Supplement the packed lunch with something hot.

Planning the Packed Lunch

Plan ahead. This is a very important part of lunch preparation. Do not wait until the morning the lunch must be fixed to plan it. Planning ahead prevents too much dependence on left-overs that are unsuitable for lunches. It also prevents too frequent use of crackers, bought cakes, fried meat, pies, and cheese. A lunch planned ahead is apt to be a better balanced lunch. The packed lunch should have the following foods represented:

- 1. Protein Food** Meat, eggs, cheese, cottage cheese, etc. Usually this is easiest carried in the form of sandwiches, though there may be a salad of meat, cottage cheese, or egg. For the older children, egg may be stuffed.
- 2. Savory Food** Raw fruit, celery, tomatoes, or crisp lettuce, stewed or canned fruit; fruit or vegetable salad; a few nuts.
- 3. Sweet Food** A few dates or raisins; jelly, preserves, or syrup; a few pieces of plain, good candy.
- 4. Milk** If milk is used liberally in the hot dish served at school, it may be omitted from the packed lunch, though the extra amount to drink would be a valuable addition to the lunch.
- 5. Bread** This is usually in a sandwich. Make liberal use of whole wheat bread. Graham, nut, and cocoa breads give variety to the lunch.

Containers

Containers should be light weight, easily cleaned, and provided with a cover and some means of ventilation. A covered bas-

ket lined with oil paper meets these requirements. The oil paper prevents the food drying rapidly and keeps out the dust. If lunch boxes or tin buckets are used, holes for ventilation should be made in them. Put these holes in the sides near the top. Leave such containers open when food is not in them. Containers should be washed and scalded frequently as a protection against dust and germs. A few crumbs or a drop of liquid left in a box or basket soon becomes filled with germs.

Fittings

Oil paper is very necessary for wrapping the different foods to keep them separate from each other. Butter paper sold by the pound is inexpensive but tears easily. There are now on the market rolls of wax paper with knife attached for cutting the paper. These are inexpensive and convenient. Paper from cracker and cake boxes should be saved to be used in lunches. Paper napkins are also convenient. Jelly glasses or other glass containers with close fitting covers are ideal for holding salad, canned or stewed fruit, preserves, etc.

Packing the Lunch

Keep different foods separate by use of oil paper, paper napkins, or small containers. Pack no hot food in the lunch. Arrange all neatly so that the lunch will appear appetizing. Provide a napkin for wiping the fingers. The food which is to be eaten first should be placed at the top. If the appetite is light, use small portions of food and cut the sandwich bread thin. Wrap separately a sandwich or two and place on top of the lunch for the mid-morning recess.

Suggested Menus*

Sandwiches with sliced tender meat for filling; baked apple; cookies, or a few lumps of sugar.

Slices of meat loaf; sandwiches; stewed fruit; small frosted cakes.

Crisp rolls, hollowed out and filled with chopped meat, moistened and seasoned, or mixed with salad dressing; orange, apple, a mixture of sliced fruits or berries; cake.

Lettuce or celery sandwiches; cup custard; jelly sandwiches.

Cottage cheese sandwiches or a pot of cream cheese with bread and butter sandwiches; peanut sandwiches; fruit; cake.

*Farmers' Bulletin No. 712, U. S. D. A.

Hard-boiled eggs; baking powder biscuits; celery or radishes; brown sugar or maple sugar sandwiches.

Bottle of milk; thin corn bread and butter; dates; apple.

Raisin or nut bread with butter; cheese; orange; maple sugar or fudge.

Sandwiches

Use bread twenty-four to forty-eight hours old. Retain the crusts, as they are the most digestible part of the bread. Slice evenly, spread with mixture, put together, then cut in triangles or oblong pieces. Cut this way, the sandwiches are easier to pack and easier to eat than when left in whole slices. When jelly or a very moist filling is used, spread the bread first with butter. When all sandwiches are ready, wrap the lot of them in wax paper or a paper napkin.

Eight Suggestions for Filling

(Each club girl should write out five other suggestions)

1. Cold meat or meat loaf sliced thin.
2. Chopped meat, cabbage or celery, mayonnaise.
3. Chopped hard-cooked eggs and bacon, mayonnaise.
4. Crisp bacon, lettuce leaf, mayonnaise.
5. Cream cheese or cottage cheese, chopped nuts, bit of cream.
6. Dates, prunes, figs or raisins with nuts and lemon juice.
Syrup of sugar and water will make more moist.
7. Jellied chopped pineapple, grated carrot and peanuts.
8. Tomato, ham or chicken, celery, lettuce, mayonnaise.

Instead of putting lettuce in sandwich when it is made, it may be carried in a jar and be added to sandwich at lunch time.

Score for Judging Packed Lunch

Selection.....	{ Food value	{ 65
	{ Digestibility	
Container		15
Method of Packing..	{ Wrapping, containers.	{ 20
	{ General appearance	
		<hr/> 100

THE HOT DISH

"The hot lunch means the child will be better nourished. Better nourished he can do better school work, for what is good for the body is good for the brain."

In order to have an ideal lunch, something hot must be served along with the packed lunch. A single dish or beverage is sufficient. Having the hot dish makes the packed lunch much more appetizing and attractive; it also makes the packed lunch more digestible. This last is important.

I. The hot food may be brought from home in a thermos bottle or, where there are several pupils from one home, a thermos jug may be used.

II. Food can be brought from home in a fruit jar or other closely covered glass container, and heated at school in a vessel of water. If fruit jars are used, see that each one is fitted with a rubber to protect the food from the water in which it is heated. Both of these methods do away with dish washing at school.

III. Preparing the hot dish at school has advantages. There can be more variety in the food served; there is opportunity to improve poorly balanced lunches brought from home, and a chance to teach food selection habits and a very practical opportunity for teaching food preparation and serving is afforded.

The social side of serving the lunch at school should be taken advantage of to teach table manners and the art of eating and talking together.

Serving the Lunch

If no special space is available for a separate lunch room, serve the lunch on the desks of the class room. A definite time should be allotted for the lunch period, ten to twenty minutes, depending on the number of pupils to be served; all students being required to remain in their seats for that length of time. This will do away with the temptation to bolt food in order to get out to play. Have each child wash his hands and arrange his desk with a paper napkin and his packed lunch. The hot dish can be served cafeteria style, or if there are many small children, the lunch team could pass the food, filling each cup or bowl as they

come to it. A large pitcher is convenient for serving cocoa or cream soups in this way.

At the close of the lunch period each child should clear his own desk, putting crumbs and napkin in the place provided for them and washing his utensils.

In washing the dishes, plenty of hot water and soap should be provided. Each child may wash his dish in a pan of soapy water, then place it in wire dish drainer. The serving team should scald the dishes and put them away. If large numbers are served, the wash water for dishes should be changed once or twice. Using the dish drainer insures dishes being sanitary and does away with the necessity for dish towels except those used by the committee preparing the food. *School lunch dishes must be sanitary.* Dishes used by children from different homes and washed together without scalding can be most unsanitary. Hot water, *plenty of it*, and a final scalding with *boiling water* is important.

Financing the Lunch

Any one of several methods may be used. The important thing is to *avoid* the lunch being served for *profit*. Lunch supplies may be bought and each student pay cash for his lunch; a weekly sum may be required of each child to cover the lunch expense; or supplies may be obtained from the different-families, each family being credited with what is sent and lunches furnished to equal that amount. When this last plan is followed, a bookkeeping team will be necessary.

Managing the Lunch

Method I. Appoint a team of four girls for one week. This team should plan the menus, get supplies, and keep books. Two members of the team should prepare the lunch; the other two serve and clean up. The next week the two who served, with two new

Sample Menus for Four Weeks

	First Week	Second Week	Third Week	Fourth Week
Monday.....	Cocoa	Creamed Onions	Vegetable Soup	Spoon Bread
Tuesday.....	Corn Chowder	Cocoa	Rice with Tomato Sauce	Cocoa
Wednesday.....	Scalloped Spinach	Scalloped Tomatoes	Cream of potato Soup	Scalloped Cabbage
Thursday.....	Vegetable Soup	Cream of Lima Bean Soup	Cocoa	Vegetable Soup
Friday.....	Baked Macaroni and Cheese with Tomato Sauce	Baked Apples	Scalloped Potatoes	Baked Potatoes

members, should compose the team for that week. In this way the experience gained in one week would be used the next week.

Method II. Appoint a team for each of the following: supplies and bookkeeping, cooking, serving, cleaning up. Change teams as often as necessary to give the entire club experience.

Results Which Should Be Obtained from the Hot Lunch

1. Fewer afternoon headaches; fewer listless pupils.
2. Better attention and order during the afternoon hours, with more interest in work.
3. Improvement in table manners.
4. Increased weight of the underweights.
5. New attitude towards food — pupils realizing that "food makes a difference."

Suggestions

Record weights of all pupils at beginning of lunch serving months. Keep the sale of all-day suckers and cheap candies out of the school. See that all foods served are appetizing in appearance and that they *taste good*. One poorly-made dish will give the school lunch a "black-eye." Be careful to see that all *milk* used is *pure* and of good quality. Make green vegetables and milk the basis of the hot dish. These are important protective foods which are of special value to growing girls and boys. There is need for stressing the use of protective foods in the diet of rural families. If many children are in need of extra nourishment, macaroni and cheese, or meat stews with vegetables, would be useful dishes.

Make special provision for furnishing free lunch to any students who cannot pay for it. Handle this in such a way as to prevent embarrassment. Any underweights in the school should have a special mid-morning lunch. Milk and graham crackers, oranges or other fruits, would be good for this. Induce some organization of the community to furnish such a mid-morning lunch.

School Lunch Etiquette

1. Wash hands before eating.
2. Do not fill mouth too full.
3. Do not gobble food; chew it thoroughly instead.
4. Drink water with the lunch but do not use it to wash down food.
5. Do not take bites from another person's food.

6. Spread a napkin on the lap — use it to keep lips and fingers neat.
7. Chew with the lips closed.
8. Help a younger child arrange his lunch.
9. Observe the lunch of other pupils; note new things to try in your lunch; note good points in packing.
10. Tell something you are interested in to those around you.

Equipment — 25 Persons

- 1 twelve-quart enamel pot with cover
 - 2 water pails, 12 quarts
 - 2 dish pans, 12 to 14 quarts
 - 1 two-quart saucepan
 - 1 wire dish drainer to fit in dish pan, if there is no sink
 - 1 quart measure
 - 1 half-pint measuring cup
 - 1 coarse wire strainer or vegetable press
 - 1 asbestos mat
 - 1 long-handled spoon
 - 1 vegetable brush
 - 1 ladle or dipper
 - 1 fork
 - 1 butcher knife
 - 2 paring knives
 - 2 tablespoons
 - 2 teaspoons
 - 1 Dover egg-beater
 - 1 can opener
 - 1 soap shaker
 - 2 pot holders
 - 4 dish towels
 - 4 dish cloths
- } for use of food committee only

The lunch room or lunch corner should contain the following:

1. Cupboard with close-fitting doors. This may be made by the boys from a packing box.
2. Table covered with linoleum or finished with valspar.
3. Oil stove. A two-burner is convenient, but a three-burner with oven allows for baked dishes, such as scalloped vegetables, baked fruits, or custards.
4. Oil can.
5. Garbage pail with cover.

6. Containers for salt, pepper, and other dry materials. Fruit jars will serve very well with these. Label each one.

Desirable Additions to the Equipment

- 1 sink, with or without running water;
- 1 six-quart double boiler;
- 1 enamel pitcher, 3 to 5 quarts;
- 2 large enamel baking pans for scalloped dishes;
- 1 tea kettle;
- 1 rotary food grater;
- 1 sifter;
- 1 wash basin.

Securing the Equipment

The club might have a shower to get equipment. Select articles needed, place on exhibit, and ask the school patrons and others of the community to give either these articles or money. Anything not obtained in this way might be paid for with plays or other entertainments or by furnishing the refreshments for some organization meeting in the community.

Each student can furnish his own bowl, cup, saucer, and spoon, or if it is preferred to have them uniform they may be a part of the club equipment. Enamel bowls and cups are practical and, if of colored enamel, will give a pleasing note of color to the room. A few serving dishes for guests are desirable. Some organization might contribute the serving dishes or the stove.

RECIPES FOR THE HOT LUNCH

(To serve 25 persons)

"Sing a song of Hot Lunch,
Potatoes on to boil
Four and twenty minutes
On our blue flame oil.
Make them nice and creamy,
Serve them while they're hot;
Don't you think that such a dish
Would help an awful lot?"

Cocoa Syrup

$\frac{1}{4}$ cup cocoa
 $\frac{1}{4}$ cup sugar

1 quart boiling water
 $\frac{1}{2}$ teaspoon salt

Cook to smooth paste and boil 5 minutes. This should be prepared in large quantities and kept on hand.

Cocoa

Heat syrup made as above; add to 5 quarts of hot milk. Do not boil after combining milk and cocoa. Heat, beating rapidly 2 minutes with Dover beater to make foamy and to help prevent skim from forming on top.

Creamed Vegetables

To 4 quarts of vegetables, cooked in boiling water and cut into convenient size pieces, add 2 quarts of medium white sauce. Heat thoroughly before serving. Use potatoes, green peas, carrots, celery, turnips, parsnips, cabbage, and onions.

Cream Sauce

Materials	Thin	Medium
Milk.....	1 cup.....	1 cup.....
Butter.....	1 tablespoon.....	2 tablespoons.....
Flour.....	1 tablespoon.....	2 tablespoons.....
Salt.....	$\frac{1}{2}$ teaspoon.....	$\frac{1}{2}$ teaspoon.....

Method

Melt butter, stir in flour gradually. Blend well. Add milk slowly, stirring all the time over very gentle heat to avoid lumping. Heat to boiling point. Remove at once from fire. It is some-

times convenient to use a double boiler. In that case, cook for about 20 minutes, stirring occasionally.

Scalloped Vegetables

Put creamed vegetables in buttered baking dish, cover with buttered bread crumbs, and bake in hot oven until crumbs are brown.

A small amount of grated cheese may be sprinkled on just before adding the crumbs. This adds much to the flavor and food value of the dish and may coax a child who does not care for vegetables, to eat them.

Cream of Vegetable Soups

	Vegetable	Liquid	Butter	Flour	Seasoning	Special preparation
Cream of Asparagus	6 bunches asparagus	5 pts. boiling water 5 pts. milk	10 T.	10 T.	Salt 2 T. Pepper 1-2 t.	Break off heads. Cut stalks in small pieces. Cook stalks in the boiling water. When they are almost tender add the heads and cook until tender
Cream of Potato	15 potatoes (5 lbs.)	5 qts. milk	10 T.	10 T.	Onion, 1 small Parsley, 1 sprig Celery salt, 1 t. Salt, 2½ T.	Cook potatoes in skins, peel and mash. Heat the onion with the milk
Cream of Turnip or Carrot	1 to 2 cups of mashed vegetable	5 pts. of milk 5 pts. of the water in which vegetable was cooked	10 T.	10 T.	Salt and pepper according to amount already in vegetable	
Cream of Pea	4 pts.	3 qts. water 3 qts. milk	8 T.	8 T.	Salt, 2 T. Pepper, 1-2 t. Onion, ½ small one	Cook onion with peas

Note: Adapted from "Theory and Practice of Cookery." Williams and Fisher.

Directions for Making Cream of Vegetable Soup

Cook vegetables in water until soft. Mash through strainer or leave in pieces (as asparagus or celery). Make white sauce of milk, butter, and flour. Put the sauce and vegetable together. Add seasonings. Serve very hot.

Cream of Tomato Soup

5 quarts thin white sauce
1½ quarts tomato pulp or 2½ quarts canned tomatoes
1 t. soda

Prepare white sauce and tomato pulp. Heat each one separately. Put the soda in the strained tomato; stir; then add the

tomato slowly to the sauce, stirring. Do not heat after putting the two together.

Corn Chowder

(A)

- 2 onions
- 1 pint raw ham
- Chop these and saute together in small pan; then put in big pot with
- 2 pints corn
- 3 cups raw potato dice
- 2 quarts boiling water
- Cook 20 minutes

(B)

- 2 T. butter
- 2 T. flour
- 2 pints hot milk
- 2 t. salt
- Make white sauce of these ingredients

Put A and B together and add 12 crackers rolled in pieces. If wished to add more milk, reduce the amount of water in A by 1 pint and add milk in B to make the difference.

Quick Cream of Vegetable Soups

- 10 to 12 cups grated vegetable
- 1 quart water

- 5 quarts milk
- 12 T. butter

Seasoning

Use potatoes, peanuts, cabbage, celery, carrots. Grate the vegetable, using a rotary food grater. Add water, cook 1 minute, then add milk and fat. When it reaches boiling point, add salt, and serve.

Vegetable Soup I

- 3 quarts soup stock
(water in which meat was cooked)
- 3 quart jars vegetable soup mixture
- salt

Put stock and vegetable mixture together. Season if necessary. Heat until very hot. (M. B. M.)

Vegetable Soup II

- 4 quarts soup stock
 - 2 quarts tomatoes
 - ½ cup rice
 - 6 Irish potatoes
 - 2 small onions
 - bit of bay leaf
- Salt, pepper, celery salt

Cut potatoes and onion in pieces. Cook all together 20 to 30 minutes. Okra, 2 or 3 pods, and butter beans, ¾ cup, may be used with the above. (M. B. M.)

Beef and Vegetable Stew

4 pounds of a cheap cut of beef	$\frac{1}{2}$ cup of flour
2 quarts potato dice	2 t. salt
1 pint sliced onion	boiling water
$\frac{1}{2}$ -1 pint diced carrot	

Cut meat into small pieces, removing the fat. Try out the fat, brown the meat in it. When well browned, cover with boiling water and cook in pressure cooker 20 minutes at 15 pounds pressure, or cook 2 hours in pot. Then add carrots, onion, potato (the latter should be cut larger than the carrots) and salt, and cook 10 minutes more in pressure cooker, or $\frac{3}{4}$ hour in pot. Thicken with flour diluted with cold water.

Macaroni and Cheese

4 $\frac{1}{2}$ cups macaroni, broken in 1-inch pieces	
8 quarts boiling water	5 cups tomato or white sauce
5 T. salt	2 cups buttered crumbs
3 cups grated cheese	

Boil the macaroni in the water 20 minutes, adding the salt when nearly cooked. Drain in a strainer and rinse with cold water.

Put macaroni in layers in buttered baking dish, sprinkling each layer with cheese. Add the white sauce, cover top with buttered crumbs, and bake just long enough to brown.

To Butter Crumbs

Pour $\frac{1}{4}$ cup melted butter very slowly over 1 cup dried crumbs, stirring constantly with a fork in order to distribute butter evenly.

Tomato Sauce

2 quart cans tomato	5 t. onion (chopped)
10 T. butter	2 t. salt
10 T. flour	

Cook onion with tomato until soft. Mix butter and flour together, strain tomato and add it to butter and flour. Cook, stirring until it reaches boiling point. Add salt.

Use with rice, macaroni, etc.

Oak Hill Potatoes

Cut 10 cold boiled potatoes and 15 hard-cooked eggs in one-fourth inch slices. Put layer of potatoes in buttered baking dish, sprinkle with salt and pepper, cover with layer of eggs; repeat and

pour over 5 cups thin white sauce. Cover with buttered cracker crumbs and bake until the crumbs are brown.

Milk Toast

25 slices of bread, $\frac{1}{8}$ inch thick
3 quarts of milk

$\frac{1}{2}$ pound butter
3 t. salt

Toast bread. Scald milk, add butter; let it melt, then add salt. Lay a slice of bread in a bowl or cup, pour on about one-half cup of the hot liquid.

In cold weather warm bowls by setting on top of stove or by dipping in hot water. (M. B. M.)

Apple Tapioca

$1\frac{1}{2}$ cups minute tapioca
7 cups boiling water

$1\frac{1}{2}$ t. salt
27 sour apples

$1\frac{1}{2}$ cups sugar

Add boiling water and salt to the tapioca; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven until apples are soft. Serve with sugar and cream.

If pearl tapioca is used, soak over night in cold water to cover generously. Then add to boiling water to cook.

Brown Rice Pudding With Raisins

3 pints cooked brown rice
 $4\frac{1}{2}$ quarts milk
6 eggs

3 cups sugar
 $\frac{1}{4}$ t. nutmeg or cinnamon

Scald the milk. If the rice is cold, heat it with the milk. Beat eggs slightly, add sugar, then gradually the hot milk and rice. Pour into a buttered baking pan. Sprinkle with nutmeg or cinnamon.

Bake in a slow oven until custard is thick but not stiff. Two or three cups of raisins may be added. (M. B. M.)

Bulletins on School Lunch

"Diet for the School Child"

Bureau of Education, Dept. of Interior, Washington, D. C.

"The Lunch Hour at School"

Bureau of Education, Dept. of Interior, Washington, D. C.

"School Lunches"

Farmers' Bulletin No. 712, U. S. D. A., Washington, D. C.

"The School Lunch"

Postum Company, Postum Building, New York.

GUIDE TO SCORE

Milk—Count what you get in foods and on foods as well as what you drink. When cultivating the milk habit, try the addition of chocolate sauce or home-made fruit syrups; take milk in form of iced or hot cocoa; take it as a milk-shake; in the form of creamed vegetables, creamed meats, cream soups, baked custard, "boiled custard," junket, etc.

Leafy vegetables—Any leaf used as food or any vegetable called "greens," such as: cabbage; turnip-greens, lettuce, beet-tops, spinach, kale, Swiss chard, watercress, kraut, etc. Cabbage may be eaten raw or cooked.

Vegetables other than Potatoes, Dried Peas, and Beans—This includes tomatoes, beets, asparagus, celery, turnips, snap-beans, green peas, carrots, parsnips, okra, etc. Such vegetables are usually called green vegetables.

Dried peas and beans are classed with such body-building foods as meats, eggs, etc. Young butter-beans, whether fresh, dried, or canned, are classed as green vegetables, while the older ones, dried on the vine, are body-builders. Macaroni with cheese also belongs in the latter class. Since such vegetables as these, and potatoes, are easily stored and kept on hand, they are too often eaten in winter to the exclusion of green and leafy vegetables.

Fruits may be fresh, canned, dried, or stored. This is true also of leafy and green vegetables. Fruit may be eaten raw or cooked. One of each is a good selection for the day.

Whole Grain Cereals or Breads—Eat breads made from graham or entire wheat flours, from whole corn meal, or other whole grains. For a breakfast cereal, select one that contains all of the grain. A delicious cereal is the whole grain of wheat soaked 8-10 hours and cooked long enough to be thoroughly tender.

Eggs, meat, cheese, bread and butter are important foods and should be included in the diet. They are not on the score because they are not often neglected by the average person. The food score is intended to stress the importance of the protective foods, leafy and green vegetables, milk and whole grains.

E-248

April 1928

Better Foods Club Score

Revised by **MARY B. MCGOWAN**
Food Specialist



"Eat what you wish after you have eaten what you should."
—McCOLLUM

VIRGINIA AGRICULTURAL AND MECHANICAL COLLEGE AND POLYTECHNIC INSTITUTE
AND THE UNITED STATES DEPARTMENT OF AGRICULTURE, COOPERATING
EXTENSION DIVISION, JNO. B. HUTCHESON, DIRECTOR
BLACKSBURG, VIRGINIA

DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 22, 1914.

Name _____

Age _____

County _____

Community _____

Date of Beginning _____

Weight _____

Date of Ending _____

Weight _____

DAILY POINTS	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Milk, 1 quart..... 2														
Milk, 1½ pints..... 1														
Milk, 1 pint..... ½														
Leafy vegetables..... 1														
Vegetables other than potatoes, dried peas, and beans														
Twice a day..... 2														
Once a day..... 1														
Fruit twice a day..... 2														
Fruit once a day..... 1														
Whole grain cereal or " " bread..... ½														
Water, 6 glasses..... ½														
Water, 4 glasses..... ¼														
No tea, coffee, or bottled drinks..... 1														
No candy between meals..... 1														

DAILY POINTS	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Milk, 1 quart..... 2														
Milk, 1½ pints..... 1														
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Twice a day..... 2														
Once a day..... 1														
Fruit twice a day..... 2														
Fruit once a day..... 1														
Whole grain cereal or " " bread..... ½														
Water, 6 glasses..... ½														
Water, 4 glasses..... ¼														
No tea, coffee, or bottled drinks..... 1														
No candy between meals..... 1														

Tomatoes and oranges are specially valuable in the diet. Days when either of these is eaten a gummed colored star may be added to the score.

If pork is eaten not more than 5 times a week during the "pork-eating months" add a gummed colored star for each such week.

To encourage the eating of a variety of vegetables 25 points may be added to the total number of points made by any person who eats 6 different vegetables during the particular season in which the score is kept (fall, winter, spring, summer). For adults change score to read: "Water, 8 glasses and 6 glasses"; "Tea or coffee, not over 2 cups"; "Milk, 1½ pints - 2; 1 pint - 1."

I hereby certify that the above statement is correct.

Signed _____

Teacher's, Teacher's or Parent's name

At the 1928 meeting of home demonstration agents it was

To Home Demonstration Agents:

At the 1928 meeting of home demonstration agents it was decided to change the Better Food clubs from a one-month's basis to a three-month's basis. Since then some agents report difficulty, where roads are poor, in starting a club three months before the summer closing of school, or in getting to the club for three months after the fall opening of schools. Out-of-the-way schools need Better Food clubs. Agents are asked to watch this matter in their respective counties during 1928-'29 and be able to express an opinion as to whether the change in the length of time for the club is an improvement or not.

They are asked to watch this, also; should scores be kept all three months the club is running or only the first and third months?

OUTLINE OF MEETINGS

(Prepared from recommendations made by Food Committee, Jan. 1928)

- MEETING I**
1. Organize
 2. Take show of hands on number drinking tea, coffee, bottled drinks. Record. To make it easy to secure accurate answers, include in the question asked, the number eating bread, drinking water, drinking milk, etc.
 3. State objectives of club.
 4. Tell story of what food does for the body. Use "Putting Pep into your Motor." Bring out briefly the fact that tea and coffee are of no service to the body. Mention the harm they do young people.
 5. Explain food score and how to use it.
 6. Plan for children to get their weight to be recorded at next meeting.
- MEETING II.**
1. Check scores.
 2. Record weights.
 3. Review briefly food facts brought out in Meeting I.
 4. Tell story of milk and its value. Use "Milk Fairies".
- MEETING III.**
1. Check scores.
 2. Review briefly the value of milk.
 3. Tell story of the importances of leafy vegetables, green vegetables and fruits. Use story "The Miners".
- Meeting IV.**
1. Review briefly what club girls and boys get from eating leafy and green vegetables and fruits.
 2. Tell story of what whole grains and water do for the body. Use stories, "Every Day a Full Radiator", "The Grain's Magic Coat"
 3. Resumé of food facts:
 - What does milk do for us?
 - What do vegetables and fruits do for us?
 - What do whole grains and water do for us?
 - Why not drink tea, coffee and coco cola?
 - Why not eat candy between meals?
- Meeting V.** Optional but desirable. Have a simple play or some other form of achievement meeting.

PUTTING PEP INTO YOUR MOTOR

No doubt many of you have had someone say to you "How much you look like your Aunt Jane" or "How much you look like your brother John." Do you like that? Sometimes you do, sometimes you do not. This morning I am going to say you all look to me like automobiles. "Good morning, Automobiles."

In looking you over, I can see some 1927 and 8 Overlands, Nashes and Buicks, a few Cadillacs, and Pierce Arrows, and a very few Rolls Royces—and ah, here and there a beautiful sport model with power and speed, which keeps in line and is good to look at.

TIME, MATERIALS AND WORKMANSHIP are three elements entering into the manufacture of an automobile.

(1) It takes approximately 100 man-hours to make a Ford, and 1000 man-hours to make a Rolls-Royce. To build a human automobile it takes how many hours? It takes so many hours we must count them in years, for it takes about 25 years to build this most intricate and finely designed model on the market and one which must last a life-time.

(2) Then you must use the best of materials to build a strong framework or chassis, put strength into your machine, and pep into your motor to make it go. The better food club you have joined is to teach you how to put pep into your motor. To do this:

Fill your machine up alongside of a filling station regularly three times a day, and put into it every day, high test fuel such as (agent or leader show real foods as name them) leafy green vegetables, fresh fruit, one quart of milk, dark bread and real butter. Do not use substitutes. You wouldn't do it with a Rolls Royce. These high test fuels are remarkable in that they build your automobile, as well as put pep into your motor, and keep it from running down. Now Frank, you name the high test fuels that put pep into our motors. Notice that they are the very foods that are on your food scores.

Keep your battery well charged, and then your headlights will be bright. (eyes)

(3) Time is the first element that enters into the manufacture of our human automobile; the best of materials, like high test fuels, is the second; now the third is fine workmanship and expert attention. These are very necessary to keep this automobile in shape:

Run it into the garage each night for eight to nine hours of rest.

Remember to turn on the fan, by opening the windows and having plenty of free air. This will do away with many flat tires.

Run your automobile onto the wash rack daily, - and don't forget to wash behind the mudguards (ears)

Keep the chewing apparatus clean. Brush it morning and night.

Drink plenty of water to prevent a dry radiator.

Visit your expert mechanics regularly (your food club), a doctor once a year, and the dentist at least twice a year. They can help you overhaul your machine, and discover a little knock in the engine before you even hear it.

By the way, I hope you all have self-starters!

If you will follow these simple rules and regulations as to building and upkeep, you should have a good dependable car, with plenty of speed and a good disposition. Your car will climb the hills and reach the goal without groaning every time the gears are changed.

You will find that years of constant care will keep the old machine just as good as the day it was taken out.

And now that you are all in the automobile business, choose your model and try not only to improve it year by year, but day by day and meal by meal.

Adapted from brief of "Putting Pep into Your Motor" by the National Dairy Council, Chicago. Courtesy of that organization.

THE STORY OF THE FIVE MILK FAIRIES

This morning I am going to tell you a story about fairies, some good fairies that live in milk. Many of you told me at our first meeting that you liked milk. That was fine. How many of you are now drinking milk? (Count hands and record) I am glad to see so many of you drinking milk. Milk will do a lot for us.

Good fairies do good deeds. The fairies in milk are not real fairies of course but they do good deeds for us so we call them fairies.

There are five of these fairies in every glass of milk and in every pitcher or bottle of milk. I want you to know these fairies so you will understand why we drink milk. I am going to introduce each one to you so you will know the name of each fairy and also what each fairy does for you.

The first little fairy is Fanny Fat. Isn't she plump? In what part of the milk do you suppose she belongs? She lives in the cream. Fanny Fat has a little playmate whose name is Sally Sugar. Isn't she sweet looking? Fanny Fat and Sally Sugar do the same things for us. Let us see if we can guess what they do. Why do you put gas in an automobile? (To make it go, of course) Why do you put coal in your school-room stove? (To keep us warm) Well, those are just the things Fanny Fat and Sally Sugar do for us. They keep us warm and make us run, play and work. (Older children may be told they give us heat and energy) You say for me what these two good fairies do for us. (Fanny Fat and Sally Sugar keep us warm and make us run, work and play)

Now look at this third fairy. I wonder what he does for us? He builds something for us. Something you boys like to have so you can play ball and run races. You girls also play games, so you like to have it too. This fairy builds (stretch and bend arm to show muscle) - muscle! His first name is Patrick and his last name is Protein, a hard name to say. P-r-o-t-e-i-n. Let us write his whole name on the board - Patrick Protein. Now let us say what he does for us, (Patrick Protein builds muscle) If you wish to take part in games, to sweep, to beat eggs, to manage calves and pigs, without tiring, you must have good strong muscles. Patrick Protein will be a great help to you.

We have two fairies left. This is Lilly Lime. She builds strong straight bones and good teeth. Can you tell me what Lilly Lime does? (Lilly Lime etc.)

The last fairy is very important, indeed. Notice how happy she is and how much pep she has. Her name is so difficult I wonder if you will be able to remember it. I will write it on the board, Viola Vitamins. She makes us grow and keeps us well. Tell me what she does for us (Viola Vitamin etc.) Viola Vitamins lives in the cream. What other fairy lives in the cream? Suppose the cream is taken off your milk, what fairies do you fail to get? Who are the fairies in the bottom of the milk? You boys and girls want the fairies in the cream as well as the ones in the bottom of the milk, so you must drink all the milk.

If we drink milk we get five good fairies to work for us, to keep us warm to make us run, play and work; to build muscle for us; to give us strong straight bones and good teeth; to help us grow and keep well. Doesn't milk do a lot for us? And besides, it tastes so good! How much shall we use a day? One quart, if we can get it, but never less than one pint. Some of this we can drink and some we can take on our breakfast food or in cooked foods like cream soup, "boiled" custard, creamed vegetables, etc. We may drink our milk or eat our milk!

I am going to look at your scores now to see how many of you are getting one quart of milk each day.

Arranged from adaptations by the U. S. Dairy Division of the "Wisconsin Milk Fairies" by Miss Gladys Stillman, Milk Specialist, Wisconsin State College of Agriculture. Courtesy of Dairy Division.

Older Boys and Girls

- When talking to older boys and girls, work in the following facts:
- I. Amount needed by boys and girls. 1 quart daily, never less than 1 pint.
 - II. Drink this because it contains:
 - 1st. Fat and sugar. Like coal in an engine - gives us energy and heat.
 - 2nd. Protein - makes muscle.
 - 3rd. Lime or calcium. Milk has more of this than any other common food.
 - 4th. Vitamins - to keep us well.
 - III. Evidences of the value of milk.
 1. About 1917 a fine modern dairy was put into operation at the United States Naval Academy, Annapolis, Maryland. There are enough cows that each midshipman may have one quart of milk daily. Those husky young fellows have all the milk they can drink twice a day, in summer, three times. Since this abundance of milk has been available, sickness at the academy has decreased 50% although enrollment has more than doubled.
 2. The Japanese are much smaller than the people of this country. They have very few dairy cows. Jap boys and girls in California are much larger than the ones in Japan. Doctors feel butter and milk products largely account for the difference.
 3. Walter Johnson, baseball star, believes in milk. He drinks it and each of his four children take one quart a day.
 - IV. Ways to take milk. In junket, puddings, cocoa, milk drinks.

Adapted from material by the U. S. Dairy Division, Washington. Courtesy of that Division.

Suggestion to agents and leaders:

When telling the story of the milk fairies fasten each fairy (using paper clips) to a large milk pitcher cut from heavy white card board. For urban children use a milk bottle. Get pattern for pitcher from your district agent.

Paper dolls such as Tolly Dimples will serve for the fairies provided each doll is plump and looks well fed. Supply yourself with those.

THE MINERSLeafy Vegetables and Fruits

How many of you have seen a miner? If you haven't seen miners themselves perhaps you have seen pictures of them.

What do miners dig for? (Minerals that are very valuable to man) What do we do with minerals? Gold and silver are used for money and jewelry; iron for farming tools and for a few cooking utensils. Iron is also used in putting up big buildings. Another mineral, lime, is used for buildings.

Do we eat minerals? We eat certain minerals. Iron is one, lime another. But the minerals must be in a different form for eating. How do we get the minerals for eating? I am sure you will never guess, so I am going to tell you. Plants are the miners for us! They find the minerals in the earth - just as men miners find gold, silver and iron. As the plants grow they draw the minerals into themselves. They use them in making their own bodies, then we eat the plants and get the minerals. Isn't that a wonderful arrangement?

What plants do you like to eat? Leaves, such as turnip greens, cabbage, spinach; and other vegetables, like string beans, carrots and green corn are rich in minerals. We ought to eat them. We ought to get what these vegetables "mine" for us.

What use do we make of the minerals the vegetable miners get for us? Can you think of any use we make of lime? (teeth and bones) (Show pictures of rats that failed to get calcium) We could not stand up straight if we did not get lime in our food. (Show bone soaked in acid) Good teeth mean there has been a good supply of lime and other minerals in food. Iron puts color in our faces. I know you have seen people with large lumps at the throat. They have goitre. Iodine, a mineral, helps prevent goitre.

Leafy vegetables and other vegetables like beans, green peas, and onions give us something else besides minerals. You remember Vitamins in milk. Vitamins are in vegetables too. Vitamins make us go, make us want to run, hop and jump. When you eat vitamins you feel you simply must play and jump and perhaps even shriek with joy. Vitamins make our bodies happy!

Fruits also give us vitamins. They give us minerals too. Tell me two things fruits give us. Tell me two things which we get from vegetables. (minerals and vitamins)

Have you noticed how pigs and cows are given fodder or roughage to eat? They must have fodder, grass or other roughage in order to keep well. Roughage keeps the inside of the body clean. What can we eat for our roughage? Cabbage, turnip greens, string beans and other green vegetables. A leafy vegetable serves well as our "stomach's broom."

Fruits also serve as roughage for us. Roughage gives appetite to an animal. Fruits, green and leafy vegetables give us appetite. We must have them if we wish to keep a good appetite, to build a strong body, and to feel ready for play and work.

What time of the year are fruits and vegetables scarcest? (Winter) (Show pictures of rats on bread and meat diet) We should make special effort to provide ourselves with them at that season. Dried fruits and vegetables and canned fruits and vegetables are easier to get in winter than the fresh ones. They will take the place of the fresh ones.

How many leafy vegetables do you like? Name some other vegetables which you like. Do you like all fruits?

Suggestions to agents and leaders:

Pictures of rats may be borrowed from the Food Department - Extension Division.

Soak a bone in dilute hydrochloric acid. After a few days note change in bone. Tie a bow knot. What has gone out of the bone? What makes the bone hard?

EVERY DAY A FULL RADIATORThe Importance of Water.

In the Smithsonian Institute there is something which nearly every visitor to Washington this year goes to see. In fact, this object is one of the first things that most men, women and children wish to see when they visit Washington. Can any of you guess what it is? (The Spirit of St. Louis). A few weeks ago I was in the Smithsonian Institute and went to see the Spirit of St. Louis. All the time I was in the building there was a crowd of people there, all looking at this air ship which seems so small to have made that wonderful journey carrying Lindbergh across the Atlantic to Paris. How we thrilled over that journey and how we now thrill to see the air ship which is on display in Washington.

There is something else in the Smithsonian which I would like you to see. It is a group of glass jars. Two of these jars are very large (about 2½ feet tall) and are full of water; other and smaller jars contain solid materials. The water and solid material in these jars represent the amount of water and solid material which goes to make up the body of an average size man; a man weighing 154 pounds. If the solid material in the small jars were put together there would be enough to fill about one jar. The water fills how many jars? (2). Here is a big jar to represent the amount of solid material in the body. I need how many more to represent the water? Here are those two. Which do we have more of in our body, water or solid material? About one-third of our body is solid material and about two-thirds is water.

Yes, about two-thirds or a large part of our body is water. Even bones, which seem so dry, contain water. Since such a large part of our body is water it is very important that we drink enough every day. You know how important it is to keep water in an automobile. Failure to do so ruins the car. It is just as important for us to keep plenty of water in our body. Why? First of all, to keep up this large amount which is in the make up of the body; then there are other uses for water in the body. After food is taken into the body it must be digested. Water is necessary to help with this and to carry the food material to all parts of the body. Water helps also to keep the body heat regulated just as it keeps a car from getting too hot. It takes a lot of water to keep the body in good order.

We can supply some of this water through the foods we eat but most of it we get by drinking water. How much water does your food score say to drink each day? Let me see the hands of those who are taking from four to six glasses a day. Remember your body is like a fine automobile. You would be sure to put water in your automobile, if you had one, so please be very sure that you take enough into your body every day to keep it in good condition. Drink from four to six glasses a day.

Suggestion to agents and loaders:

Illustrate this story with three card board jars
Get pattern for jars from district agent.

THE GRAIN'S MAGIC COAT.

How many of you belong to calf or pig clubs? I know that if you belong to one of those clubs you are very careful to give your calf or your pig roughage, aren't you? Why do you give them roughage? (Appetite and keep in good condition). You remember we said at one of our former meetings that people as well as animals need roughage. What foods did we say are roughage for boys and girls or men and women? (Green vegetables, leaves and fruits). Yes, they are excellent as roughage. Do you wish to know another roughage food? One of the best is the outside of grains, such as wheat, corn and rye.

How many of you have seen a microscope? Tell me what we use it for. This grain of wheat I hold in my fingers looks merely like a hard smooth kernel, nothing more, but if we examine it under the microscope we will find that it looks like this. (Show chart "Kernel of Wheat"). See the layers of the grain's coat. This coat, if eaten, will do magic things for us.

The magic coat of the grains is made up largely of bran but with other things tucked close in with it. Bran is the coarse part of grains. It is roughage. You give your cow bran, do you not? Remember it is valuable to girls and boys as well as to animals.

What do we make from grains? (Flour, meal and breakfast foods). John, you tell me how we make meal from corn? Have any of you ever seen flour made? Flour is made from wheat in about the same way that meal is made from corn. Inside the grain is the germ and around it some starch and other food material for the germ to use in getting a start in growing. When the miller is grinding up the wheat he can use all of it in the flour or he can sift certain parts, using only what is left. If he uses all of the grain we get a dark flour. If he sifts out the bran and uses only the pure white inside of the grain we have a whiter flour but we have lost our roughage. We need roughage just as much as calves and cows need it.

When we take out the bran we lose something else besides roughage. We lose the mineral in the grain, because the mineral is just inside the bran. It is a part of the magic coat. What did we say last time that mineral does for boys and girls? (Makes strong bones and teeth, puts color in cheeks). One of the minerals found in grains is phosphorus (I will spell this and put it on the board). Phosphorus helps to make strong bones.

Have you ever heard the word, Vitamins? (Vitamin in milk). What did we say that Vitamin does for us? (Makes us go). There are vitamins in grains also. They are in the magic coat, not in the white inner part. If we want to get the vitamins in grains we must eat all of the grain. That is, we must have bread or breakfast food made from the whole kernel. John tell me what three things we get if we eat whole grain flour that we do not get if the outside of the grain is kept out of the flour? Roughage (bran), mineral (phosphorus) and vitamins.

Here are some breakfast foods and some flours. Which of these contain all of the grain and which contain only the white inner part? What grade does your food score give for eating a whole grain bread or whole grain breakfast food each day? Do you have to eat both of these in one day or just one? (One only; either the whole bread or the whole grain breakfast food).

How many of you had whole bread yesterday? How many of you had a whole grain breakfast food? Let us try to have either a whole grain breakfast food or a whole grain bread everyday, because whole grains give us minerals, vitamins and roughage.

Suggestion to agents and leaders:

For showing grain flours and cereals use: home ground wheat flour, corn meal and grits, Mothers oats, shredded wheat, wheatena. If necessary have an old-fashioned coffee grinder for making a coarse breakfast food. Recommend whole grains of wheat soaked and thoroughly cooked for breakfast food.

For the finer flours and cereals show patent flour, cream of wheat, bolted corn meal.

A chart, "Kernel of Wheat," can be bought from the Washburn Crosby Company for 15¢ and should be used for this story.

TEA, COFFEE, CANDY

Leaders and agents may use a fact or two from these statements when explaining that tea, coffee and bottled drinks are harmful and that sweets should come at the end of a meal only.

Tea and coffee are stimulants, not foods. Stimulants make us believe we are not tired when we are. Young people do not need stimulants as stimulants prevent their resting when rest is needed. Tea and coffee, besides being stimulants and therefore harmful to young people, fill up valuable space which should be used for food. Neither tea nor coffee has any food value. Milk is an excellent food and of special value to young people. We would not consider it wise for a person to fill his automobile tank even one-fourth full of kerosene; he needs all the space for gasoline. Then why should boys and girls put coffee or tea into their stomachs when milk would be of more value?

Candy and other sweets satisfy our hunger and make us feel we have had enough to eat even though we have had little. If we eat candy before the meal, we will not wish such foods as bread, milk, or vegetables. These foods are needed by the body, so let us eat our candy at the end of the meal after we have eaten enough of milk, butter, vegetables, etc. Desserts are eaten at the end of the meal. Candy should be eaten as a dessert.

Another fact in regard to the eating of candy which must be taken into consideration is this: Candy or other sweets, if eaten on an empty stomach, irritate the delicate lining of the stomach. For this reason eat candy only when other foods are in the stomach, in other words, at the end of a meal.

In a rat feeding demonstration carried on by the food specialist of the Extension Division at V. P. I. during the summer of 1928 the rats that ate sugar and bread lost more weight than the rats that ate bread alone. The "sugar rats" lost their appetite and their digestion became so upset from so much sweets that even the little bread they ate did not do them much good. They lost weight, failed to grow, and their hair became very thin and dull looking and their eyes dull. Do you wish that to happen to you?

SUGGESTIONS ON ORGANISING AND CONDUCTING BETTER FOOD CLUBS

A. OBJECT:

1. To encourage boys and girls to improve their food habits.
2. To arouse them to the fact that "food makes a difference."
3. To encourage the eating of more green vegetables, fruits and whole grains and the drinking of more milk.

This is as far as the work of this club is intended to go. If members realize it matters what a person eats, much will have been accomplished.

B. WHERE TO HAVE:

Place better food clubs in those communities where neither cooking clubs nor home economics classes are carried on. Wherever the women take the Food Selection Unit or the Meal Planning Unit, have the juniors in a Better Food Club. It is most desirable to interest both the juniors and adults of a community if anything is to be accomplished in improving family food habits.

C. ORGANIZING AND CARRYING ON:

1. Before organizing, see the teachers and get their interest. It is necessary for them to give help to the children in keeping the scores. They might set aside a short period on the school program when scores are marked. The teachers are the principle dependence for securing accurate and truthful scores from the children. Without their interest and hearty cooperation the club had better not be organized.
2. Next see the students and arouse their interest. Take into the club all the members of certain grades or of an entire school or let only those join who are particularly anxious to do so. This must be decided by the agents and teachers involved. Sometimes one room may be played-off against another room for results or one school of the county against another school. A banner or other reward might be offered to the room or school making the best record.
3. Secure as many pictures as possible of individuals or of groups, particularly pictures showing improvement of individuals; getting also pictures of the home demonstration agent or leader and the teacher planning for the club; groups marking up their scores, etc.
4. Save up as many human interest stories as possible in connection with the club, its members, etc., and send in with the report to the State Office. Better Food Clubs can furnish excellent publicity material for the work of the agent. Human interest stories are most important for putting such material before the public. What has happened to one child or family or a particular group of children makes an appeal to the public. Make a note of every such fact and write up the best of them for your report, for news

articles, talks before groups, etc. "Mary Smith, a member of the Better Food Club, has gained three pounds since she learned to eat vegetables." That is a real demonstration and others should know of it.

5. Where possible, have the School Lunch unit in the same school with the Better Food Club.

D. NECESSARY MATERIALS:

Members of club need food scores, E-248. Order according to size of club.

Leaders and agents need report sheets. Samples of these are at the back of the manual. Report sheets are prepared by the club department and should be filled out and sent to that department as soon as a club completes its work. Send also stories of improvement made by individual club members. Leaders and agents need illustrative material called for in each story.

- Story I. Foods; milk, dark bread, leafy vegetable, fruit.
 Story II. Large card board milk pitcher and milk fairies.
 Story III. (1) Bone soaked in hydrochloric acid. (2) Animal pictures
 Story IV. (1) Three large card board jars. (2) Chart, "Kernel of Wheat"

Patterns for card board pitcher and jars (Stories II and IV) have been put in the hands of the district agents. Apply to them for the patterns.

E. HELPFUL BULLETINS, LEAFLETS, ETC.

- F. B. # 1315 - Good Proportions in the Diet.
 F. B. # 808 - What the Body Needs
 F. B. # 717 - Foods for Young Children
 F. B. # 563 - Use of Milk as Food
 Children's Bureau # 35 - Milk
 " " Leaflet - "What Do Growing Children Need?"
 " " # 3 Folder - "Why Drink Milk?"
 Metropolitan Life Insurance Company, New York - "All About Milk"
 " " " " "Rhymes, Jingles, etc. on Food"
 The National Dairy Council, Chicago, Ill. - Posters and rhymes of various kinds.
 Maine Agricultural Experiment Station - Bulletin #320 "The Influence of Ultra Violet Light on Nutrition in Poultry."
 U. S. Department of Education, Department of Interior - Class Room Weight Charts.

Name _____ Age _____

County _____ Community _____

Date of Beginning _____ Weight _____ Date of Ending _____ Weight _____

DAILY POINTS	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Milk, 1 quart.....2														
Milk, 1½ pints.....1														
Milk, 1 pint.....½														
Leafy vegetables.....1														
Vegetables other than potatoes, dried peas, and beans														
Twice a day.....2														
Once a day.....1														
Fruit twice a day.....2														
Fruit once a day.....1														
Whole grain cereal or " " bread.....½														
Water, 6 glasses.....½														
Water, 4 glasses.....¼														
No tea, coffee, or bottled drinks.....1														
No candy between meals.....1														

DAILY POINTS	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Milk, 1 quart.....2														
Milk, 1½ pints.....1														
Milk, 1 pint.....½														
Leafy vegetables.....1														
Vegetables other than potatoes, dried peas, and beans														
Twice a day.....2														
Once a day.....1														
Fruit twice a day.....2														
Fruit once a day.....1														
Whole grain cereal or " " bread.....½														
Water, 6 glasses.....½														
Water, 4 glasses.....¼														
No tea, coffee, or bottled drinks.....1														
No candy between meals.....1														

Tomatoes and oranges are specially valuable in the diet. Days when either of these is eaten a gummed colored star may be added to the score.

If pork is eaten not more than 5 times a week during the "pork-eating months" add a gummed colored star for each such week.

To encourage the eating of a variety of vegetables 25 points may be added to the total number of points made by any person who eats 6 different vegetables during the particular season in which the score is kept (fall, winter, spring, summer).

For adults change score to read: "Water, 8 glasses and 6 glasses"; "Tea or coffee, not over 2 cups"; "Milk, 1½ pints...2; 1 pint...1."

I hereby certify that the above statement is correct.

Signed _____
Adult's, Teacher's or Parent's name

GUIDE TO SCORE

Milk—Count what you get in foods and on foods as well as what you drink. When cultivating the milk habit, try the addition of chocolate sauce or home-made fruit syrups; take milk in form of iced or hot cocoa; take it as a milk-shake; in the form of creamed vegetables, creamed meats, cream soups, baked custard, "boiled custard," junket, etc.

Leafy vegetables—Any leaf used as food or any vegetable called "greens," such as: cabbage; turnip-greens, lettuce, beet-tops, spinach, kale, Swiss chard, watercress, kraut, etc. Cabbage may be eaten raw or cooked.

Vegetables other than Potatoes, Dried Peas, and Beans—This includes tomatoes, beets, asparagus, celery, turnips, snap-beans, green peas, carrots, parsnips, okra, etc. Such vegetables are usually called green vegetables.

Dried peas and beans are classed with such body-building foods as meats, eggs, etc. Young butter-beans, whether fresh, dried, or canned, are classed as green vegetables, while the older ones, dried on the vine, are body-builders. Macaroni with cheese also belongs in the latter class. Since such vegetables as these, and potatoes, are easily stored and kept on hand, they are too often eaten in winter to the exclusion of green and leafy vegetables.

Fruits may be fresh, canned, dried, or stored. This is true also of leafy and green vegetables. Fruit may be eaten raw or cooked. One of each is a good selection for the day.

Whole Grain Cereals or Breads—Eat breads made from graham or entire wheat flours, from whole corn meal, or other whole grains. For a breakfast cereal, select one that contains all of the grain. A delicious cereal is the whole grain of wheat soaked 8-10 hours and cooked long enough to be thoroughly tender.

Eggs, meat, cheese, bread and butter are important foods and should be included in the diet. They are not on the score because they are not often neglected by the average person. The food score is intended to stress the importance of the protective foods, leafy and green vegetables, milk and whole grains.

Better Foods Club Score

Revised by MARY B. MCGOWAN
Food Specialist



"Eat what you wish after you have eaten what you should."
—McCULLUM

VIRGINIA AGRICULTURAL AND MECHANICAL COLLEGE AND POLYTECHNIC INSTITUTE
AND THE UNITED STATES DEPARTMENT OF AGRICULTURE, COOPERATING
EXTENSION DIVISION, JNO. B. HUTCHESON, DIRECTOR
BLACKSBURG, VIRGINIA

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VA. A. & M. COLLEGE AND POLYTECHNIC INSTITUTE AND
U. S. DEPARTMENT OF AGRICULTURE, COOPERATING.
John R. Hutchison, Director.

BETTER FOOD CLUB SUMMARY 192__.

_____ County.

1. Total number members enrolled _____
2. Total number associate members enrolled _____
3. Total number clubs _____
4. Total number meetings held _____
5. Total number homes reached _____

6. Total number keeping food scores -

Months		
1	2	3

7. Total number stopped drinking tea or coffee _____
8. Total number gaining -

Pounds		
1 to 5	5 to 10	Over 10

9. What prizes were offered? _____
10. Accompany this report with a story of each club showing outstanding improvement of individuals and effect or results in homes and school. If possible secure pictures which tell a story. Mention any special programs given.

SCHOOL LUNCH CLUB REQUIREMENTS

Each Member Must:

1. Follow instructions of Home Demonstration Agent.
 2. Enter contests and give demonstration when called for by agent.
1. Time period - Three months.
 2. Observe a quiet lunch period daily.
 3. Each team must serve at least five times (In this project the members work in teams of two).
 4. Each member shall be required to use ventilated lunch containers.
 5. Submit record card at date required.

BETTER FOOD CLUB REQUIREMENTS

Each Member Must:

1. Follow instructions of Home Demonstration Agent.
 2. Enter contests and give demonstration when called for by agent.
1. Time Period - Three months
 2. Each member must attend at least three meetings.
 3. Each member must keep food scores three continuous months.
 4. Each club member must secure weight at the beginning and end of the project:

NOTE: Since food habits are formed so early it is most desirous to work with the younger children, therefore those should be encouraged to join under ten years of age. Those under ten who keep food records will be called "Associate Better Food Club" members.