

VIRGINIA

FOOD & NUTRITION

Annual Report 1940

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REPORT FILES
EXTENSION WORK

Janet L Cameron

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ANNUAL REPORT OF THE FOOD AND NUTRITION SPECIALIST

State of Virginia

December 1, 1939 - November 30, 1940

I. CHANGE OF INTEREST IN NUTRITION, 1939- 1940

Glory, Glory, Halleluia!
Things are getting under way.
What a change in thought and interests,
All nutrition people say!
Has the need increase? the health decreased?
No need for such pretense;
It is the spur of men and women to the nation's call--Defense!

It is amazing that the entire thinking and approach of a program could change as much as the nutrition one has this past year. Running back through the report written a year ago and the plan of work drawn up soon after, the dominant thought is that "we need and should have a more adequate diet" for our own health. Today every nutrition program is set up on the basis that "we must improve diets" and do it quickly, not only for ourselves but for every person in every neighborhood, if we expect to be worth anything in preparing our country for total defense.

Men and women are now saying everywhere that if America is to be strong, Americans must be stronger. The realization that it can be done is just hitting people in the eye. If one-third of all America is malnourished and, therefore, less efficient, probably one-half of Virginia is. We have known from sociological studies of the past few years that about one-half of our population is below the so-called "marginal" line--in education, income, and standards of living. They are also below the margin in health, and they lack adequate food. Without this half of our population, will our defense program take twice as long, and will this half not only be no help in defense but actually have

to be defended, too?

How great can be the effect of giving every American an adequate diet?

How soon can results show up?

How can we go about interesting all Americans in making sure that each one and his neighbor have an adequate diet?

These are vital problems in the country today, which were seldom noticed even a year ago.

This report is one of a program going on while this change of thought is taking place. Individuals have for years been interested in human nutrition, and now a nation is interested in it. A year from now the reports should show marked changes in results of cooperative effort of men and women in a field which has a direct bearing on the success and efficiency of every person.

In light of the nutrition program for defense, a State Nutrition Committee was organized in October with representatives from (about) 20 State organizations ^{that} are most interested in nutrition. This Committee discussed the nutrition problem in the State and what should be done first toward meeting this.

In discussing the needs, little definite knowledge seemed to be available about the general food habits of the people in the State. It was decided to make, through the schools, a study of the food eaten for one week. This has now been done in 35 counties (scattered throughout the state) ^{the} and results are just being tabulated. This will give us good, usable knowledge of the situation now, so plans for each county and city can more easily be made.

One of the first suggestions was for each county to set up a

county nutrition committee which would represent all the organizations of men and women who would or should be concerned with the human malnutrition situation in that locality. This is now being done.

A map of the counties where the study was made and a copy of the material used for this is also in the supplement.

II. HIGHLIGHTS OF THE 1940 FOOD AND NUTRITION PROGRAM

Due to the realization that strong men and women are needed for a total defense program, both men and women all over the State have shown a growing interest in the malnutrition problem in Virginia.

Over 8000 women and 6000 girls participated in an active food and nutrition program in 1940.

Over 10,000 families are serving better balanced meals because of the Extension food and nutrition program. *see page 7*

Home Demonstration and 4-H Clubs have played a big part in the school lunch program in the state. They assisted with planning and serving the lunch in 302 schools and canned over 25,000 quarts of food for these lunches. These lunches served over 37,000 children a hot dish.

Through help given through Extension work, nearly 10,000 farm families in Virginia report raising practically all their food, so that only those foods which cannot be raised are purchased. At the State meeting, an exhibit showing the exact amount of food needed yearly for an adequate diet for a family of *five* was shown. *In 1940* (This past year) the bulletin, "Make the Farm Make the Living" was revised by the members of all *the* Extension departments who help with family food and feed programs.

Over 5,000,000 quarts of food were canned under the direction of Extension workers during 1940. The cost of this canning was \$115,000.00

but the value was over \$600,000.00 from the canning program. Most of this food was canned by a previously made plan to fit the food needs of the individual family. In addition to the canned food, extension agents helped farm families to dry and store over \$13,146.22 worth of food for winter use.

The ten home demonstration markets helped 176 women to sell \$90,130.12 worth of surplus farm products. (These are all very small surpluses which otherwise would not have been marketable.)

A total of 1568 adult and 4-H volunteer local leaders gave 4295 days to helping with the food and nutrition program which more than doubled the effectiveness of the agent's time in this field.

To help with the nutrition defense program in the State, each county is making plans to take definite steps locally to work on the things most needed in that locality. These plans will include:

1. Serving a hot dish at every school to all children who are undernourished.
2. Increasing the number and improving the gardens in the county to raise more nearly an adequate vegetable supply to meet the nutritional need.
3. Increasing the milk supply through increasing the number of cows, adjusting the price of milk or improving the marketing of milk so that it may be available to more children.
4. Improving the diet of all people through a wider use of whole wheat cereal and breads which may be ground from home produced wheat in most parts of the State.

III. THE ADULT FOOD AND NUTRITION PROGRAM

A. Where It Was Carried On

Nineteen counties included some phase of food and nutrition work as the major part of their home demonstration program. These were (see map on the following page):

	<u>No. clubs</u>	<u>No. leaders assisting with foods program</u>
Augusta	19	40
Botetourt	11	22
Caroline.	10	22
Carroll	14	28
Charlotte	8	16
Dinwiddie	12	25
Fairfax	15	35
Franklin	13	27
Greene	9	12
Hanover	11	22
Highland.	12	24
Isle of Wight	13	26
Norfolk	18	38
Prince Edward.. . . .	7	14
Prince George	10	20
Roanoke	11	22
Rockbridge.	18	36
Stafford.	7	18
Tazewell	9	18
		<u>465</u>

In addition to these 19 counties, 48 other counties (white and

negro) included some phase of food preparation or canning work in their program at some time during the year.

B. How It Was Planned

No two counties plan the same type of program, because all subject-matter plans are based on the interests and needs of the women themselves. [Each spring the clubs in every county discuss the need in their community and on this basis, arrive at the phase of work they want to emphasize for the coming year (that is, nutrition, house furnishings, etc.).] For instance, Isle of Wight County found that there was a very high rate of tuberculosis in the county and a corresponding evidence of malnutrition. Hence they chose "Foods for Health" with special emphasis on needs for more milk and more year-around gardens. *see page 17*

After such a discussion each club votes on the phase they want for the county emphasis and of course the majority rules.

At the summer state meeting (July), each county who has indicated emphasis on foods or nutrition meet the nutrition specialist for a general discussion of planning a foods program according to the varying needs in the state.

The third phase of the program planning comes in each fall, when the specialist meets each county planning committee (one member from each club) to map out in detail the subject matter program, and to decide when each subject shall be included, how the campaign shall be correlated and what reports on the work should be made out. This planning committee in turn presents this county-wide program (which will probably cover not over 6 topics) to the club. The members

then select other subjects they want added in their year's work in the club.

C. What Results Were Obtained

In Virginia we combine the food and nutrition work into one, believing that they cannot be logically separated. It is our experience that any nutrition discussion goes over better and brings greater changes of practice if some short food demonstration illustrating that discussion is given. Likewise if the women indicate special interest in knowing how to prepare a certain food in new ways, it opens up a broad opportunity to get over the nutritive value of that food, and how to retain this food value in cooking.

While no two county programs are alike, the subjects discussed fall into a few distinct classes:

1. Food production and preparation
2. Use of cooking equipment
3. Meal planning
 - a. School lunches
4. Food preservation
5. Using surplus farm products (wheat, apples)

The Taxewell report shows how and what their program included in the topics as given:

"The improvement of health conditions through the diet was recognized as a very important factor in a foods program. Planning and producing more wisely could do much toward decreasing the economic strain that was beginning to be felt over the county. There was a great desire on the part of the members to learn to produce on the farm a food supply that would be both adequate and economic. So for this reason the food

study took the trend of planning and producing a food supply on the farm that would be adequate for all members of the family. Emphasis was placed on better nutrition, a better balance in the diet, more variety and better preservation. The major demonstrations were selected as follows:

1. Planning a yearly food supply: January
2. Garden planning, planting, new vegetables: February
3. New ways to use canned fruits and vegetables: March
4. Making American cheese: May
5. Making Ice Cream: June
6. Methods in canning: July
7. New methods in preparing vegetables: August
8. Making and using cottage cheese, September"

1. In Food Production and Preparation

The "Foods for Health" work emphasized the use of home-produced foods. After emphasizing the canning of meats, six counties studied "ways of preparing home canned meats". This included uses of pork, beef, chicken and some lamb.

The foods and garden programs really go hand in hand. Some counties carry a complete live-at-home program either as a campaign or as a major project. In Wythe County, it started as a campaign:

"Our campaign was set up to encourage all of the ^{four} main organizations of the Homemaking Board to include in their year's program some work on Nutrition, giving publicity to the malnutrition in the county. As a result of this goal, a garden leaders' conference was held, better gardens, more balanced meals, and more canning for winter months were all stressed. Work on this goal has shown the need so great as to influence the making of the 1941 program.

The county campaign for 1941 is 'Make the Farm Make the Living'. Its objectives are:

1. Encourage all families represented by the board to plant and grow adequate gardens for their families.
2. Encourage all parents to emphasize the importance of breakfast to their children.

3. Stress importance of all children having something hot at noon.
4. Stress hot lunches in all schools and cooperate with Hot Lunch supervisors in planning balanced meals.
5. Stress the importance of a well balanced diet:
 - a. Planning
 - b. Preparation
6. Cooperate in all programs put on by other agencies on the board.
7. Stress cleanliness and neatness in foods, home, and appearance."

In Halifax County:

"With the help of Extension workers, one of the local newspapers sponsored a garden improvement contest, which did much to encourage better planned gardens. A garden supplement was included with one edition of the paper, which was edited by a Home Demonstration Club member. This member continued weekly garden suggestions through a column called 'Over the Garden Fence'."

Appomattox County:

"The live-at-home program was carried by each group and held a very large place in the plan of work of each group. The women are becoming more aware of the economical value of living at home, saving or having more money to spend for other living expenses."

Brunswick County:

"A year-around garden' was selected as the county campaign. From a study of the surveys made and the reports turned in last year, this was found to be one of the great needs of the county. Every one in the county has a good spring garden but then after the tobacco and cotton season come, it is forgotten. The lack of sufficient fresh vegetables all the year showed up in the amount of food the farmer has to buy and in the doctor's bills he has to pay. From the enrollment of 385 girls only ninety-one of them were five pointers. The homemaking board thought if we worked and talked about it this year that both the finances and health of the farm family would be improved.

A total of 150 signed for the campaign. The results of

"WHAT OUR HOME GARDEN HAS DONE FOR US"

(Mrs. William Tanner, Campbell County)

Though my husband and I have often talked of how a "real garden," was needed, not until this year, when we had "Home Gardening and Record Keeping" as our club program, did we really get a start and prove to ourselves the real value of a sure enough garden.

Our information and help has come from our garden program, farm papers, and garden letters sent out to club members. I look forward to these as I would a letter from home and put into practice the valuable information given us through them. Our account keeping has been the test, a very true one that the garden has been a source of real income to us in 1939.

Beginning with early spring we had the things that could be planted and used early, salad (greens), onions, and lettuce; by the middle of May we had cabbage, green peas and other greens, and strawberries.

Our strawberries were not started this year, however. All through the summer and fall months we have had five, six, and seven vegetables from the garden ready for table use each day, and for market twice each week. We are still getting carrots, turnips, salad, and some protected tomatoes, from the garden. Greens will be available for 12 months this year. We have found that this is not a hard thing to do when we know how.

There are fifteen in our family, Mr. Tanner and I, 12 children and one hired man. We all eat three meals a day. My account book shows us that the following is what our garden has done for us.

The family has eaten since last April, vegetables valued at market price, \$235.00; strawberries and melons, \$22.00; 1200 quarts of fruit and vegetables canned for winter use, valued at \$240.00; potatoes, onions, peas, and other stored vegetables, \$60.00. We have sold \$260.00 worth of vegetables and \$30.00 worth of strawberries and melons. I value my preserves, jellies, and pickles at \$25.00. The total value of all of these is \$872.00, aside from an added number of dollars that were given to friends who were in need of vegetables and fruits. The total cost of seed and fertilizer for producing this garden was \$80.00. The labor was done by the family.

The \$290.00 received in cash has done marvelous things for us. It has met every household expense including all groceries, replacement of kitchen tools, repairs of tools, children's clothes and numerous other things, in fact everything needed to keep the home going.

The big thing the garden has done for Mr. Tanner and me has been that we have just waked up to the realization of what can be done on the farm in a "live at home program." We have also come to realize how we have, through the years, abused the soil we have, and are now in a position to improve the whole farm because we know what we are doing.

I failed to tell you that we are starting some permanent planting. Not only will we continue strawberries, but we are putting down an asparagus bed this fall.

this was spread to others in the community and as a result Brunswick has more year-around gardens than formerly. All home demonstration members reported they had good summer gardens as well as spring ones and many more have year around ones. The number of vegetables reported were from fifteen to twenty-five rather than the formerly eight to fifteen. One hundred and sixty report they have year-around gardens. This with dried beans, peas, and apples, stored onions and potatoes will provide a more adequate diet and will help cut down the living expenses of these farmers."

One of the most popular demonstrations was on the preparation of vegetables; to see red vegetables stay red when vinegar is used, and turn a shade of brown when it is not; to see how greens may retain their green color without the use of soda has proved helpful to the ten counties who studied this work. In each case the vegetable demonstrations were either a fore-runner or a follow-up of a garden program. For instance, in Isle of Wight County, they found very few gardens had carrots in them, so a campaign of "Carrots in Every Garden" preceded the vegetable demonstrations:

"'Carrots in Every Garden' was a slogan for 4-H club members and raw carrots were served at club meetings to help members cultivate a taste for them. One mother, with six of her children in club work, told the agent in midsummer that she was disgusted with herself because she had never planted carrots in her garden until the children persuaded her to plant some, and she found that every member of the family, including her husband, were very fond of them. Canning nonacid vegetables, by her mother for the first time, was reported by one club girl who reported 40 quarts canned for a family of three. She explained that more would be canned next year, now that her mother is convinced that they will keep."

Prince George County:

"For the 'Milk Cookery' demonstration, frozen, baked and drink dishes were prepared. A total of 425 homemakers report having gotten more milk in the diets of their family. The 'Vegetable Cookery' demonstration was one of the most popular ones of the year. This was given in June by leaders entirely while the home demonstration agent was at summer school. A total of 440 families report that they have got a more varied diet of vegetables eaten by their families."

In Nottoway a garden leader in each club held a ten-minute timely garden discussion at every home demonstration club meeting. Seeds were exchanged and every member planted at least one new vegetable.

In this same county, one leader who kept a record of the cost and value of her small garden found that the total expense was \$9.00. She canned 215 quarts of food from it, valued at \$47.20. She stored potatoes, carrots and onions valued at \$18.60, and served vegetables fresh over 200 times, which she valued at \$50.00. All this made a total of \$115.80 for the \$9 cost, although she added that plenty of work went into the gardening as well as the canning.

After the new vegetables were ready in the gardens, these Nottoway clubs had six demonstrations on uses of new or unusual vegetables. These included broccoli, kahl robi, brussels sprouts, okra, salsify--new vegetables to most of the members.

In Tazewell County:

"This demonstration included principles of vegetable cookery; vegetables as a source of vitamins were discussed. The new methods in preparation brought out a great many short cuts. Very interesting comments came out of the demonstration, but it was noticed that the members approved of the new methods, and there was splendid carryover from this demonstration into home practices."

The use of milk and cheese was the third topic most often selected. Seven counties took some phase of this as a part of their county-wide program, and in addition, some clubs in nine counties selected cheese making as one of their minor demonstrations. All together, 102 demonstrations were given on making cheese, and as a result of these and past demonstrations, club members made 9185

pounds of cheese.

Tazewell was one of the counties who felt a need for increasing the use of milk, and they included three demonstrations:

1. Making cottage cheese
2. Making American cheese
3. Making ice cream

Their report says:

"The women in the county had never had the opportunity to see a demonstration on making American cheese. This probably accounts for the great success that was enjoyed in connection with this demonstration. The dairy specialist worked with the home agent for five days, giving eight demonstrations on American cheese to a total of 200 women. In addition to the great interest the women had in learning to make American cheese, they received so very much from the specialist on related subjects. He went into a very thorough discussion of the importance of caring for dairy equipment correctly, and the uses of simple yet modern equipment for making cheese and butter. A very fine piece of work was done in educating the women to the importance of milk in the diet. It was so good to have the specialist to take out into the county for so many meetings. Of course, he did not meet with all the clubs, but after working with the specialist the agent was well prepared to complete this work and did so by giving cheese demonstrations for the other clubs. A number of club women gave cheese demonstrations for the other clubs. A number of club women gave cheese demonstrations to small groups in various communities. The Farm Security women in all communities were invited to these meetings.

"The same specialist from the Dairy Department at Blacksburg worked with the home agent three days and gave six demonstrations in the county on making ice cream. One hundred and sixty club women attended these six meetings. Some of these meetings were held in communities not having electricity; in these places, the hand-type freezer was used for a cooked ice cream mixture. Several varieties were made by using fresh fruits. In communities where electricity was available, the specialist demonstrated both the hand-type and the electric refrigerator method of making ice cream. With this ice cream demonstration,

people were encouraged to use more milk, cream, eggs, and other products ~~that~~ that country people have at their disposal."

Prince George County ~~was~~ another industrial county where the lack of milk was very high, but ~~many~~ many families have cows. For these a cheese demonstration proved most ~~successful~~ successful to use the spring and summer surplus.

Tazewell County's reports ~~of~~ of the cheese and ice cream demonstrations are typical of the cooperative ~~work~~ work with the Dairy Department. In most cases, they work direct ~~ly~~ instead of through the training of leaders.

Since Norfolk is a seacoast county, its food needs were quite different. To our surprise, ~~they~~ they asked for work on sea foods, and we found that, while some fish ~~was~~ was used by nearly every family, very few of the rural women had ~~any~~ idea of the variety available and almost nothing of its excellent food value. Few women knew much about how to select fish at market, ~~and~~ arrangements were made for a man from the Bureau of Fisheries ~~to~~ train the leaders in the fine points of selecting fish. We followed ~~this~~ this with a demonstration and found, again to our amazement, that ~~many~~ of the families made a practice of frying oysters in shallow ~~oil~~ in the frying pan. They said that deep fat was too expensive, ~~so~~ they fry oysters and other fish about two or three times a week. ~~Since~~ one point in deep fat frying is that less fat is absorbed by ~~the~~ food, several leaders carried on an experiment to see if it ~~did~~ actually take less fat. Their work showed that it took one-third ~~to~~ one-half less when deep fat was used and that the product had a much better flavor and appearance.

2. Use of Cooking Equipment

In order to find out to what extent electrical and other types of stoves and refrigerators were used by club members, a study was made on 11,974 home demonstration women. Of these 1340 (12%) was electric stoves, 8861 (73%) used wood or coal stoves, and 1833 (15%) used oil stoves. It is interesting that over twice as many homes had electric refrigerators as stoves (3622 or 37%), and in addition 15% of the others had other forms of mechanical refrigeration. Hence, about one-half of the people reported having some form of mechanical refrigerators and one-eighth have electric stoves. This is an increase over the number a year ago, but we did not have the exact figures at that time.

Another interesting observation on which we have no figures is that a great many farm homes keep the wood and coal range even when they buy an electric stove. One woman says, "The cleanliness and convenience of electric cookery attracts me, but we have to have the old cook stove in winter to keep warm. And, besides," says she, "even in summer the current sometimes goes off, and I have my men to feed three times a day!" So this argument and others like it prevail, so the management specialist has the problem of helping arrange conveniently such a kitchen:

Because of the increase of electrical equipment, there has been a demand for demonstrations on the best use of stoves, roasters, and refrigerators. Four counties included this in their county-wide programs. The efficiency of cooking in various types of cooking utensils was also a topic included by a few counties.

Prince George County's report says:

"The 'Everyday Cooking Utensils' demonstration brought about participation of every club member as each was asked to bring to their club meeting their best and worst piece of cooking equipment, and these were used as a basis for the demonstration. A total of 443 homemakers report having acquired improved cooking utensils since they realized how inefficient their old ones were in wasting food value and fuel.

3. In Meal Planning

"If someone will just plan my meals, I do not mind cooking them" is the constant cry. Because of this, we tried to find out why planning was such a difficult, unpopular job. We began by getting the women to tell the advantages of planning ahead and they will volunteer that it saves time, fuel, money and produces better balanced meals, yet when you ask when they plan, nearly all do it from day to day and often from meal to meal. They have been much interested in building up their diets on the share charts (see Supplement, "How Do Your Meals Stack Up?") to find out how much of various food requirements they are getting. The food chart cards of the Dairy Council have proved most practical in working on this.

Reports show that over 10,000 families are planning better balanced meals in the state because of the meal planning work this year and previous years.

Fairfax County reports:

"The leader of the Accotink Club was most interested in the study because the first demonstration was meal planning from the standpoint of food values and affected her directly. She had been told by the doctor that she was not getting the proper amount of calcium in her diet and she was taking calcium in the medical form. After the leader training meeting, she was able to make out menus to meet her need for calcium. She then started working on an educational exhibit for the County Achievement Day on the value of

calcium in the diet, and a comparison of cost in various foods and medicines."

School Lunches are always considered as a meal when selected as a part of the meal planning program. In spite of the rapid increase in the number of hot lunches served by WPA and with surplus products, the home demonstration women continue to play a very important part in these hot lunches; and thousands of box lunches are still packed. The complete school lunch report will be found under section V, "Special Food and Nutrition Activities".

4. In Food Preservation

This phase of Extension work has always occupied an important place in the program of every county, and we expect that it will continue to do so for years to come. Canning, storing and drying is almost a year-around job, though the summer months are the busiest canning ones. However, with meat killing all winter and many early fruits coming in the spring, as rhubarb and strawberries, the jars or cans are hardly emptied before they are filled up again with the next food.

Our preservation program begins usually in early spring and when the garden and the canning is first planned. This year's record shows that 7183 families from 51 counties made and carried out canning budgets (copy in Supplement). This is not as large a number as last year, for until this year the canning budget has been a requirement for all canning contests: This year we did not sponsor any canning contests, and a consequent dropping off of those who made the budget "just to enter the contest" occurred. It is heartening, however, to know that over 7000 found it a helpful practice which

they wanted to follow. This report from Hansemond County is typical:

"Six clubs had a food preservation demonstration, either canning meats or vegetables. Even though we did not have a canning contest in the county, at least 50% of the members made canning budgets and kept an accurate record of their canning. Most of them canned a larger number of quarts than they had realized before. More women canned meat this year than last and also a larger number of quarts."

While canning demonstrations have been conducted for many years, new members enter and methods improve somewhat, and there is a continuing demand for canning demonstrations. Much of this work in food preservation is done by leaders. Last year there were 257 such demonstrations reported by volunteer local leaders with 1871 people attending. Eleven leader training meetings were held for these leaders.

Besides the actual demonstrations, there were 439 leaders in food preservation who helped neighbors and the less privileged groups in the county with their canning. A total of 348 demonstrations and meetings were held on preservation with 6557 people attending.

Nottoway County's report is typical of many:

"Canning has increased in quantity and improved in quality, with a greater variety of canned products. This year's record shows over a 1000 quarts increase over last year's, possibly due to the emphasis placed on the "live at home" program."

For several years we have kept our record of canning by food groups and have been interested in the steady growth in the amount of canned meat and vegetables and decrease in the percentage of "other" canned foods, which includes pickles and preserves.

Food preservation for 1939-1940 is as follows: (total, includes 4-H, adult, white, negro)

	Number Quarts	Approximate cost	Approximate Value	Pounds dried	Approximate Value	Foods Stored
Tomatoes.....	745,051	15,934.38	73,977.86			4998 bu
Other vegetables..	1,053,303	28,085.10	160,140.05	59,391	5304.30	68,941 bu
Fruits & Juices..	990,465	32,197.43	195,559.40	25,623	4438.15	28,264 bu
Meats.....	258,699	12,659.04	91,232.37	2,991	3505.00	22,205 lbs.
Others.....	550,512	22,436.71	136,273.45	835	104.40	12,975 lbs.
TOTALS.....	5,013,001	115,276.58	658,659.86	72,149	\$13,146.22	XXXX

These figures show a large increase in the amount of food canned over previous years:

1935: 2,606,214 quarts

1937: 3,519,263 quarts

1939: 3,733,804 quarts

1940: 5,013,001 quarts

It is significant to note that the cost of the canning was reported over \$115,000 while the value came to \$658,000 figuring at the conservative estimate of

10¢ each quart tomatoes

15¢ each quart other vegetables

20¢ each quart fruits and fruit juices

35¢ each quart meat

10¢ each pound dried vegetables

15¢ each pound dried fruit

The increase in the number of pressure cookers has been partly responsible for the larger amount of meat canned;

	<u>1939</u>	<u>1940</u>
No. cookers owned by home demonstration women:	1790	2097
No. other families who have used these cookers:	3035	3448

These figures come from 19,000 members, which indicates that about 11% of the members have pressure cookers but that they lend them to an average of $1\frac{1}{2}$ families each. In this way, nearly 6500 families have the use of these home demonstration pressure cookers. The Farm Security is also urging the use of cookers, and many have been placed through that program.

By special demonstrations in five counties, cooking meals and steaming fruit cakes has increased the usefulness of this piece of equipment.

Meat Canning. Of the 258,699 quarts of meat reported:

67% is pork

18% is beef

10% is poultry

5% is other

In reporting on chicken canning, Tazewell County says:

"The chicken canning was particularly interesting in the food preservation demonstration, perhaps because the women had never had a demonstration on canning chicken, and, too, many did not know the advantages of canning chicken or even that it was possible to can it. They were amazed to figure out the cost of feeding a chicken for a month, which they decided ranged from 6¢ to 15¢ a month per chicken. At this rate they saw that it was cheaper to kill and can than to feed the chickens over several months."

Improved Pantries. Much good canned food has been found to spoil if stored in a place either too hot or too cold, so 12 counties this year did special work on improving the storage spaces. Pictures of some of these are enclosed in the supplement.

Community Canning. Many counties have big community canning equipment in canning centers, and this is used both for individual canning and for school lunch canning. In 46 counties some community canning was done for the school lunch and over 25,000 quarts of food canned.

Drying fruits and vegetables. This method of preservation is probably the oldest and surely a much practiced one in Virginia, especially the drying of apples and corn. We stress the drying of fresh vegetables rather than letting them dry on the vines, as is the custom for many varieties of peas and beans. By drying in the green state, they have fewer bugs and weevils, so keep much better.

A total of 25,623 pounds of fruits and 59,391 pounds of vegetables were dried at a total value of \$9742.45.

Stored Vegetables and Fruits. In some sections of Virginia, the vegetables can stay in the garden the year around, but in others, they must be stored in properly constructed storage spaces. The total records from 56 counties show that home demonstration families have stored:

1920 bushels of tomatoes (picked green)
61,787 $\frac{1}{2}$ bushels of other vegetables
18,301 bushels of fruits
20,523 pounds of meats (cured and smoked)
9905 pounds of other foods

5. Using Surplus Products

A state-wide campaign of using more apples has been conducted in an effort to use up part of the large quantity which normally is sent to England. Through the cooperation of the State Horticultural Society and the Appalachian Apple Association, literature, posters, radio talks and other publicity has been used by agents in 32 counties along with demonstrations on the use of Virginia apples. Six counties had exhibits of the uses of apples at their achievement day, and the one put on by Frederick County was so outstanding that they were requested to repeat it at the State Horticultural meeting in Winchester in December. The picture in the supplement shows the extent of this fine exhibit which illustrated 96 ways of preparing apples.

The Chesterfield agent reports:

"Because of the great amount of apples grown in Virginia, as well as because of their nutritive value, emphasis was put on the use of apples in the diet. New ways of serving apples were demonstrated and booklets were distributed."

Using Virginia Wheat. Most counties in the state can grow wheat, not commercially but for their own food and feed needs. This is being encouraged when it is not done as a live-at-home measure, and where it is a usual practice, we are emphasizing the wider use of grinding the local wheat for cereals and as part whole wheat flour which is followed by a loaf-bread campaign. Twenty-nine counties have included some bread making in their programs this year and to promote this further, the leaflet enclosed in the supplement, "Market Your Own Wheat in Your Kitchen" has been prepared.

To start off the bread campaign, a series of ten so-called "bread clinics" were sponsored this summer for agents and other professional home economics workers at these meetings. Miss See Rice of the Soft Wheat Millers Association first demonstrated the making of yeast bread with soft wheat (local Virginia wheat). Following this, each worker made a loaf of bread under Miss Rice's direction. At the end of the day, every worker felt better prepared to go back to carry on bread making work. At the ten demonstrations 146 workers were so trained. Some of the comments from various counties show that this program is really functioning.

Fairfax County:

"The yeast breads caused so much comment that one club member decided that she would make breads for sale each Wednesday. The club pays for materials, and orders are sent to her. The profits from these sales will go into the club community house fund."

Caroline County:

"One member of the Chilesburg Club was very much interested in the yeast breads made from home grown flour, because she owned a community flour mill and after being convinced herself, she in turn would be able to encourage more home ground flour rather than farm families selling wheat and buying flour. Another member of this club now bakes her loaf bread for school lunches rather than buying it."

Halifax:

"One of the most worthwhile and enthusiastically received of the minor programs was the loaf bread demonstration. A total of 280 women reported making more and better bread than before the demonstration. The quality of the loaves exhibited at the county achievement day showed that the bread now being made is of excellent quality."

6. Other Project Work

Buymanship of foods is a very popular topic often included in meal planning and frequently put in as a part of home management

projects. Four counties included food buymanship in their programs.

One of them, Franklin County, reports:

"What to Look for in Buying Staple Foods' was the second demonstration given. In this a study was made of labels on cans and cartons. The women were surprised to find how deceiving packaged goods could be. Boxes or cans would look very much alike, but when the label was read, it was found amounts would differ. The agent discovered in talking to a store keeper about canned goods that the No. 3 can has practically disappeared and has been replaced by No. 2 $\frac{1}{2}$.

Some of the women knew very little about the price of things bought, as the husband came to town with the grocery list and did the buying, and sometimes he did not know what he paid for the different things. This was one difficulty the women would bring up when the subject was keeping accounts. Some very favorable reports were received later in the summer from those who did their own shopping about what they had discovered when they read labels on cans and packages before buying."

Outdoor Cookery and use of outdoor fireplace has been a part of the program of both foods and recreation in three counties. Wythe reports that as result, 7 outdoor fireplaces were built. Suggestions for outdoor cookery were included in the 4-H Club Letter and are enclosed in the supplement.

In Franklin County, the planning group said that they had too many recipes that were not organized and catalogued, so they asked for help in getting these organized. Their report says:

"In the demonstration, 'Filing Recipes and Other Articles', a homemade file for articles was shown by the leaders as well as a card file for recipes and indexed book for recipes. Different ways of keeping recipes were discussed by the club women. Each member brought her bunch of recipes, some a hugh box full, and right then and there, they started to organize and catalogue them. Since then two have reported building a compartment in their kitchen cabinet, turned it into a filing space by having partitions put in. Twenty-eight reported cook books made."

D. What Part the Volunteer Leaders Took

The leaders for food and nutrition work have done an

excellent job this past year. Over one-half of the field work of this department (57½ days) was devoted to planning with and training home demonstration and 4-H leaders, and they in turn conducted their own demonstrations. The figures on leadership are interesting:

1129 volunteer local leaders in food preparation

439 volunteer local leaders in food preservation

1568 total food and nutrition leaders

These leaders gave:

1498 method demonstrations in food preparation

257 method demonstrations in food preservation.

1755 total method demonstrations given by leaders

These meetings were attended by 18,160 people.

In addition, these leaders held 337 other food and nutrition discussions on nutrition or some related topic. In all, the leaders took charge of 2092 meetings. In other words, each leader gave between one and two demonstrations apiece, or what usually happens, the leaders work in groups of 2; in this way, they give together over 3 demonstrations while the agent did something else.

This means that the effectiveness of the agent's work was doubled because of these volunteer local leaders, and in addition the leaders themselves have been developed, which will benefit the community in which they live, as well as to help them personally. This report tells the feeling expressed in many counties:

Prince George County:

"We have a record of 100 per cent attendance of clubs at leader training meetings, meaning that every club was

represented at every leader training meeting. All of the leaders received good instructions and materials, and benefitted themselves as well as their communities by being a leader. The general feeling in each club now is that the leaders benefit more than any of the club members and are receiving the position of leader as a privilege and an honor. The agent feels that the project leaders and organization leaders, both, are 'standing on their own two feet' much steadier now than ever before and are happier in their club work."

Leader training meetings are carried on in every county in nearly the same way. When six subjects are planned in the program, that means holding three leader training meetings, for we cover work for two meetings in one all-day meeting. Last year, the food and nutrition specialist conducted 78 of these leader training meetings, and the agent 39, making a total of 117 leader training meetings in food and nutrition work for home demonstration leaders.

The Norfolk report gives a very complete and accurate story of the use of leadership in this county:

"In the morning the material for one month's work was explained and the demonstrations given by the person in charge. After lunch a half hour was taken for an exchange of ideas among the leaders and a discussion of their problems. The demonstration and material for the next month was then presented.

The attendance at these meetings was very good. The average attendance for the three meetings was 88 per cent. The training meetings really gave the leaders an inspiration and ideas for the demonstrations which they conducted in their club. The family of the leaders served as guinea pigs. They sampled the dishes before they were demonstrated to the club. Of course, some dishes scored a hit with one family and not with the other. After trying out the various dishes the leaders got together and planned their demonstrations. They collected, and assembled material from various sources.

The leaders realized that giving a demonstration in a strange kitchen was not an easy task. Some leaders carried all of their own particular equipment, others made arrangements to use the hostess' utensils and took with

them only equipment not available. At the second leader training meeting, some seemed to feel that it was impossible to give good demonstrations in some homes where ovens and other conditions were poor. After much discussion it was decided that our aim should be to make our program of work practical for most of our people. We could not expect them to do things which called for perfect equipment. As major leaders they decided they should be able to prepare one of two dishes with the equipment that the hostess used all the time to feed her family. This change of attitude after the second leader training meeting made it easier to find hostesses by the fourth month of the program. More women were ready to say, "Use my kitchen. I haven't all the utensils you might need but you are welcome to what I have."

The leaders went to the meetings early in order to get everything arranged and make the best use of their time. Usually the small kitchens were not large enough for the group to assemble in them. A kitchen table or some type of table was usually placed in the spot most convenient for the demonstrators and the members. One leader stayed at the table and prepared the dishes while the other distributed the recipes and made the necessary trips to the kitchen.

The attitude expressed in the following statement made by one of the major leaders is characteristic of the attitude of the leaders, "I have enjoyed being major leader of the Joliff Club very much this year. The demonstrations given to us were most interesting. I love new dishes, and I enjoy telling others about them, and with the fine help and support of our agent and the cooperation of all the club members it was a real joy. Our dishes have not only been tried by the club members and friends but they have been thoroughly approved and enjoyed by them."

IV. THE 4-H FOOD AND NUTRITION PROGRAM

A. How It Was Planned

Last year's plan of a coordinated "family activity" program has been continued this year and is a program planned by the leaders and older girls to help train the girl in skills and attitudes for the jobs to be done in the home. This program seems to help the girl to work with her mother in regular routines of the homemaking activities, to take more definite responsibilities and to take a pride in having a recognized part of the family activities to assume.

For instance, in Goochland County, the agent says:

"All club members have carried on a home responsibility each month. These responsibilities were selected by each girl in the early part of the year. In many cases they were different but they were bed making, dish washing, caring for own clothes, carrying wood or water or both and general housework, as well as meal planning and preparation. It gave the girls a chance to share in home duties and a chance to understand better the need for help and cooperation between mothers and daughters. Some months the girls were sharing several responsibilities or carrying the whole load themselves. Many mothers have reported to the agent that they have received more help this year due to the club program."

Another good description of the method of planning the program comes from Loudoun County:

"The girls' project work included a general family activities program built around the chores of everyday duties carried on in the home. Responsibility in the home was stressed at every club meeting. These responsibilities served as a nucleus around which their project program was centered.

"The major project demonstrations in "Foods for Breakfast" were planned for the three summer months. Leader training meetings were held previous to these meetings at which time the leaders and a selected number of club girls attended to receive preparation for their local club demonstrations. These demonstrations included fruits, cereals, beverages, eggs and breads for a well balanced breakfast. After receiving special training, the club girls prepared these foods in their respective clubs with the leaders present to discuss the nutritional value of such foods. Different ways of preparing fruits, cereals, and beverages were

given at the June meeting. July was given to the preparation of eggs and breads. At the August meeting committees worked together in preparing a complete club breakfast, at which time the members invited their mothers to dine with them. This meeting afforded recreation for the girls, as well as teaching them the steps in preparing a balanced meal. Two hundred and thirty foods demonstrated at the local meetings were prepared at home by club members. Sixty-six girls planned and served meals alone while their mothers took a vacation."

B. Where It Was Carried On

Seventeen counties carried the main part of their summer program on food and nutrition (see map on next page), while 13 counties with white and 8 with colored agents reported carrying on some food and nutrition work during the year.

The summary of enrollment for food and nutrition work:

	No. Counties	Members Enrolled		Members Completed	
		Preparation	Pres.	Prep.	Preservation
White.....	30	6556	4684	4031	3176
Negro.....	8	513	1707	380	1487
TOTAL.....	38	7069	6391	4411	4663

C. What Results Were Obtained

1. In Food Production

How to produce the food, especially the gardening and poultry part, is of keen interest to 4-H club members and they work hand in hand with the food preparation and preservation programs. Many of the younger members select just one vegetable to plant and care for throughout the season. This picture is of a Roanoke member who took "growing greens the year around" as her home

CORRECTION

**The preceding document has been re-
photographed to assure legibility and its
image appears immediately hereafter.**

responsibility, and she is seen here in her "green patch":



Many club girls carry a poultry project in addition to their other club work. A total of 716 girls kept a complete record of the farm flock, and club girls report raising over 63,000 birds although most of them are small flocks, as Lilly Simmons of Alleghany County who raised 39 of her 50 chicks.

2. In Meal Planning and Preparation

Since the greater part of the girls' project work is carried on in all-day summer meetings, we have found it most practical to have the girls prepare foods which will make a well-balanced meal, then they serve it and thereby have a wonderful opportunity to include table setting and table courtesies as a logical part of the day's program. After the meal is served, the dishwashing also becomes a real demonstration which ends only after the kitchen is in order, the floor swept and the towels washed clean and hung up to dry. In

this way, even though a club may only have 3 all-day meetings during the summer, they get real practice in giving demonstrations and in really planning so that each food for the meal will be ready at the same time.

The procedure used in most counties is well reported by the Rockbridge County agent:

"The girls worked in teams at each project meeting, demonstrating to each other how to prepare certain definite dishes. Recipes were given the girls in advance of each meeting with the request that they try them out several times before demonstrating to others. This work was enjoyed by the members and attendance was better than usual during the summer. The members took pride in their project work and liked to show others the foods they could prepare. Twenty-nine different food dishes were prepared at home by club members. They also planned and served 1457 meals alone and assisted their clubs with serving 18 community meals."

Roanoke County has pictured the procedure where the girl, after practicing at home, gives a demonstration to her club. Then after several dishes have been demonstrated by the different members, they serve the meal;



A total of 1352 each club meals were served this summer as a part of the food program in the 17 counties. Of course the club meal is of little value if the girl does not carry home the things she has learned, and they really did this year, for these club members reported planning and serving alone 56,912 meals at home. Parents report that the club girls' experience help them to take a far greater part in the food activities of the family.

One of the best food programs was carried on in Halifax County, and they give a good report of the planning and carrying out of this program:

"This year the attempt was made to have all clubs meet out of school, preferably in the homes. Seven clubs succeeded in doing this, and have been much more worthwhile and successful clubs since having all meetings out of school. Five clubs which met during school hours did not have all of their meetings during school hours because of lack of interest on the part of the leaders in the agent's absence.

The project work was foods. The family activities program emphasized the girls' place in all phases of home and family living. In November the girls discussed and listed the various jobs that are done at home, indicating which of the family members did each task. Family teamwork has thus brought into the program, also system in housework. The girls chose particular home responsibilities and kept records on how well they assumed these responsibilities. Personal account keeping, garden and canning plans, and health were other phases of the family activities program. These programs were held during the school months, and the major project work saved for the summer months when all clubs would be meeting in the homes. Most of the clubs had short demonstrations, however, during the spring months on the proper way to do some simple home task such as dishwashing.

The girls were enthusiastic over the foods program. All of the summer demonstrations were given by the girls themselves, with the help of the leader and, in very few cases, the help of the agent. The girls enjoyed this, and it was worth a great deal more to them than if the leader or agent had given the demonstration.

There were seven food demonstrations, so the clubs either had all-day meetings with one demonstration in the morning and one in the afternoon, or they met twice a month. Food topics for the demonstrations were:

Egg Patterns
Quick Breads or Yeast Breads (some clubs had both)
Canning Refreshments (followed by a club party)
Vegetable Patterns Milk Patterns "School Lunches"

Besides serving meals, we have the girls keep a record of the food they prepare at home which they learned to make at the club meeting. The girls reported preparing 25,395 such foods.

Learned to Like New Foods. Since food habits are often so limiting to the well-balanced diet, we put special emphasis on urging the girls to learn to eat "new" foods. Every food prepared at the meeting is tasted by each girl, and some clubs have members keep a chart of the foods each member learns to eat. Where the club member does not like milk, we begin on helping her to learn to drink it. Last year 4-H club members learned to like 6702 new foods.

A popular
feature of the meal-planning program in some 4-H clubs was to include outdoor meals cooked either in outdoor fireplaces or over open fires on the ground. ~~This was a popular feature,~~ and to help ^{To} promote ~~it~~ ^{the} one month ~~the~~ 4-H Club Letter was devoted to it. The food specialist prepared this leaflet (a copy is shown in the supplement).

Loudoun County reports:

"The Paeonian Springs club built an outdoor fireplace as a result of a committee meeting following the sale of the abandoned school house they had been meeting in. This fireplace served as a community project for the club as well as a meeting place for the summer months. From the start the fireplace seemed only a dream until an interested individual in the community offered his lot as a location. The members set to work to clear the lot

of rubbish and weeds. Rock was hauled and ~~seen~~ the fireplace was constructed by the boys in the evenings after their regular work hours. It was named the Pasonian Community Center, and was first used for an ice cream festival given jointly by their club and the local home demonstration club members."

Food Habits Kept. One of the requirements of club members is to keep the Food Habits Score. Last year this was done for one month. This coming year we have changed to have it kept for 1 week at each of the 4 seasons (a copy is shown in the supplement). This past year 7887 members kept this food habits score which helps them to be more conscious of how well their meals stack up and wherein they are lacking. Nearly every county reports fine results from keeping these scores.

Washington County:

"The health of each girl was stressed in planning and eating well-balanced meals. From the food habits score kept, the members checked whether they were getting an adequate diet. If they were not, the question of their weight was brought up and usually they were underweight. With the study of preparing foods, we also emphasized the eating of nourishing foods and a variety of vegetables. Mention was also made of what they had in the garden to eat and whether they liked them. Then we tried to fix one of these in such an attractive way that they would like it. Practically all the members learned to eat one new vegetable."

Tazewell County:

"The health work was emphasized through food habit scores that were kept by every club member for one month. This, along with the posture and personal hygiene did so much toward making the girls appreciate the importance of being up to par physically. Discussion on posture, food habits, and personal hygiene were worked in constantly with the year's program."

Geochland County:

"The family activities program included the keeping of a budget and personal accounts, also a food habit score. The food habit score was the most popular. In checking up it was found that 75 girls have learned to like a total of 16 different foods."

Judging

In teaching standards in foods work, we use the method of scoring and judging products by studying a score card of what the product should be and then comparing those of many members with each other, in order to see just what the highest standard should be. Every product demonstrated is scored and then members are asked to bring in a sample of that product (if it is one which can be brought) in order to see how it stands up compared with several other similar products. This method has worked especially well with canning and acts as an excellent means of teaching how to improve the quality of canned foods.

School Lunches

One aim in 4-H food work is to get members to pack their own school lunch, thus teaching them proper choices, good preparation technique, and to help mother in this way by relieving her of this early morning task. Reports show 4141 members packed their own lunch, while they also packed 2316 other lunches for other members of the family.

3. Food Preservation

Since the first tomato clubs some ²⁰ twenty years ago, canning and other forms of food preservation have occupied an important part of the 4-H summer program. High quality of canning is stressed much more than canning large quantities, and this has helped members to set a high standard for canned foods.

The canning program begins with making the family canning plan with her ^{the} mother, usually in March. At this time the member plans what part she will take in the garden work, so that this plan may be carried out. Last year 4690 club members assisted their families in making and carrying out such a canning plan or budget. Some counties set definite goals of the minimum amount of food each member should can alone, feeling that she will learn something from doing the entire process rather than always just helping. The girls keep a record of the amount of food they help with and the amount done alone. This year's record shows:

123,726 quarts canned alone

506,153 quarts they helped can

629,859 quarts of food with which 4-H members had

some part in canning.

Although only 8 ^{eight} counties have negro home demonstration agents, their figures show that the 4-H members do a much larger percentage of the canning alone than do the white members. Complete canning tables are given on the following page. *see page 41*

White 4-H Members:

	Number	Approx. cost	Approx. value	Pounds dried	Approx. value	Food Stored
Tomatoes.....	160,581	4670.69	15,330.78	226	162.75	2759
Other Vegetables.....	183,645	6485.31	24,914.28	5253	515.18	6264
Fruits and juices....	146,358	7377.55	26,967.30	5795	861.45	9074
Meats.....	32,169	3070.79	12,427.68	266	833.00	1682
Others.....	82,282	4421.37	17,222.77	25	103.25	2181

Total 594,667 quarts
 Quarts canned alone: 99,087 Assisted with: 495,580

Negro 4-H Members:

	Number	Approx. cost	Approx. value	Pounds dried	Approx. value	Food Stored
Tomatoes.....	9664	248.50	966.40			
Other Vegetables.....	16,369	610.40	2455.35	709	70.90	889
Fruits and juices....	12,681	664.74	2516.20	1526	228.90	
Meats.....	756	99.90	265.30			
Others.....	7021	398.36	1660.75			

Total 46,393 quarts
 Quarts canned alone: 24,639 Assisted with: 21,754

The club members' preservation program extends to the storing of the foods, and we find that often her best contribution to this family activity is to organize the pantry, label the foods and get it in general good order.

This Roanoke club member is bringing out some of her best products from her pantry for a judging contest:



Member Demonstrations. 4-H girls really learn to do by doing, and the plan as shown in reports above is to have the members give the demonstrations. The dishes are simple, and we find we hold the interest of the older members if we let them practice the recipe at home and then show her club how to prepare the dish. The leader's part is to see that the girls do it correctly and to bring out the principles back of the preparation. However, leaders and agents seldom give food demonstrations as such.

This club girl is practicing at home for her demonstration to be given at the club:



4. Health and Posture Work

While not strictly food and nutrition work, the health and posture programs really are included in all 4-H programs but seem to have a special relationship to the nutrition work. Much of the 4-H food and nutrition program emphasized the relationship of food to the health of the member. Correct posture is one outstanding need of fast growing children of club age, and one of the checks we have each club member make on herself is for correct posture. Over ¹⁰⁰¹ 78,000 kept better food scores, using this as a means toward improved health; 6195 report improving in posture because of the program.

Many counties hold 4-H posture contests, first in the clubs, then in counties. These 2 girls are the winners in the Roanoke Posture Contest for junior and senior club members. (under 14 years of age and over 14 years of age):



Roanoke County reports:

"Our county-wide campaign on improving posture is two years old. The board voted for this because of the ever growing interest in the importance of good posture not only from the health viewpoint but from that of personal appearance, and that of better morale. As this is a county-wide campaign, club members have helped to exploit interest and participation on the part of others. This years' check-up shows 125 adults reporting improvement in posture. Seven health campaign club women attended the district meeting on Posture held in Roanoke.

In connection with the health work and as a campaign, the 4-H girls, 600 of them, worked in improving their posture by walking, sitting, standing and sleeping correctly. A total of 555 of these did some judging in posture work and demonstrating each of these phases of posture work. These members in each club were judged for good posture to select a representative for the county contest. The County Posture Contest was held at the annual achievement program. In the

county contest were two groups according to age. Forty girls representing their clubs were in the contest. A first place was given in each group, and honorable mention. The girl in the fourteen-and-over age group will be given a trip to the 1941 State Short Course; the one in the under-fourteen-age group will be given a trip to the 1941 County Short Course."

~~More~~ than one-fourth of the club members report being "five-pointers", the Virginia school health check on eyes, teeth, ears, nose and throat, and weight.

Franklin County reports:

"Of the 173 reporting, only 63 were five-pointers. The greatest obstacle seems to be bad teeth and the next greatest bad tonsils. The girls kept half of their Food Habits Score in January and the other half in July. When in school, they seemed to have the hardest time not eating candy between meals and not drinking bottled drinks. The small stores near school buildings offer too much temptation."

Loudoun County reports:

"As a part of the health program, the girls kept a food habits score to check themselves daily on the foods they were getting in their diet. Ninety-two girls kept this foods record and each reported having learned to eat three new foods during the year. Rules for good posture and ways of correcting poor posture were discussed at club meetings. Ninety-six girls reported having improved their posture as a result of these discussions. Each girl set up her own personal health goals and worked toward improving the ones she was weakest on."

Goochland County:

"Nearly all of the 4-H club girls had their chests X-rayed at the time of a chest clinic which the Parent Teachers Association sponsored in the county. This was part of their health work. Better food habits have been developed and in this way better health has been brought about. Through the health program there has been less constipation, fewer colds, and better posture. One 4-H club girl won a posture contest at school."

D. The Part of the 4-H Volunteer Leader

Much of the success of 4-H club work is due to the volunteer local leaders. This year 342 adult and 179 junior (older girls) leaders

assisted with the 4-H food and nutrition program in 17 counties with white agents and 8 counties with negro agents. The summary of their work has been charted, to see at a glance:

	WHITE	NEGRO	TOTAL
	(17)	(8)	
Number leaders, adult.	262	80	342
junior	147	32	179
Number method demonstrations by these leaders	755	154	909
Number other meetings by leaders . . .	377	26	403
Number method demonstrations by agent.	1334	88	1422
Total number meetings	2466	268	2734

This shows that the leaders conducted 1312 meetings in foods, while the agent had charge of 1422 meetings. Even when the members do the actual food preparation demonstrations, we know the leader is necessary to take charge and supervise.

In addition to the above, 13 other counties in 4-H work with emphasis on other phases of the program report work by volunteer leaders.

The food and nutrition specialist devoted 31 days to training 4-H leaders and 16 more to helping plan 4-H programs.

Examples of food leadership are reported by the following counties:

Halifax County:

"Ten of the club leaders proved worthy of their responsibility this year. These leaders attended the leader training meetings and took full responsibility for the food demonstrations with

a few exceptions. They were genuinely interested in the girls and willing to sacrifice time and energy to the success of their club work. One leader said in her report of the year's work, "I am very proud of the girls. I enjoy leading them. I feel deeply responsible for them in many ways..."

Last year one of the leadership problems was that several of the leaders were teachers. This year only one club had a teacher leader, and this club meets at night. Her only difficulty is in attending all leaders' meetings since they are usually held on school days. Whenever possible, she sends an older club girl or another adult to represent her club at these meetings."

Loudoun County:

"The leaders held most of the summer project meetings with the girls, working in an advisory capacity to help the girls give their food demonstrations. The girls did the actual cooking and the leaders were present to stress the nutritional value of the demonstrations. The leaders cooperated in getting achievement reports summarized for their respective clubs. They assumed much responsibility in making our Rally Day program and 4-H Fair a success. At the Council meetings and special committee meetings, they offered helpful suggestions for program planning."

Roanoke County:

"At each meeting the leaders have two or more girls demonstrate under their supervision (the leaders have previously trained these girls). As a result 590 members have given demonstrations and 555 have done some judging. This method has worked very favorably. The privilege of doing the job interests the girl, and she is on hand with her material."

V. SPECIAL FOOD AND NUTRITION ACTIVITIES

A. Markets

For ten ¹⁰ years, a small number of counties have felt the need of helping women to increase their income and at the same time dispose of the small surplus of farm products. Where market demands seemed adequate, small markets have been established in about 12 towns in the State. All markets established in the ten ¹⁰ years have not

succeeded and those not successful were suspended, but 11 of the present ones have been successful over a period of at least three years, and Montgomery County market in Blacksburg for two years.

Comparison of sales of the markets for different years shows:

1931: \$32,000
 1936: 89,000 (243 women, average sales \$368 per woman)
 1939: 103,000 (185 women, average sales \$559 per woman)
 1940: 90,130 (176 women, average sales \$512 per woman)

The total sales for 1940 as follows:

	1940							1939	
	Total Sales	No. Days Open	No. Women Sell-	Approx. Popul. of Town	Largest Yearly Sale	Smallest Yearly Sale	Average Yearly Ind. Sale	TOTAL SALES	No. Women Selling
Albemarle.....	3840.77	46	13	11021	628.69	5.84	295.44	4291.48	12
Augusta..... (2 markets)	47,709.24	128	65	12228	2124.50	\$1.25	733.99	61,549.99	60
Dinwiddie.....	5515.68	104	8	34294	1758.17	54.70	689.46	5450.95	9
Frederick.....	6900.87	54	13	6883	1319.18	12.83	530.84	6620.21	11
Montgomery..... (single)	1750.62	52	9	1100	506.99	26.62	194.51	1367.17	27
Hansemond.....	4853.20	104	19	9704	1132.47	7.88	255.43	5288.27	17
Orange.....	1946.92	52	11	1078	736.49	47.97	176.99	1842.82	13
Rockbridge.....	4169.00	53	11	2870	824.10	63.61	379.00	4312.39	14
Rockingham.....	10,147.81	55	18	5875	1348.94	289.88	563.77	9752.49	14
Spotsylvania.....	3296.01	53	9	5882	702.83	239.52	366.22	2954.08	8
TOTALS.....	\$ 90,130.12	701	176				\$512.10	\$103429.85	185

Average sales: \$512.10 each woman
 Average hours open: 5½
 Best Sales Months: June, December

Reports of the value of the home demonstration curb markets to the women who sell and to the county are:

Nansemond County:

"They have brought about a better understanding between the county and city people. Their profits are not confined to dollars and cents alone, for they have grown in a social and intellectual way. Before the opening of the market, the women felt that they belonged to a small community and that was their main interest. Now they are interested in the entire county."

"One seller has no other income except her sales on the market. She has been able to keep up her home and run a small farm. Her total sales have amounted to \$784.68 for the year."

Augusta County, which has two separate markets:

"This extra money earned by the farm women of Augusta County by selling their surplus products has been used to improve living conditions on the farm. Mortgages have been paid off, taxes and interest paid, children have been educated, homes have been wired for electricity, electric equipment purchased, homes painted and remodelled and running water installed."

Dinwiddie County:

"The best seller reports her sales for the year as \$1758. The results of this added income is very evident in home improvements and in personal improvement of the women themselves."

Rockbridge County:

"The sellers are helping to send their girls through college with money made at the market. Several women this year have used this income for improvements in the kitchen and for better kitchen equipment. Others have helped to clothe the family."

Regarding market products, Montgomery County reports:

"Plans are being made to make Christmas wreaths for the December market."

Augusta:

"Poultry and eggs and baked products head the list for both the Waynesboro and Staunton markets. The town women feel that they can get better dressed poultry and fresh eggs and better quality baked products for the money they spend than they can get elsewhere or by doing their own baking."

B. School Lunch

The Extension program for both women and girls has always emphasized the importance of the hot lunch for schools, and continues to work for it, even though a splendid WPA set-up here has done much to improve the lunchrooms in the larger schools.

Packing the lunch box is still a big problem in thousands of homes, and adult reports show that 5401 families in 46 counties have been helped in packing box lunches.

One important phase of the 4-H food program is to encourage each girl to plan and pack her own lunch. The demonstration which we help the girls to give to their club shows how to prepare enough homemade sandwich spreads to last for a week and to keep the school lunch shelf ready for quick packing each morning. On this shelf will be assembled the sandwich spreads using cheese, cottage cheese, grated raw vegetables and eggs, and other foods found in the usual farm home. Then there will be a variety of breads, and wrapping papers as well as the lunch box or paper bag. This method of assembling the lunch supplies and preparing the spreads once a week has helped 4141 girls to pack ^{their} own lunch to relieve mother of this job and, in addition, they have packed 2386 lunches for other members of the family.

Records show that home demonstration members in 39 counties have helped serve a hot dish in 302 schools which served 37,043 children. These are largely the smaller schools (serving 50-150 children) as most of the consolidated ones have a well established hot-lunch program going. In 30 of these 39 counties ^{where} which home demonstration women helped, they canned 25,072 quarts of food, which is an average of 836 quarts for each county.

One interesting program for carrying out the school lunch work was planned in Appomattox County:

"The Evergreen home demonstration club has done the best piece of work along a community project--a garden for the Evergreen School lunch project. They provided a garden plot and seed and fertilizer for the garden. The vegetables from it were to be used for the school lunch room. Early in July the club sponsored a jar shower for putting the vegetables in, and got 150 jars. Amount of canning done from garden and produce donated by members for the lunch room is 540 quarts. They also report dried foods as follows from the garden: 23 pounds lima beans, 28 pounds peas. They have growing in the garden at this time turnips and mustard, which are being used now for hot lunches. The whole community cooperated beautifully with the project."

All the hot lunches seem to be set up a little differently.

Of the 302 we had reports on:

$\frac{1}{2}$ served it only to the needy and underweight

$\frac{1}{6}$ served it to all the children

$\frac{1}{3}$ sold it to some, if they cared to buy.

Many clubs select the hot lunch as one of their community projects. This was the case of one of the Rockingham County clubs *in Lynch* (who) canned 7943 quarts from that one club for the hot lunch.

Another smaller club in Orange reports:

"Homemakers' Clubs sponsored hot lunch projects in three schools of the county this year. These had a total enrollment of 1183. Notable among these was the work of the Orange club. They held four canning days, one each week during the month of August. The agent was present on the first day to help organize the work, but it was conducted entirely by a committee of club members during the following weeks. Publicity was given the project during the month by the newspapers, by letters, personal telephone calls and appeals to interested organizations, such as the PTA and the Dolly Madison Garden Club. With excellent cooperation from a number of people, a total of 330 quarts of food was put up for the use of the Orange school."

As to the packed lunch work, Rockbridge County reports:

"Since the packed lunch demonstrations were given, the home agent hears such reports as, "We are so glad to have had the suggestions for sandwich fillings and for packing lunches. We needed to know how to make our children's lunches more nutritious, tasty, and attractive. That demonstration surely taught us how to improve lunches with so much less trouble in preparing them and has meant so much to me and my children."

Chesterfield County:

"The Lunch for the Working Man demonstration consisted of a study of what the lunch should contain, suggested menus and new suggestions for sandwich spreads. After this demonstration was given in the club, the sandwich spreads made by the leaders were served as refreshments and the women were most enthusiastic over the variety of sandwiches that could be made from ordinary things that they had on the pantry shelves."

It is evident everywhere that the school lunch is a serious problem and that no finer way is open for remedying the existing malnutrition than by supplementing the school lunches. This use of surplus products is indeed most worthwhile and can do a wonderful amount of good, even though actual benefit may be hard to point out directly.

Another problem which some mothers point out is what they call the "piecing after school", and to meet this, 4 counties chose one meeting to suggest what to include in the "after school snack". The thought here is that if some definite provision of milk and maybe a sandwich is made, the cake, cookie and candy habit can be reduced. Prince George County reports that this demonstration, put on by the trained leaders, was one of the most helpful of the year, and that 249 members reported planning this snack as

they planned other meals. "In this way," the mothers said, "the children get something wholesome when they are so hungry. Yet it does not take away the appetite for the vegetables they need at supper."

C. Health Programs

Many counties select Health as their county campaign. This phase of the work may sponsor clinics, health examinations or even a general clean-up and sanitation. The food and nutrition specialist acts as advisor to the Federation of Home Demonstration Club Health Committee. Other goals as set up are shown in the printed leaflet, "Virginia Federation of Home Demonstration Club Goals", in the supplement.

Some county reports show how well these goals are carried out.

Norfolk County:

"The nineteen health chairmen met in the fall and outlined a month by month program to accomplish seven major goals. These are listed under goals and accomplishments. The material for each month was worked up by the county health chairman and made available to the club chairman through the home agent's office. Each month the health chairman in the club gave a five-minute health talk as outlined for the month.

The first step in the program was to purchase three gallons of cod liver oil to be used by the county nurses for indigent cases. The health chairmen in November gave a talk on the needs and benefits of cod liver oil.

At the meeting of the chairmen, they felt that the best way to better health was through physical examinations. During June each health chairman stressed this in her club. As a result, sixty-five women in the county have had physical examinations."

Buckingham County:

"The county campaign goals selected for 1940 came under the heading of health and was specifically the

prevention of common colds. This proves to be rather a virgin field; not much has been discovered by medical science that will prevent colds. The principal ideas brought before the people of the communities were the building up of resistance through proper health and living habits and some attempt at preventing contagion. The latter phrase of the subject needs special stress. When considering the building up of resistance, attention was paid to the proper clothing and proper posture.^{ch}

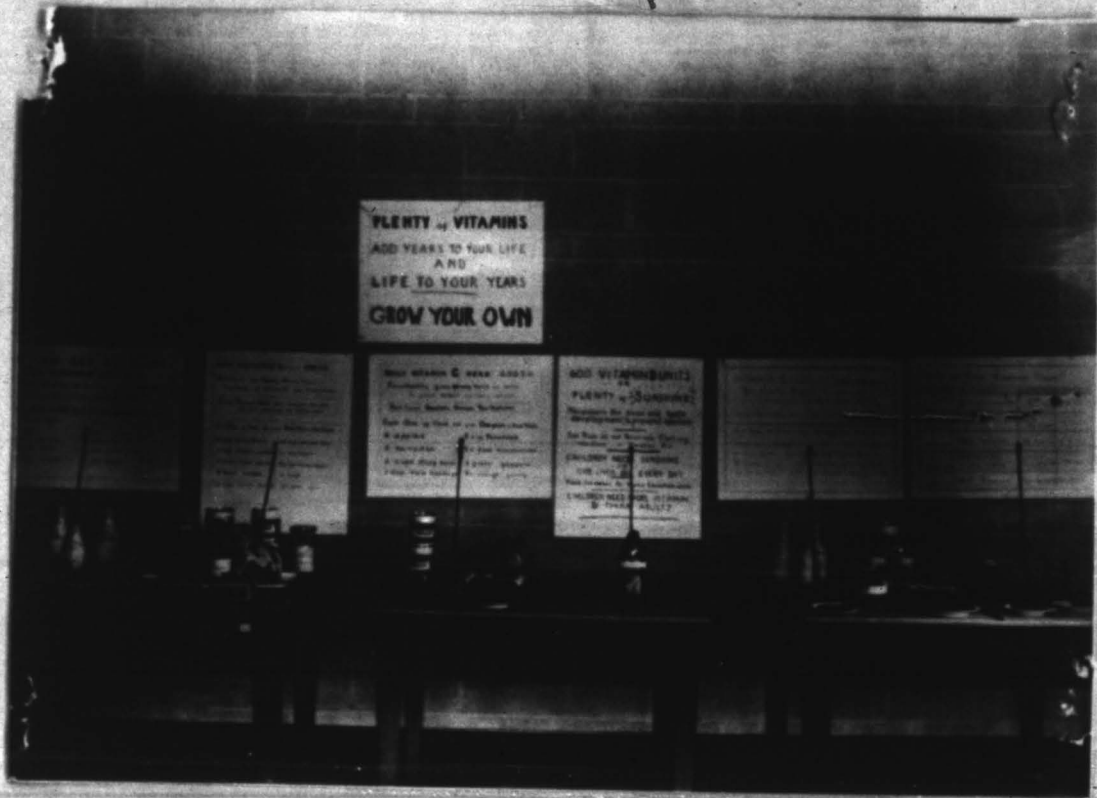
Rockingham County reports that 728 women had complete health examinations this year as a result of the health campaign.

Brunswick County reports 116 women had health examinations this year also as a result of the health campaign.

D. Exhibits

One way we have of showing the value of Extension work to the general public is through exhibits. This last summer we had 3 *three* exhibits at the State meeting. The one causing the greatest amount of comment was that showing the amount of food needed for a family of *5* for an entire year, and it actually filled a very large class room. At the end of the room, a small table was set up, showing a group of products as "These are the only foods a Virginia farm family needs to buy." It held sugar, coffee, tea, seasonings, spices, baking powder and soda. (The pictures of it turned out very poorly.)

Another exhibit, on Vitamins, was put up to show how much vitamin *is* found in foods that can be home-grown. This *was* also, *was* very popular. (A picture of this exhibit is shown on the next page.)



The Vitamin Exhibit.

The third exhibit was of homemade breads, and ~~this exhibit~~ accompanied a demonstration of bread making from home-grown flour, to start off the state campaign of making more bread at home. (A total of 12 counties copied the food supply exhibit at county fairs. (There were other exhibits included at these fairs.)

—Halifax County:

"Exhibits at the county fair included homemade loaf breads, both white and whole-wheat; the pantry shelf of the healthy family; what do you cook in? (good and bad cooking utensils); good diets for national defense; pantry styles for 1940."

Prince George County:

"The Carson home demonstration club's booth was on 'Calorie Count', pointing out that too few make you thin and too many make you fat. About 24 foods were on display and lumps of sugar representing twenty calories were placed in front of each food. Enough lumps to represent the correct number of calories in the food were shown."

E. Radio and Publicity

The food specialist prepared and gave 10 radio talks over the local broadcasting station on timely food and nutrition subjects. News articles were prepared at intervals for the 4-H Club Letter and the monthly Extension Division News.

A series of newspaper articles on food preservation suggestions were run in the local newspapers and sent through the Associated Press to other newspapers as promotion work during the food preservation season.

Copies of this publicity material are shown in the supplement.

VI. DIVISION OF TIME

Field Days	129½
4-H.....	43½
Adult.....	45½
Markets.....	4
Travel	2
State meetings..... (white and negro)..	17
Fairs and achievement days.....	5
Electric school.....	6
Teachers' meeting.....	1
Hercules Plant Survey.....	4
Special canning.....	½
Special bread work.....	1
Office Days	102½
College Teaching	65
Annual Leave	16
Holidays	1
Sundays	52
	366

In addition to the above days given to food and nutrition work, the following days were given by the state homemaking specialist during the time the regular food and nutrition specialist was teaching at the college:

4-H: 5 days

Adult: 12 days

VII. TRAVEL AND OTHER OFFICE DATA

Total miles traveled: 15,250

Letters written: 1173

Circular Letters: 5

Copies: 106

Bulletins sent out: 1000

VIII. SUPPLEMENT.

Extension Division News

July

MAKE THE FARM MAKE THE LIVING

While it is true that a certain amount of cash is necessary for the farmer and farm woman for the purchase of things that cannot be raised on the farm, such as staple groceries, clothes, education, etc., it is equally true that practically every farm owner or operator spends money for things that can be raised on the farm, or in the orchard, or garden. A live-at-home campaign has been one of the objectives of the extension division for the last few years and has been a means of saving money for farmers and housekeepers in some sections of the state, but there are still entirely too many farm folks who are paying out good money for necessities, and even luxuries, they can raise at home if they will only give a little time and thought to it.

To help with this all important aid to better and more comfortable living, the extension division has had reprinted bulletin No. 145 "Make the Farm Make the Living." In a foreword to this bulletin Director John R. Hutcheson says:

"During the last quarter of a century the business of farming has become increasingly speculative. To the old hazards of insect pests, diseases and weather have been added the hazards of foreign trade, monetary policies, and regulation of production by industry and labor. Farming is particularly speculative this year, due to the wars in Europe and Asia, and already our markets for tobacco and fruits have been seriously affected.

"Due to these many factors, at planting time this year few Virginia farmers had any idea what their crops will bring at harvest. Therefore, farmers who depend upon the money received from the sale of one or two crops to purchase food for the family or feed for the livestock may find themselves next fall without sufficient funds for such purposes. Such a condition would result in malnutrition, inefficiency and unhappiness. Members of such families will either go in debt, go on relief or go hungry.

"However, this is a condition which most Virginia farmers can prevent if they plan intelligently. Even on very small farms there is enough land for a good garden, a small flock of poultry, two cows and three hogs. Larger farms can produce fruits, the family bread supply, and ample hay and pasture for livestock. Although our farmers may have a small share of the national wealth, it is within their power to have the largest share of the national health.

"Fortunately the AAA program for 1940 is well adapted to a live-at-home program and it is suggested that every Virginia farmer carefully study this program in making his plans for this year. General participation in the AAA program will not only in-

sure better living conditions in farm homes but at the same time build up our soils and help fit production to consumptive demands.

"The purpose of this bulletin is to call forcibly to the attention of Virginia farmers the desirability of making ample provision for food and feed supplies this year and to give helpful suggestions as to how such supplies may be provided on the average farm. Further information may be secured through the county farm and home demonstration agents, or by writing to the Extension Division, Blacksburg, Virginia."

Some of the subjects handled in this bulletin are, how to have a good vegetable garden, plenty of milk and butter, an adequate milk supply, farm poultry and fruits, also a simplified canning budget, and plans for adequate storage. It is written in popular style and gives directions that are brief and easily understood. Anyone interested in having this practical bulletin that will help them make and save money can secure a copy by writing to the Virginia Extension Division, Blacksburg, Virginia.

WHAT PROTECTION HAS YOUR FOODS?

Our latest Food and Drug Act, passed in June 1938, was to go into effect in June 1939, but due to an amendment did not take effect until last January. In certain cases it will not become effective until July 1 of this year. This law of 1938 was the first since 1906, so obviously needed much revision. The law still does not bar the manufacture of misbranded or adulterated goods, but prohibits the delivery of such goods across state lines.

For the first time cosmetics come within the range of Federal regulation (since in 1906 they were not common). Most cosmetics are no doubt safe. But a whole series of tragedies has brought home the necessity for control of the traffic in questionable beauty preparations. Eyelash beautifiers containing poisonous aniline dyes have blinded a number of women, and killed several. Superfluous hair removers, which utilized thallium acetate, have paralyzed women's legs, blinded them, and loosened all their hair. Ointments, hair tonics, freckle removers, and other cosmetics with mercury or other poisonous ingredients have been responsible in scores of instances for impairment of health, and sometimes for permanent disfigurement. Under the new law the Food and Drug Administration will for the first time be able to bar poisonous cosmetics from interstate traffic.

The law does not require that ingredients of cosmetics be disclosed to consumers. Failure to provide for declaration of ingredients on the labels of cosmetics is a failure to protect women who are allergic to certain non-poisonous cosmetic ingredients. Such ingredients are harmless to most women, but may seriously irritate users who happen to be sensitive to them.

Lack of ingredient declaration for cosmetics also leaves the price of cosmetics a mystery, instead of providing some basis for consumers to compare cost and selling price in the preparations they are buying.

The law attacks all known types of economic cheats, not only adulterated but misbranded products are taboo. Slack filled and deceptive containers for drugs, cosmetics and foods are prohibited.

It must be understood by consumers that these laws affect *only* products shipped from one state to another. State regulations determine the standard of all products sold or manufactured within the state. The administration of this Act will cost each citizen about 1¼ cents a year, but it will be worth many dollars in protection of health, as well as economic protection. A complete digest of the Act is available free from the Food and Drug Administration, U.S.D.A.

It seems fitting to summarize here some of the benefits which we receive, as consumers, under this Act:

1. All coal tar colors used in foods must be certified by the Food and Drug Administration, and when artificial color or preservative is used, it must be so stated (exceptions, cheese, butter, ice cream).

2. All labels must bear the name and address of the manufacturer, packer or distributor.

3. Where a standard has been established for a food (identity, quality and labeling), this must be conformed to. If this standard is not reached, the product must be labeled substandard. Hearings on definitions and standards are going on constantly, and consumers' interests are being represented at these hearings. Notices of these hearings appear in the Federal Register, obtainable from the Superintendent of Documents in Washington. Final specifications for tomato juice, tomatoes, canned peaches, apricots, cherries, peas, as well as many other food products, have already been set. This is a tremendous job, but is proceeding toward a splendid completion.

4. Labels must state what foods contain by their common name and if composed of two or more ingredients, this must also be shown.

5. Foods claiming special dietary virtues must give full information, such as vitamin products, and must show the number of units contained.

6. All drugs which contain habit-forming ingredients must give warning to this effect on the label.

7. So-called "antiseptics" must have germ-killing power.

8. Metallic trinkets are now forbidden in candy.

9. Drugs containing certain ingredients, including alcohol, must state the exact amount contained.

VIRGINIA 4-H CLUB LETTER

NATIONAL DEFENSE JUST COMMON SENSE

There is much more to national defense than making munitions and training men. Anything which better equips men and women, boys and girls, for better physical and mental work has indeed a real place in the defense program of every family in our country.

A planned adequate food production program helps farm families to be better fed and being better fed, to have sounder bodies and minds to serve their country. Doctors tell us that few people ever attain their potential abilities physically, yet that is one of the simplest, easiest things we can all work toward.

Here are a few questions farm families may well ask themselves:

1. How much do we spend for food? If you don't know, start keeping a record today.
2. How much cash did your crops bring last year?
3. From this cash, can you afford to buy as much food as you do?
4. Could you produce more of your food supply at greater profit than the crops

you have sold for the past five years? The farm kitchen is a profitable market for farm produce, and a steady one.

5. Would your family have a more adequate diet if you spent a little more time on the production of the food supply? An adequate food supply pays rich dividends in improved health and energy.

"But we don't eat this much!" was the reaction of most people who saw the exhibit at the Institute of Rural Affairs which showed the actual amount of food needed by a family of five for a year. The exhibit was all Virginia produced food, and could be the picture of any well planned pantry and storage house on a Virginia farm. The only foods that need be bought, were: sugar, cocoa, yeast, tea, soda, spices—flavorings, coffee, baking powder, salt—pepper.

The chart below may help as a guide to the amount of food needed for an adequate diet. Details of how to work this out are available in the Extension Bulletin 145, "Make the Farm Make the Living."

Food Supply for Family of Five

Food	Amount for each person each week	Yearly amount for family of five	How to provide
Milk	7 qts.—children 5½ qts.—adults	1440 quarts 80 pounds	2 cows, one Indian in spring, one in the fall
Cheese	1½ pound ¾ to 1 pound	125-200 pounds	2 to 3 bags (225 lbs. lbs. weight)
Bacon, lard, other fats	½-1 pound	125-200 pounds	Dry, salt, fat, grease or equivalent as available
Eggs meat, pork, other	8 servings 1-3 pounds	175-200 pounds 125-200 pounds	100 pounds sweet and salt 1000 feet 1500 to 2000 feet, as desired
Poultry	1 serving 8-10	100-150 pounds 2500 (215 doz.)	100 pounds 1000 feet 1500 to 2000 feet, as desired
Eggs	4 servings 4 servings 7 servings	10 bushels 20 bushels	100 pounds 1000 feet 1500 to 2000 feet, as desired
Vegetables: Potatoes Green beans Cucumbers Others	14 servings	12 bushels fresh 245 qts. canned	100 pounds 1000 feet 1500 to 2000 feet, as desired
Fruits	14 servings	275 pounds sugar or equivalent	100 pounds 1000 feet 1500 to 2000 feet, as desired
Sweets	Need various according to activity	22 bu. wheat 4 bu. corn	100 pounds 1000 feet 1500 to 2000 feet, as desired
Grain products	22 bu. wheat 4 bu. corn	22 bu. wheat 4 bu. corn	100 pounds 1000 feet 1500 to 2000 feet, as desired

I PLEDGE MY HEALTH TO BETTER LIVING

December, 1940

Va. Agri. Ext. Div.

Blackburg, Va.

The Health H Program For Virginia 4-H Members

If better living is to come through health, then 4-H club members must be strong, well and happy. The purpose of the 4-H Health Program is to help club members to achieve constructive living through sound bodies, minds and spirits. The first step to be taken in reaching this goal is for each one to know just where he stands on the ladder of health. Each member might ask himself these questions:

1. Am I a Virginia 5-Pointer?
If not, what are you doing to correct your faults? Study your health inspection card and ask your parents, your teacher, and your club leader to help you plan ways to make yourself a 5-pointer.
2. Do I eat adequate meals daily?
Did you know that the sparkle in your eyes, the gloss on your hair, your finger nails and teeth show whether or not you are getting the right food?
Get at least one hour of rest a day. Lie down, relax, or play quietly.
3. Do I rest one hour daily?
Make a schedule for yourself so that you will get nine hours of sleep each night.
4. Do I get nine hours of sleep every night?
Head up, chin and chest out; abdomen flat; toes straight ahead. Your posture is the way you use your body, stand, walk, and sit. What about yours? (Va. 4-H Club Letter, July, 1940)
5. Is my posture correct and well balanced?
Play or walk briskly, work at something you enjoy, or explore the country-side out of doors for at least one hour every day. Find things that you enjoy doing in the open air and then do them.
6. Do I get enough exercise out of doors?
Practice cleanliness—clean bodies, clean clothes, clean minds are daily necessities for home, school and all other occasions.
7. Do I live up to 4-H standards of cleanliness?
What does your family think of your disposition? A poor disposition is a sign of selfishness or poor health.
8. What sort of a disposition do I have?
The things you do for fun tell what kind of a person you are. Have you a hobby? Do you play games? Have you a favorite sport? Do you enjoy work? There is much to enjoy in this world if you are ready to look for it.
9. Do I have fun? What kind?
Every club member can do something to keep his home clean and orderly. Select some improvement that is needed; then make it. Have the house completely screened. Make sure the water supply is pure, that old waste and garbage are disposed of in a sanitary way. Work to have the house and its surroundings neat and attractive.
10. Is my home clean, orderly, and sanitary?

Selecting Health Goals

Wide awake club members should know how they and their communities rate from the standpoint of health. Each member and each club should select definite health goals for the year. After a discussion of these goals, the program committee of each club should arrange a program for the year that will meet these needs. Each club should also decide on a community health project for the year and then plan to do it. At some meetings there may be instruction, demonstrations and discussions; at others, only a few minutes will be needed for checking.

Food Habits Guide—Build for the Best

Do you eat as much as you should? Do you eat the foods that are best for you? Do you know a good meal when you see one? If you had a car, you would check its oil consumption and gas mileage to discover if the motor is giving you good service for the money you spend. Give yourself a check-up and see if your human motor is being well fed and giving its best service.

One way to do this is to check the foods you eat for one week at four different seasons: winter, spring, summer and fall. The club will decide in which week this will be kept. Such a record will give a fairly accurate check of the average amount of food eaten; then you can compare your food habits with those for the adequate standard.

At the end of each day, check (✓) foods you have eaten that day. Do this every day for one week. Note where improvements should be made. Note improvements made and plan for further changes where needed.

Check Your Food Habits

	WINTER	SPRING
1 qt. milk		
1 serving green or yellow vegetable		
1 serving potatoes		
1 serving other vegetable		
1 serving tomatoes or citrus fruits		
1 serving other fruit		
1 serving whole grain cereals or breads		
1 serving meat		
1 egg		
4-6 glasses water		
Did you eat candy between meals?		
Did you have soft drinks?		
Did you drink tea or coffee?		

	SUMMER	FALL
1 qt. milk		
1 serving green or yellow vegetable		
1 serving potatoes		
1 serving other vegetable		
1 serving tomatoes or citrus fruits		
1 serving other fruit		
1 serving whole grain cereals or breads		
1 serving meat		
1 egg		
4-6 glasses water		
Did you eat candy between meals?		
Did you have soft drinks?		
Did you drink tea or coffee?		

Your Body Is Built

From the Foods You Eat

A strong building can be made only from sound materials, rightly used. Our bodies are the same. The right kind of material must be used in their growth and development. The sturdiest bodies are built from well-rounded diets that include milk, fruits, and vegetables. Those which grow largely on meat, potatoes, bread, and sweets do not develop or function properly and sickness results. An adequate diet is one that has enough food of the right variety to meet the individual needs. The club member's standard for this adequate diet is to consume each day:

- 1 qt. milk
- 1 serving meat
- 4-6 glasses water
- 1 serving green or yellow vegetable
- 1 serving potatoes (sweet or Irish)
- 1 serving some other vegetable
- 1 serving tomatoes or citrus fruits
- 1 serving whole grain cereals or bread

To have this sound body you must avoid: Candy between meals (eat only as a dessert after a meal). Soft drinks (they are expensive, contain stimulants, and contribute nothing toward better health). Coffee or tea (they contain stimulants which are unnecessary and they contain no food value. Drink milk instead).

Adequate Meals Daily

As club members eat their three meals a day, they not only want to enjoy them, but they want to understand why certain foods are needed daily by the body.

Foods have three uses in the body: (1) body regulating; (2) body building; and (3) energy yielding. The body building

foods are meats, milk, eggs and fish. They are needed to make tissue, bones and teeth. Since they are not stored in the body, they must be eaten regularly every day. The body regulating foods are those called "protein" foods, because they help give protection against infection, build good red blood, and assist with elimination. This group includes fruits, vegetables, milk, and whole grain bread and cereals. Energy yielding foods are to the body what gasoline is to the engine. They supply both heat and energy and therefore must be taken daily. These include fats, butter, cream, breads and sweets.

IT'S A FAMILY AFFAIR! FAMILY HEALTH THROUGH HOME GROWN FOODS

We praise the squirrel, the ant, and all the other thrifty creatures that plan ahead so that they may have food through the winter months. Have you ever thought that we human beings should follow their good example? Planning and helping to produce an adequate food supply is one of the best contributions that club members can make toward better living for their families.

First, let us figure out how much food the family needs for a year. How many children are there? How old are they? A growing boy of 15 will need twice as much as a girl of 6. Grown people will need one-half as much milk as children do. People who work hard out of doors will want more than those not so active during the day.

Amount of Food Needed

	One girl or one boy	One year	Quantity of food
Milk (or cheese)	7 qts.	90 gallons	365 gallons
1 qt. daily for children			
Vegetables	6 lbs.	900 lbs.	1500 lbs.
1 serving daily			
1 serving potatoes daily	5 lbs.	4 bushels	25 bushels
Fruits	5 lbs.	250 lbs.	1250 lbs.
Lean meat, poultry, fish	2 lbs.	100 lbs.	500 lbs.
Pan, bacon, lard, other	1 lb.	50 lbs.	500 lbs.
Eggs	8 eggs	35 dozen	216 dozen
Sweets (including honey, preserves, molasses, etc.)	1½ lbs.	60 lbs. sugar or equivalent	275 lbs.
Grain products (flour, meal, cereals)	9½ lbs.	180 lbs.	26 bushels
Dried beans, peas, nuts	½ lb.	25 lbs.	125 lbs.

The amount needed for an adequate diet for each person has been figured out on the basis just given. You may slightly increase or decrease this according to age and work of the members of the family.

Second, how much of this needed yearly food can be raised on your farm? What part can you take in raising or preserving it for winter use? Discuss this with your family and make plans for a garden that will give the food the family needs. It's a family affair!

What Foods Make You Fat?

Sometimes girls and boys get the false idea that some necessary food, like milk, makes them fat! They are wrong! A person puts on fat only when he eats more food than the body needs for maintenance; therefore, no one food can make you fat. It works just like a balance scale. Eat more calories than you need and you gain, but if you eat less than you need, you lose. Of course, some people need more food to keep going than others, just as some cars take more gasoline. If you want to lose weight, concentrate on the low caloric foods, which are skim milk or buttermilk, fruit and vegetables. If you want to gain, eat more fats, sweets, creamy milk, breads and butter. One quart of milk has less calories than one five-cent candy bar. Don't blame milk if you gain weight!

The Day's Routine

Are you tired most of the time? Do you wake up tired in the morning? The person who is tired all the time is sure to slump and thus make himself more weary. There are several causes for continued weariness. If you always feel tired, check over your work and play. Choose the important things and let the others go. Take a look at your day—are you doing too much?

Do you get enough sleep?

Check on your diet. Being either underweight or overweight may cause sluggishness, poor posture, and weariness.

How are your feet? Worn arches of the feet will make you tired. Well-fitted shoes and hose that are long enough are important. If your feet hurt and you have pains in your legs and back, ask your parents, your leader, the school nurse, or some other grown person to help you.

How are your posture habits? Wrong walking, standing and sitting habits contribute to weariness.

Rest and Exercise

Get at least one hour of rest during the day; if you can't get it during the day, get an extra hour of sleep at night. Relax if you cannot be down. Spend at least 9 hours in bed out of each 24.

If you use your muscles, they grow and

develop tone. You know that baseball players play ball all winter to be in "condition" for the spring game, and movie stars follow all kinds of sports in order to keep themselves ready to do the active parts demanded of them. Girls and boys who work and play every day, especially if they play out of doors, keep themselves in condition. Those who have long rides on the school bus or who are tempted to sit around at home should watch carefully to see that they are getting at least one hour of exercise in the open air every day. Active outdoor games and sports, gardening, and brisk walking outdoors help to make strong muscles and graceful human beings.

Sleep

Do you get your share of sleep or are you robbing yourself of life's great restorer? The activities of each day burn up body tissues and leave poisonous wastes in the system. Such waste must be thrown off and body tissues rebuilt. Regular hours of sleep and rest are therefore essential to give the body a chance to recuperate. There is no substitute for sleep in maintaining mental poise and physical fitness.

Nine hours of sleep every night in a well-ventilated room are absolutely necessary if you are to be alert and energetic.

POSTURE STANDARDS

Stand tall, sit tall,
Walk tall, think tall.

Posture is a matter of body balance. It is essential to good health and good looks. The individual, when standing, should hold the head erect, chin in, chest up, abdomen flat, hips and knees straight, but not stiff, with the feet in a straight line, toes pointing straight ahead, the weight falling on the ball and outer edge of the foot, using the heel to balance. In correct posture, an imaginary line dropped from the ear passes through the middle of the shoulder, hip, knee and ankle. Checking posture at club meetings is easily done by hanging a weighted cord from the center of the doorway. Have members stand so that the cord is in line with the ear. Notice where line passes the test points in each person. This will determine improvements each one should make.

Study posture circular in Virginia Club Letter for July, 1940.

Clean Water Supply

Drinking water from polluted springs and wells is the cause of much typhoid fever and dysentery. See that surface water does not drain into or stand around your spring or well. Every club member can do this with no cost and very little labor. The most reliable information can be received from the Virginia Health Department.

OUTDOOR COOKERY

Follow the trail to the open air

Letting the hours slip by.

With a smile on your lips and a
song in your heart

Enjoying the hills and sky.

The appeal of the out-of-doors, plus the fun make cooking in the open one of today's most popular forms of recreation. That certain twang of food cooked out-of-doors has a strong appeal to people of all ages, and provides joyous inspiration as well as healthful recreation. Pick a pretty shady spot with a lovely view, preferably near good drinking water, and make that the spot for your outdoor meal.

One mistaken idea many people hold is that outdoor cookery is always a little dirty and smoky, and that this should be accepted as a regular part of the fun. Another idea just as mistaken is that food is usually burned or raw! One general rule to follow in all outdoor cooking (to help prevent raw or burned food) is to get down to the fire. Sit on a stone or on the ground but don't lean over and break your back!

When adequate planning and knowledge of meals out-of-doors precedes these activities, when care is taken to build a good fire, the meal is as clean, tasty and well prepared as any indoors. All 4-H club members should learn to serve such meals, to build such fires — they should care enough to make the technique a part of their club achievements. We hope these guides will help you to learn and to enjoy the art of "Outdoor Cookery."

With an outdoor fireplace in the yard you can have innumerable outdoor meals without the bother of packing up your food and traveling miles to eat it. If your picnicking experiences have been limited, an outdoor fireplace will open a new world of entertainment for you and your family. It will mean that you can have frequent inexpensive parties, because you will be able to accommodate larger groups more comfortably than you could indoors. There will be less work and no cooking odors to fill the house. There will be no need for an elaborate table with finest linen. A substantial picnic table and sturdy dishes answer all needs.

The call of the fire is very old. Since the days when primitive families gathered about a newly kindled fire as darkness approached, man has found pleasure in sitting with family and friends in front of an open fire through the twilight hours.

With the trend of American living turning more and



(Courtesy Better Homes & Gardens Magazine)

Attractive, well-built. Note height of cooking surface and storage for wood underneath firebox.

more to the out-of-doors, the outdoor fireplace is becoming a familiar feature of home life.

A very satisfactory fireplace can be had at little cost. One can be made from a pile of old bricks, two or three sacks of cement, a few bits of iron, and a little labor. Well, maybe not so little, but anyway, it's lots of fun. And it gives the youngsters a chance to help.

Building The Fireplace

Outdoor fireplaces may be grouped into two classes:

1. The perpendicular or wall fireplace, patented after indoor types.
2. The horizontal or rustic fireplace — a low, even-like inclosure, in which the fire is made, and on top of which cooking is done, with a chimney of some sort at the back.

Wall fireplaces are decorative additions to yards if kept in proportion. They may stand alone or be built into a garden wall or the outside wall of a house.

Rustic grills because of their compactness are more suitable for small yards. They offer a variety of treatments. As a rule (Please turn column)

they are less expensive to build and a little handier for all-round cooking purposes, as the cooking surface is at least two feet from the ground and so eliminates much stooping and bending.

If you want to use your outdoor fireplace for roaring log fires for the family and friends to sit around, the wall fireplace will suit your purpose better.

Study the location for the outdoor fireplace or grill very carefully. Select a site to the rear or side of the house, not too far from the kitchen and dining room.

Select a shady, sheltered place in the yard where you have discovered through observation that drafts do not come between or over buildings. The fireplace should be built far enough away from trees to prevent fire from injuring them.

Select a spot as secluded as possible, especially if you wish privacy from the public gaze.



(Courtesy Better Homes & Gardens Magazine)

Well-built. Note small firebox. Cooking surface high—no stooping.

Some things to keep in mind when building a fireplace or grill in a garden:

1. Make plans so that the fireplace or grill has direct relationship to the garden and surroundings as a whole.
2. Have supplementary plantings to make it permanently attractive. A few shrubs, a hedge, or

a trellis will do wonders in screening your outdoor dining room.

2. Design it for comfortable use. A flagstone or brick paved area in front of the fireplace, rustic seats and stepping stone walks add to comfort and attractiveness.

Permanent fireplaces must be convenient if they are to be enjoyed. Small ones at a comfortable working height are most useful. For a community park, several small ones are much more usable than one large one, for they may need to accommodate several parties at a time. For a "cook-your-own" meal, ten or twelve people are all that can comfortably get around any one fireplace. For real pleasure at such events, benches or seats should be provided. Everyone must be comfortable or much of the food will be burnt or eaten raw. Don't pass up good cooking for speedy results.

In constructing the firebox, flat-sided stones or bricks are easiest. Mortar of cement and sand will hold them in place. Consider wind, water, and frost: Wind affects the drafts, water may flood or undermine the fireplace or seep into the stones and cause them to crack when heated, and frost may cause porous stones to crack. If using field stones, first soak one in a pail of water; if it absorbs much of the water, it is not suitable to use. Neither sandstone nor limestone do very well. Of course firebrick is the most satisfactory for the firebox itself.

Check on prevailing winds and play the opening toward the breezes, if possible; this helps the draft and carries away the smoke.

For the foundation, a well-prepared bed of cinders, gravel or flat stones is best, especially if frost has to be considered. Set the foundation on a firm bed that will not wash away. Be sure all stone joints are filled with mortar so water cannot penetrate.

For convenience and efficiency, the bottom of the firebox should be built 12 to 18 inches off the ground and the space below left for storage of firewood. A chimney is necessary, if you do not like smoke in your eyes, and it also helps the draft. Four or five feet off the ground is quite enough for the chimney to extend. Another rule is, have the chimney cross section one-fifth that of the firebox. An old cracked flue lining may be available, but even a stove pipe is a help to build the chimney around. Terra cotta pipe may also be used.

The cooking surface may be a flat piece of metal or a grill. Keep the firebox small and shallow so it will heat up the cooking surface quickly and require little fuel. It is well to keep one big frying pan and one kettle for outdoor use.

Plan for convenient shelf space around the fireplace for putting dishes or foods. Build hooks into the stone work for hanging pans and cooking tools.

Cooking Facilities

Hardware and department stores now sell an aluminum broiling plate containing a multitude of small holes, which can be used on top of the broiler rack to grill fish or bacon without having the meat dropping through into the fire. The broiler rack is ideal for steaks and chops.

With a rustic type fireplace you cook on a flat piece of metal or a grill covering the firebox.

A removable grill on a fireplace built with two or three ledges at different heights makes it possible to place your cooking at different heights from the fire.

Having both a grill and a flat sheet for cooking will afford more varied meals. Neither is expensive; however, they should be fairly solid and heavy.

A removable grate also makes it possible to place logs on the coals—a "sitting" fire, for family and friends and reminiscence.

Ovens can be built above or below the firebox. They work like the Dutch oven of grandmother's day. Cranes and grills can be used with either type of fireplace.

Cooking Without a Fireplace

A fire for cooking should be very small. Use a long clean stick to keep the fire under control. Select dry fire wood which breaks with a snap. Pine cones make excellent kindling. The three most practical fires which will serve for almost any quick cooking needs are:

Hunter's and Trapper's Fire.—Place two logs on

ground to form a deep V. Logs 10 to 12 inches through and 2 feet long serve best. Place logs 2 or 3 inches apart at point of V and 1 foot apart at other end. Build fire between logs; when burning well, place 2 or 3 green sticks across to hold pans, etc. Eight or ten people may cook at this fire at once. A frying pan may be placed at the end, acting as a reflector oven for baking.

Open Trench Fire.—Especially good when fuel is scarce or there is danger of the fire spreading. Dig a trench 8 or 10 inches wide and deep and 2 or 3 feet long. Line with stones and place logs along the side. Build fire in the trench.

Automatic Stew Fire.—Best for long cooking where you don't care to stay with the fire—once it starts, it is fairly sure to continue. Dig a pit 4 or 5 inches deeper than twice the width of the bottom of the pail in which you will cook. Line pit with dry stones. Add fire wood a piece at a time until it all catches. For quick fire, a small grate propped up only 4 inches from the ground may prove best for heating a pan or kettle of food.

To cook around these fires, each person should have a comfortable place to sit on the ground, on a stone, a log, or a paper. This makes it possible to do slow even cooking comfortably.

Before you leave the fire, burn all paper and trash. Bury tin cans and trash which will not burn. Be sure the fire is completely out before you leave it; use water or moist clay—no humor.

Easy-Tasty For Out-Of-Doors

Much of the fun of outdoor cookery is to have everybody take some part in the cooking. These first seven dishes are of the "cook-your-own" variety. It is wise to have also one good kettle of ring tum diddy, squaw corn, Brunswick stew, or chop suey to supplement the meal, or for a reserve if some of the other foods should fall in the fire! To cook your own, try:

Kabobs.—The meal on a stick! For each person allow 1/2 lb. steak cut thin, 1/4 large onion, 1/2 potato. Cut meat in 2 inch squares. Cut onions crosswise in thin slices and the potato in thin slices. Let each person get his own stick, a green one sharpened at one end. Stick on alternate pieces of meat, onion, and potato. Cook by laying it over hot coals across two logs. Turn sticks occasionally to cook food thoroughly. Never try to cook over direct flame but wait until you have red coals.

Bread Twists.—Every member may bake his own biscuits from a piece of prepared biscuit dough. Mold a piece into a ribbon about as thick as your finger and wind spirally around the stick, which should be green and about as large as a broom stick. It helps baking to dip the end of the stick in water and then heat in fire for a second. Pinch dough together at ends to prevent it from unwinding. Toast over hot coals, turning frequently. It must bake slowly to keep from getting burned before baking through. The spirals usually rise and almost come together, making a cylinder when the biscuit is slipped off the stick. Cook until it slips off easily and is not doughy inside. This may be filled with stew, eggs or preserves. To vary, wrap stick with bacon and broil until crisp before wrapping with biscuit dough; or grated cheese may be added to the dough; or slide a link sausage around the end of the stick, cook, and then put bread twist around sausage.

Angels on Horseback.—One pound cheese, 16 bacon slices, 8 split rolls, lettuce. Cut the cheese into small cubes. Wrap each with 2 slices of bacon and pin securely with toothpicks. Then run a pointed stick through it and toast quickly over hot coals. Have ready a split roll and lettuce to hold the "angel" when it is ready to "unhorse," or seems likely to fall off. Another variation may be made by inserting cheese in a long thin roll, winding bacon around the roll fastening with toothpicks and toasting until bacon is crisp.

Bacon and Eggs on a Stone.—(When no frying pan

is available). Place two stones about a foot apart and build fire between. When fire is well established, place a dry, flat rock over the stones; keep fire going until rock is very hot (test with a drop of hot water; it should sizzle). Place slices of bacon in triangles. As it cooks, it covers the stone with grease. When bacon is crisp, drop egg in center to fry. If you have sliced bread, you may prefer to make a hole in the bread, toast it on the stone; then turn it over, put the egg in the hole and let it cook as the bread toasts on other side. This is easy to eat and fun to do.

Bacon Fags.—Use the lardstick stick. Slide on a thin slice of bacon, then put on the hot dog lengthwise. Cut slits in the "top" and wind the bacon around, fitting it into the slits. Insert pieces of onion in these same slits. Broil over hot coals about 15 minutes.

Heavenly Crisp (for dessert).—Place 2 squares sweet milk chocolate between two large graham crackers. Give this "sandwich" to each person along with a marshmallow, which he toasts to a golden brown, then places in between his crackers, making a tasty desert (but not so sweet as the marshmallow alone).

Mock Angel Food Cake.—Cut crusts off loaf of white bread. Cut bread into inch cubes. Dip cubes first into condensed milk and then into cocoa. Toast over fire as you would marshmallows.

"Reserve" Dishes

Ring Tum Diddy.—One-fourth lb. bacon, 1 large green pepper, 3 onions, 1 can tomatoes, 1 can corn, salt and pepper, 1/2 lb. American cheese, 5 slices toast or crackers. In a large frying pan, cook bacon, remove and place in a paper bag to drain and to keep life off. Have pepper and onion all cut and ready in a glass jar and cook this in the bacon fat. Then add the tomatoes and corn and season to taste. Just before serving, add the grated cheese. Serve hot on toast or crackers with a strip of bacon on top. If frying pan is too small, transfer to a large kettle to finish cooking.

Squaw Corn (4 servings).—Eight slices of bacon, 5 ears of green corn (or 2 cans of corn), 3 onions, salt and 8 slices of toast or crackers. Fry out the bacon. Peel onions, slice thin and fry to light brown. Add corn (if green corn is used, cut from cobs) and salt to taste. Fry until brown and serve on toast or crackers.

Cocoa.—Make ahead a cocoa syrup of 1/2 cup sugar, 1 cup milk, pinch salt, and 1/2 cup boiling water. Add to 2 quarts milk; heat and serve. Condensed or dried milk may be used if fresh milk is not available.

Other Tasty Camp Dishes you will enjoy (may be found in any good cook book):

- Toasted cheese sandwiches
- American Chop Suey (serve with crisp cereals)
- Cheese rabbit (splied on toast or crackers)
- Spanish Eggs
- Crescent Beef with spaghetti

General Suggestions For The Outdoor Meal

1. Make sure plenty of safe drinking water is available nearby.
2. Do not forget soap and towels if you have to gather wood and then handle food. Sticky hands are most uncomfortable!
3. Logs, stones, or boxes make good seats. See that everybody has a comfortable place to sit while cooking, washing and all permanent outdoor cookery equipment.
4. Warn your guests not to wear their best clothes (but wear comfortable shoes) for they always get smoky and nobody can relax if he is worrying about getting dirty.
5. Keep a basket packed for outdoor meals, which contains sugar, salt, plates, cups and saucers, paper napkins and all permanent outdoor cookery equipment.
6. Never leave a fire until it is entirely out. Sand or water helps to smother the fire. Leave the spot as clean as you hope to find it.
7. Plan for songs, games or story telling around the fire after the meal. Take along a yarn, a song, a game or a poem, to suit your mood and the company. A little guide of birds, stars or wildflowers may also make the event more interesting.



Well-built, but firebox should be raised nearer cooking surface.



Attractive spot, but firebox much too big. Firebox may be raised by putting loose stones in the bottom. Cooking surface low even for children.

GOOD BOOKLETS ON OUTDOOR COOKERY

OUTDOOR COOKERY. Service Editor, McCall's, Dayton, Ohio.

CAMP FIRES & CAMP COOKERY. E. Lawrence Palmer, Slingerland-Constock Company, Ithaca, N. Y.

LITTLE BOOK OF OUTDOOR FIREPLACES. Home Service Bureau, Better Homes & Gardens, Des Moines, Iowa.

A MANUAL OF COOKING FOR BOY SCOUTS.

TRAIL COOKERY FOR GIRL SCOUT.

CAMP FOOD.

CAMP FIRE COOKERY.

KELLOGG'S MANUAL FOR SUMMER CAMPS, 1929.

(Free) Kellogg Company, Battle Creek, Mich.

Virginia Federation of Home Demonstration Clubs

Goals for 1939-1940



FOREWORD

Mrs. J. M. PECK, President

Greetings to all Club Members:

The problem that confronts us today is to create the kind of homes and family life that will best serve our personal needs, the needs of our homes, of our communities, as well as of the world at large. In order that we may enjoy this richer, fuller, and happier home and community life and that we may have a part in bringing these conditions about, our Federation goals have been set up.

This is of necessity a long time program, but if each goal is taken up in turn a great deal may be accomplished.

It is with pride and pleasure that I present to you our new goal chairmen with their outlined programs for 1939-40. I commend them to you as loyal and progressive club women who are eager to help in carrying our Federation on to greater achievements.

Faithfully yours,

GRACE PECK

OFFICERS OF THE VIRGINIA FEDERATION OF HOME DEMONSTRATION CLUBS

President

Mrs. J. M. PECK

Fineastle

Vice-President

Mrs. EMMET THOMPSON

Woodbridge

Northern Virginia District President

Mrs. EMMET N. HARRIS

Bumpass

Eastern Virginia District President

Mrs. F. L. GUYEN

Bl. 3, Portsmouth

Southwest Virginia District President

Mrs. E. J. CLAYTON

Abingdon

Central Virginia District President

Mrs. J. I. RUSSEL

Norfolk

Secretary

Mrs. A. B. NICHOLSON

117 Green Street, Norview

Norfolk

Treasurer

Mrs. L. J. CHOWST

Wytheville

PUBLIC RELATIONS

Mrs. BEN WAILES, Sweet Briar, *Chairman*

Our Federation considers the promotion of home demonstration work one of its chief purposes, and while the help of every club woman is essential, the public relations committee assumes this as its special task. The work speaks for itself, and the committee should be alive to every opportunity for bringing the Home Demonstration and Federation program to the attention of the public.

As contact officer between ours and other organizations, the members of the committee on public relations should:

1. Work with other Federation committees in bringing to the public those goals that have been selected for major emphasis in the respective county
2. Secure information concerning the number of other organizations in the community and county, and the nature of their work
3. Interpret our work to these organizations and theirs to our members in order to prevent overlapping of activities and to attain common goals
4. Promote better relations between rural and urban people. It is as important for us to gain an understanding of their problems and points of view as to have ours brought to them
5. Assume responsibility for promoting cooperation between the various community and county agencies so that we may work together for the welfare of all

HOME AND ROADSIDE DEVELOPMENT

Mrs. N. C. BAILEY, Orange, *Chairman*

SLOGAN: Protect the Natural Beauty of Virginia

AIM: Arouse civic pride in making the home and community more beautiful

I. What Homemakers Can Do:

1. Remove from premises:
 - a. Unnecessary signs and billboards
 - b. Unsightly structures
 - c. Trash
2. Screen view of work yard from public by naturalistic plantings
3. Improve fences along road or in view of it
4. Make wider use of vines for screening
5. Make entrance more attractive by improving driveways
6. Plant and protect state flower (Dogwood)
7. Protect our native plants

II. What Clubs Can Do:

1. Appoint an active committee to carry out this program
2. Promote an educational program within club and community
3. Enlist all homemakers in this program
4. Develop community projects

III. What the Federation Can Do:

1. Cooperate with associated clubs of Virginia for roadside development in any educational program and enlist the aid of the State Highway Department in the roadside development program
2. Cooperate with any other organization in an educational program for the protection of scenic beauty
3. Emphasize the part the home plays in the Home and Roadside Development program

RURAL YOUTH (17-25 years of age)

Mrs. HARRY TARDY, Lexington, *Chairman*

1. Appoint a county youth committee
2. Develop a county council representing all agencies serving rural youth that their efforts may reinforce each other
3. Make county survey to determine the actual situation confronting rural youth
4. Sponsor organizations of rural youth to conduct programs of education and recreation to meet specific needs
5. Encourage studies by home demonstration club members of the characteristics of the teen-age group
6. Provide more adequate recreational opportunities for young people; include what to do as well as meeting place
7. Make available a counseling service composed of representatives of the different trades and professions in the county
8. Encourage the organization of interest groups, such as orchestras, bands, choruses, tournaments, hiking and handicrafts
9. Promote more adequate vocational training in rural high schools

HEALTH

Mrs. E. G. CURRIN, Jr., Meredithville, *Chairman*

1. Promotion of needed sanitary improvements in every community
2. Physical examination regularly for all club members and other community women (Possibly this could be facilitated by clinics)
3. Education for better maternal and infant care including consideration of pre-school age group
4. Strong health programs in 4-H clubs through growth work as set up for these clubs. Clinics, especially dental, are needed badly
5. The study of problems of mental health
6. Promotion of proper treatment and the study of preventives for venereal diseases by educational, medical and social measures
7. The study of the common cold—its causes and prevention
8. The spread of information concerning cause of simple goiter and its prevention
9. The study of health and hospital insurance
10. The study of the prevention and cure of cancer
11. Promotion of immunization against diphtheria
12. The study of health facilities in the county as a basis for planning improved service through cooperative efforts

LIBRARY

Mrs. E. F. YATES, Powhatan, *Chairman*

1. Appoint a library committee
2. Establish a magazine exchange
3. Provide this year at least one book on the subject of "homemaking" or a subscription to one magazine
4. Arouse public opinion in favor of state and local library service
5. Cooperate in effort to attain our goal, "a five-year plan—a public library or branch in every county in Virginia"
6. Cooperate with the Virginia Library Association for \$100,000 appropriation for greater state extension library service
7. Encourage use of selected reading lists

CITIZENSHIP AND LEGISLATION

MRS. W. A. WALTON, Disputanta, *Chairman*

- I. Every woman register, pay her poll tax, and vote her convictions:
 1. List reasons for voting
 2. Discuss why have a poll tax
 3. Make check-up on number voting
 4. Study of topics to be voted on for the best interest of rural people
 5. Find out views of your representatives
- II. Every woman study the needs of her community, county, state and nation, keeping in mind these objectives:
 1. A better community life
 2. A more prosperous agriculture
 3. A practical foundation education
 4. Higher ideals of manhood, womanhood, and citizenship
- III. Every rural woman keep in touch with current legislative matters and give active support to those measures which are for the improvement of rural conditions. These include:
 1. Education
 - a. Expansion of the home demonstration force
 - b. Library expansion
 - c. Increased appropriation for schools to carry out the three-point program
 - d. Increased federal appropriation for various types of educational activities such as libraries, etc
 2. Public Welfare
 - a. Public health
 - Social trends in medicine
 - Adequate support of all health and medical service
 - b. Penal reform
 - c. Safer and better highways
 - d. Support measures dealing with lower income population
 - e. Child welfare
 - f. Extension of rural electrification
 3. Social Security
 - a. Old age pensions
 - b. Minimum wages for women
 - c. Retirement for extension workers
- IV. Every woman study the place of women in cooperatives and wherever practicable participate in such

RURAL ELECTRIFICATION

MRS. WALTER RHEA, Meadow View, *Chairman*

1. A county committee make a study of the present status and the county's needs in rural electrification
2. Make a study of means of securing further extension of lines
3. Conduct an educational program on the installation and use of electrical services and equipment
4. Study of application of electricity that will result in increased farm income
5. Sponsor an electrical program on home lighting

VEGETABLE GARDENS BRING BEST PROFITS

PLANT IT IN THE SPRING

PLANT IT IN THE SUMMER

PLANT IT IN THE FALL

**EAT FROM YOUR GARDEN
12 MONTHS EACH YEAR**

Vegetable, green, yellow, red

Make your family better fed!

Serve 3 Vegetables Every Day!

GREEN VEGETABLES

Come, let us fill our garden beds
With lettuce, greens and cabbage heads,
All hearty plants, beneath their alms
Are full of iron and vitamins!

The brighter the green color, the greater the food value. Serve one green vegetable every day, if possible. These include:

cabbage	mustard	celery	spinach	green
broccoli	turnip greens	swiss chard	rutabaga	string beans
lettuce	beet greens	broccoli	broccoli	

Cook green vegetables only until tender. Long cooking makes them strong in flavor and brown in color. Never add salt when cooking any vegetable, but always add salt, when cooking green vegetables, for it helps retain the bright green color.

Cook strong flavored vegetables without a cover—these include cabbage and turnip greens.

Cook all vegetables in a small amount of water. Much of the food value cooks out into the water.

Use the water the vegetables are cooked in. It is good in soups and sauces and has fine food value.

Eat greens raw in salads or sandwiches.

Cooked Greens

Before cooking, all greens should be washed well in several waters. The dirt and grit settles to the bottom of the pan, so lift the washed greens out of the water. Wash again.

If you want greens cooked with meat, cook the water and meat with a little salt first. This gets the meat flavor into the water. Then add the greens to this water and cook only until they are tender.

Never start greens in cold water.

Cooked Cabbage

Remove dirty outside leaves. Wash well. Cut in 8 pieces. Remove core. Cook uncovered in boiling salted water 10 to 15 minutes. Drain. Season with butter, salt and pepper.

5-Minute Cabbage

2 cups milk
1½ quarts shredded cabbage
1 cup rich milk
1 cup salt
1 cup pepper

Heat the milk and cook the cabbage in it for 2 minutes. Add the cup of rich milk, the blended flour and fat, and the seasonings; cook rapidly for 3 or 4 minutes; stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

Cabbage and Apple Salad

Mix equal parts of chopped, unpeeled apples with finely chopped cabbage. Mix with salad dressing. Serve cold.

Cabbage and Carrot Salad

2 cups shredded cabbage
1 cup shredded carrots
Mix. Season with salt and add salad dressing.

Cabbage Slaw

Select a hard head of cabbage, cut in quarters, and wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Four hot dressings over the crisp cabbage and stir until well mixed. Serve hot or cold. One cup chopped celery, or one-half cup of finely shredded green pepper, or 1 cup of thinly sliced tart apple may be added.

YELLOW VEGETABLES

The brighter the yellow, the better the food value. This is true of carrots, sweet potatoes, squash, and pumpkin. All are rich in vitamins and worthy of a prominent place in your meals.

Eat Carrots Raw. Many people prefer the raw ones to those cooked, and the food value is greater. Any type of cooking destroys some of the vitamins. To secure raw carrot juice, grate the carrots and squeeze juice through a thin cloth.

Carrot Bellini

4 carrots
1 lemon
½ cup sugar

Slice lemon and remove seeds. Grind carrots and lemon slices in food chopper. Mix with sugar. Chill before serving.

Carrot and Raisin Salad

6 carrots
½ cup raisins

Scrape carrots and grind in food chopper or shred. Mix with raisins. Add salad dressing as desired.

Carrot Meat Loaf (or Croquettes)

4 cooked carrots
½ cup ground or chopped
ham (or bacon)
1 cup cooked rice

½ cup bread crumbs
2 eggs

Mash carrots; add ham, rice, milk and eggs. Season and put into greased baking dish; cover with crumbs and dot with butter. For croquettes, shape and fry or bake until brown.

Squash with Cheese

2 cups cooked squash
2 tbsp. butter
1 cup grated cheese
½ cup bread crumbs
½ cup milk

Broow-cake in butter; add squash and mix well. Place this all in a baking dish. Pour milk over and sprinkle cheese on top. Cover with bread crumbs and bake until cheese melts.

Glazed Sweet Potatoes

6 boiled sweet potatoes
1 cup brown sugar
2 tbsp. butter

Boil sugar and water 5 minutes. Add butter. Pare potatoes, slice, and arrange in buttered baking dish. Pour over ½ cup and bake until brown in moderate oven (350°), basting twice with remaining syrup. Maple syrup or canned fruit juice may be used in place of sugar syrup.

Sweet Potato Pudding

2 cups raw, peeled, grated sweet potato
1 cup sugar
1 cup milk
½ cup chopped nuts

Run raw potato through food chopper. Add sugar and mix thoroughly; then add milk, nuts, eggs and flavoring, and pour into well greased glass baking dish. Pour butter (melted) over the pudding, and bake in a moderate oven (350° F.) for about 40 minutes or until done. Serves 6.

Baked Winter Squash

Wipe the shell of a squash and cut into individual servings. Remove seeds and string fibers. Sprinkle with salt and pepper and spread with soft butter and place rim-side-down on a greased shallow baking dish or pan. Bake in a moderate oven for about ½ hour; then add ½ cup hot water to the bottom of casserole, cover, and bake ½ hour longer.

RED VEGETABLES

They keep the bright red color only when cooked a short time. The acid of the tomato keeps it red. Add a small amount of vinegar to beans when cooking and they will stay red!

Caution: Never heat nor cook tomatoes longer than absolutely necessary. Heating kills much of the vitamins value.

Stuffed Baked Tomatoes

Wash. Slice off stem end of tomato. Salt and pepper. Top with round of cheese and bake in slow oven. Or—Spoon out centers after slicing off stem end. Salt inside and dot with butter. Stuff with baked beans or break an egg into each tomato cup. Bake in moderate oven until tender. Meats, such as diced chicken, ham, flaked crabmeat or salmon, combined with mayonnaise or egg and battered bread crumbs, also make good stuffings.

Shredded Beets

Peel large beets and shred fine on grater or grind with food chopper. Add 1 teaspoon water, 1 tablespoon butter and 1 teaspoon vinegar for each cup of shredded beet. Do not add salt until cooked. Cover and cook about 10 min., or until tender. Serve at once.

Beets in Sour Sauce

2 cups boiled beets, cubed
2 tbsp. butter
1 tbsp. flour
½ cup sugar
½ cup mild vinegar

Melt butter; add flour and sugar; stir in vinegar. Continue stirring until sauce boils. Add beets and let stand in a warm place until sauce becomes red. Add salt if necessary.

Filled Tomato Salad

2 cups hot, canned tomatoes
1 tbsp. onion juice
or juice
½ tsp. salt
1 tsp. mild vinegar
1½ tsp. gelatine
4 cerves

Pour ½ cup cold water in bowl and sprinkle gelatine on top of water. Add to hot tomato and stir until gelatine is dissolved. Add 1 tsp. mild vinegar or lemon juice and 1 tsp. onion juice. Stir in. Turn into molds and chill. When firm, un-mold and garnish with salad dressing.

Parboil: 1. Place a slice of hard-cooked egg in bottom of mold. 2. Place a cheese ball in each mold, add sliced olives or pickles if desired. 3. Mold the jelly in this shape, cut in squares, spread with cream or cottage cheese and put together, sandwich fashion. 4. Mix together 1 cup diced apple, ½ cup diced celery or shredded cabbage, and ½ cup chopped nuts moistened with a little mayonnaise. Mold in tomato jelly.

Tomato Karelitz

1 tsp. butter
1 tsp. flour
½ tsp. mustard
½ tsp. salt
Few grains pepper
1 cup tomato juice or canned tomato
¼ lb. cheese
4 slices thin, dry, toast

Make a sauce of butter, flour, seasonings, and tomato juice. When sauce has thickened, place over hot water and add cheese. Continue stirring until cheese is melted and mixture smooth. Pour over toast. Serve at once. One cup corn may be added.

WINTER VEGETABLES

When winter comes, many people feel they cannot have vegetables. In some sections of Virginia, greens may be had fresh in the garden all winter. Turnips, carrots, onions, parsnips, and salsify are winter favorites. Cabbage may be stored and kept. Besides the canned vegetables, there are many tasty fresh vegetable dishes available.

Glazed Onions

Boil small silverskin onions 15 minutes, drain and dry. Melt 3 tablespoons butter, add 2 tablespoons sugar and onions, and cook slowly until browned.

Beets in Turnip Cups

Pare small, even-sized white turnips and cook in water until tender. Scoop out centers and drop into each turnip $\frac{1}{4}$ tsp. butter. Fill with hot diced, canned or cooked beets (canned tomatoes or peas may also be used). Garnish with parsley and serve hot.

Turnips with Cheese

3 turnips $1\frac{1}{2}$ cups medium white sauce
 $\frac{1}{2}$ cup grated cheese

Peel turnips and slice. Cook 15 minutes in boiling salted water. Drain and put turnips in baking dish. Cover with white sauce; sprinkle with cheese and bake in moderate oven 30 minutes.

Creamed Salsify

Scrape salsify and slice in small pieces. Cook until tender (15 minutes) in small amount of boiling water. Drain. Add salt, pepper, cream or top milk. Heat. Serve at once.

Bean Soup

1 cup dried beans $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup diced salt pork salt and pepper to taste

Soak beans overnight in water to cover. In the morning, add 2 cups water; cook beans until tender; and put them through a sieve or colander. Crisp the salt pork; remove from fat and add to bean pulp. Brown onion in pork fat; stir into soup. Add hot water to give proper consistency, and salt and pepper to taste.

Red Flannel Hash

1 slice fat salt pork, or 1 cup grated carrots
2 tbsp. bacon fat salt
2 cups grated raw potatoes pepper
1 cup grated raw beets 1 cup hot water
 $\frac{1}{2}$ cup raw grated turnips

Heat fat or fry out salt pork until brown. Add vegetables which have been mixed together. Sprinkle with salt and pepper and smooth down in pan. Let brown; add water and cook down; brown again.

Meatless Chop Suey

Brown 1 cup chopped onion, 1 cup chopped celery and 1 cup chopped green peppers or carrots in $\frac{1}{4}$ cup fat; add 1 cup water, 2 tbsp. flour, and 1 tbsp. soy sauce (or any meat sauce). Just before serving, add $\frac{1}{2}$ cup chopped nuts (not peanuts). Serve on rice or fried noodles.

Raw Vegetable Appetizers

Cut carrots, rutabagas or turnips into lengthwise strips and cabbage cores into cubes. Serve with salt. Vegetables may be crisped by putting into cold water 20 minutes before serving.

USING CANNED VEGETABLES

Vegetable Loaf

1 pint soup mixture (or 2 cups left-over cooked or canned vegetables)
1 cup bread crumbs 2 eggs
 $\frac{1}{2}$ cup liquid from vegetables or milk
Mix all together. Bake in greased dish. Add strip of bacon over top. When hot through, it is ready to serve.

Baked Tomato Rice

1 pt. tomatoes 2 tbsp. butter 1 tsp. sugar
 $\frac{3}{4}$ cup water 1 tsp. salt $\frac{1}{4}$ tsp. pepper
1 cup rice (uncooked)

Combine all but rice and bring to boil. Add rice and bake all in greased baking dish 1 hour at 350°.

Corn Loaf

1 pint corn $\frac{1}{2}$ tsp. pepper
1 lb. meat, ground 1 medium-sized onion
1 whole egg 1 tbsp. butter
1 tsp. salt $\frac{1}{2}$ cup crumbs

Combine ingredients in order given. Blend well and turn into buttered loaf pan. Bake uncovered in moderate oven (350°) for 40 minutes. Serve with highly seasoned tomato sauce, or with catsup. Serves 8.

Savory String Beans

1 qt. beans 1 tbsp. sugar
2 tbsp. fat 1 minced onion
 $\frac{1}{4}$ cup chopped tomato pepper $\frac{1}{2}$ tsp. salt

Parboil beans, and drain. Combine with other ingredients and cook until tender, in covered casserole in oven. Grated cheese may be sprinkled over before baking.

Tomato Puff

$1\frac{1}{2}$ cups tomato juice and pulp 1 tsp. salt
1 cup soft bread crumbs 2 tsp. onion juice
 $\frac{1}{2}$ cup grated cheese 1 egg whites 1 egg yolks

With fork, blend bread crumbs and tomatoes together, forming a thick paste. Add cheese, salt, and onion juice. Beat egg yolks until thick and lemon-colored; add to tomato mixture. Fold in stiffly beaten egg whites and turn mixture into greased baking dish 7 in. in diameter and 3 in. deep. Set dish in hot water and bake in slow oven 45 minutes.

Vegetable Pie

3 tbsp. fat $1\frac{1}{2}$ cups liquid from vegetables
5 tbsp. flour 1 cup diced canned carrots
2 tbsp. salt 2 cups lima beans
 $\frac{1}{2}$ tsp. pepper

Heat fat; add flour, salt, pepper; mix well. Add vegetable liquid gradually, stirring constantly. Cook about 5 minutes. Add carrots and lima beans. Heat and pour into greased baking dish; cover with fluffy mashed potatoes or biscuit crust and bake in hot oven (425°) until top is brown. Serves 6.

Baked Onion and Tomato

Arrange small whole onions or sliced large ones in baking dish. Season well with salt and pepper. Add enough canned tomatoes to just cover. Bake until onions are tender and liquid is nearly absorbed. Sprinkle with grated cheese.

**MARKET YOUR WHEAT
IN YOUR KITCHEN**

Have It Ground as You Like It

Make Your Own

BREAD

ROLLS

CEREALS

*Use Whole Grain Products
for Best Health*

LOAF BREAD

Basic recipe — makes 4 loaves:

1 yeast cake (any kind)
2 cups lukewarm milk or water
4 cups flour
Let stand overnight

In the morning, add

2 cups lukewarm milk or water
4 tsp. salt
4 tsp. sugar
¼ cup melted fat
About 8 cups flour (½ may be whole wheat)

Directions



Soften yeast in liquid. Add flour for sponge. Cover and let stand overnight in warm place.



In the morning, make dough by recipe above. Place on floured board to knead.



With fingers curved, lift edge of dough and fold toward you. Push down with palms of hands. Continue folding and pressing for 10 minutes. Let rise again before shaping.

When doubled in bulk, let



Shape with hands into long roll and place in pan, smooth side up. Let rise in pans in warm place until doubled in bulk.



When loaves are almost risen, heat oven (400° F.). Place cup or pan of water in oven. Place pans on lower rack 1 inch or more apart. After 10 mins., reduce heat to 350° F.

Turn in oven, if loaves bake unevenly. Bake 50 mins. to one hour or more, according to size of loaves.

— Pictures, courtesy of Northwestern Yeast Company

ROLLS AND VARIATIONS

Use the basic dough for all rolls. One-fourth of the basic dough should make 1 dozen large or 2 dozen small rolls.

Rolls from Basic Sponge

1 cup risen sponge 2 tbsp. sugar
½ cup lukewarm milk 3 tbsp. fat
1 tsp. salt about 2 cups flour

Dissolve the salt, sugar, and fat in the milk; add to 1 cup of sponge. Add flour until stiff enough to handle. *Rolls should be softer than loaf bread dough.* Grease over dough in bowl and let rise. If there is time, knead and let rise again before shaping rolls. Make into rounds, or roll out and cut with biscuit cutter and fold over into parker house rolls. Bake 15 to 20 minutes at 400° F. (fairly hot oven).

Whole Wheat Rolls

Use the basic overnight sponge. To 1 cup of this sponge, add:

¾ cup lukewarm milk or water
1 tsp. salt
2 tbsp. sugar or molasses
1 tbsp. shortening
1 cup whole wheat flour
1 cup white flour (or cracked wheat)

Dissolve salt, sugar and shortening in the liquid, and add to sponge. Mix the two flours well, and add. Grease over top and let rise until doubled. Form into rolls. Let double again and bake about 20 minutes at 400° F.

Ice Box Rolls

To full recipe of basic yeast sponge, add:

2 eggs well beaten ½ cup fat
2 cups lukewarm milk or water ¾ cup sugar
2½ tsp. salt about 6 cups flour

Place in a large greased bowl. Grease over top, cover and let rise until doubled. Take out amount needed for rolls that day; knead down remainder, grease over top, cover closely, place in ice box or cold plate (not freezing); will keep a week or more. Take from refrigerator about 2 hours before ready to use. Shape the rolls, let rise slowly and bake.

Cinnamon Buns

Use plain roll dough. Roll out thin, brush with melted butter, and sprinkle with sugar and cinnamon. Roll up (as for jelly roll), cut in 1-inch slices; place slices cut-side down on greased pan, grease over top. Let rise to double size; sprinkle with sugar and cinnamon; bake 20 minutes in moderate oven. Nuts, raisins or dried apples may be sprinkled on with the cinnamon and sugar.

Butterscotch Rolls

Make like cinnamon buns. Use brown sugar and butter spread over dough. Roll up and cut as for cinnamon buns. Nuts, raisins or dried apples may be added with the sugar and butter.

CORN BREADS

These recipes are all better if made from water-ground white corn meal.

Virginia Corn Muffins

2 cups corn meal 1 tsp. sugar
2 cups buttermilk 2 eggs
 (more if needed) ¼ cup melted fat
2 tsp. baking powder ½ tsp. salt
½ tsp. soda

Sift meal with dry ingredients. Add milk and eggs and beat with rotary egg beater. Have greased muffin tins very hot. Add batter to hot rings and bake in hot oven about 25 minutes.

Fluffy Batter Bread

1 cup buttermilk ½ cup corn meal, sifted with
1 cup sweet milk ½ tsp. soda
2 eggs 2 tsp. baking powder
2 tbsp. melted butter ½ tsp. salt

Beat eggs with the sweet and buttermilk. Melt butter in pan bread is to be baked in. Have oven hot before adding drying ingredients to liquids. Have greased pan hot before adding batter bread. Put at once into hot (450°) oven and bake until firm in center.

Corn Meal Griddle Cakes

¾ cup corn meal 2 eggs 1 tsp. sugar
1¼ cups flour 1 tsp. salt 2 tbsp. shortening
2 cups buttermilk

Sift dry ingredients. Combine egg and milk and beat into flour mixture. Add shortening and bake on ungreased hot griddle.

Corn Meal Waffles

1¼ cups meal 1 tsp. salt
¼ cup flour 2 tbsp. baking powder
2 eggs ½ cup cooking oil or melted fat
½ tsp. soda 1¼ to 1½ cups buttermilk

Sift salt and meal together. Beat eggs; add buttermilk and shortening. Combine with sifted meal and salt. Sift flour, soda and baking powder together and add to other mixture. Cook immediately.

CEREALS

Either wheat or corn may be ground so as to make delicious cereals. One half of the total bread and cereal should be *whole grained* products. The outside coating of the grain and the germ are rich in food value—minerals, vitamins, fat and cellulose. All of these are necessary for health. It is foolish to sift out this important part of your wheat and corn. Use it, save money, and have better health! Cooked cereals have the best flavor when cooked slowly for a long time.

Corn Meal Cereal

4 cups boiling water 1 cup corn meal $1\frac{1}{2}$ tsp. salt

Add meal slowly to the water so as not to stop the boiling, and so meal will not lump. Cook over boiling water for 1 hour.

To Prepare Wheat for Cereal

Select clean, threshed wheat; remove all foreign materials, such as other seeds and particles of dirt; wash thoroughly to remove all dust. Unless the whole wheat grain is to be cooked that day, dry it either in the air, or in a slightly warm oven (leave oven door open). The cleaned wheat should be stored for future use in jars or other containers having closely fitting covers.

Whole Wheat Cereal

Soak wheat 10 or 12 hours, then add 4 cups of water to every cup of wheat. Cook over slow fire 3 to 4 hours. Add more water if it becomes dry before cooked. If pressure cooker is available, cook 1 hour at 10 pounds pressure. This cereal is chewy and has a very delicious flavor. Because of the long cooking necessary, cook enough to last several days.

Cracked Wheat Cereal

Have wheat cracked or ground like meal at the mill. If you want to grind it in a food chopper at home, it is advisable first to spread it out on a shallow pan, place in the oven to get slightly browned. When cool, run through food chopper. Cook 1 cup of this in 2 cups of water for $\frac{1}{2}$ hour.

Variations for Cereals

Cook any cereal in milk instead of water, to increase its food value and give a creamy, delicious flavor. When cooked in milk, always cook over hot water to prevent burning.

To have a change of flavor in the cereal, try: (1) adding fresh fruits or chopped nuts, (2) adding raisins or other dried fruits during last 10 minutes of cooking, (3) serving a baked apple in the center of a bowl of cereal, (4) serving cooked dry fruits in a bowl with cereal, (5) using brown sugar instead of white, (6) serving with butter and sugar instead of cream and sugar.

Fried Cereal

Any left-over cereal may be taken up into a bread pan and chilled. This may be sliced thin and browned in a frying pan. Cereals cooked in milk are especially good as they brown more easily.

Left-over Cereal may be used: (1) cold with fruit sauce, (2) by adding to soups, (3) by adding to muffin batter, (4) by adding sugar and dried fruits and serving with whipped cream as a dessert.

DID YOU KNOW?

Wheat germ and bran are rich in vitamins and minerals. These are necessary for sound nerves and healthy bodies.

The average family of 5 uses 760 pounds of flour each year. Is one-half of your flour whole wheat?

It takes 5 bushels of wheat for 1 barrel of flour (196 pounds) at most Virginia mills. Why not have one-half of this whole wheat?

The family of 5 needs 22 bushels wheat and 4 bushels of corn for bread and cereal each year.

GROW AND GRIND IT

MAKE AND BAKE IT

USE MORE WHOLE WHEAT

Virginia Agricultural and Mechanical College and Polytechnic Institute,
and the United States Department of Agriculture, Cooperating,
Extension Division, Jno. R. Hutcheson, Director,
Blacksburg, Virginia

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Virginia Agricultural and Mechanical College and Polytechnic Institute
and the United States Department of Agriculture, Cooperating
Extension Division, Jno. B. Hatcher, Director
Blacksburg, Virginia



Results of Food Storage Work.

School _____
 County _____
 Race _____

STUDY OF DIETS OF RURAL VIRGINIA FAMILIES
 (Home Economics Div., State Dept. of Education, Agri. Extension Service and
 other Agencies Cooperating)

Date of record: _____
 Begun _____
 Ended _____

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	()	()	()	()	()	()	()
Lunch or Dinner	()	()	()	()	()	()	()
Supper	()	()	()	()	()	()	()
Between meals							
Daily score							

Do you have cod liver oil daily? _____ No. of other members of family having it _____

Total score _____ (week)
 (score to be made by teacher)

Student's number (or name) _____ Age _____

List each type of food (or each dish) served by your family for each meal for one week. Check the foods you eat yourself. Put in the () the number of servings you have.

Do sure to check your own food.

(over)

To Home Economics Teachers Cooperating in the Study of the Diets of Virginia Families

Dear Friends:

At the request of the National Defense Commission a State Nutrition Committee headed by Dr. Mildred Tate of the W.P.I. Home Economics Department, has been formed to make plans for maintaining adequate nutrition standards during the war emergency and also to work for the proper nutrition of Virginia people as a long time program.

At a recent meeting of this committee it was decided that one of our first needs is more definite information on the present dietary habits of Virginia people. It was concluded that the most practical way of securing such information was to ask a number of home economics teachers to have some of their students report on diets for a week with the idea that this would also give some index of the food habits of their families. If this procedure proves successful it will probably be tried on a larger scale for each season of the year.

Each cooperating teacher is asked to:

1. Explain to the children that this record is being undertaken as part of the National Defense Program and should be filled out as accurately as possible.

2. Have all members of the first year home economics classes and an equal number of girls from the fourth grade fill out the attached form each day for a week. Each student should list each type of food which they had for the several meals of the day including foods consumed between meals. It is suggested that reports be made each day for the meals of the day before. It is also suggested that the record be started on Tuesday and run through the following Tuesday. Saturday and Sunday can be filled out on the following Monday (after the students are in the habit of keeping the record).

(The first year home economics students and the fourth grade girls were selected in order to get as typical a sample of the entire population as possible. It is thought that senior home economics girls would represent a too select sample and that their diets would probably be influenced by their home economics training. The fourth grade is a less select group since it includes many who will not get into high school).

3. After the records have been completed have the questions on the back of the sheet filled out, the children in the meantime having brought the needed information from home. Get income figures if practical, if not let it go. Income figures are highly desirable as they have much to do with a family's diet range. Please report whether child has or is eligible for a free lunch (F.L. on back of schedules. This will give some index of families' economic condition if income is not secured).

To Home Economics Teachers

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4. When the records are completed the teacher should score each day's record and enter on the bottom line of Form H. Then figure the average score for the week and enter in proper space. In the scoring work use the attached score card and accompanying directions. Make summary of scores and other information on summary form. Keep one copy and mail the other with scoring sheets to Miss Janet Cameron, Blacksburg, Virginia. The schedules should be wrapped in packages not to exceed four pounds and the attached franked envelope pasted on the package. Not more than one package can be mailed a day. They should be mailed by December 12.

Dr. W.E. Garnett, Division of Rural Sociology, will bring all the material into a final summary and help the Nutrition Committee prepare a report to be presented to a state-wide nutrition meeting which it is expected the Governor will call sometime in February.

Yours sincerely,

Martha Creighton

Martha Creighton, Supervisor
Home Economics Education

SCORE CARD FOR JUDGING DIETS

Perfect score	:	
100	:	
:		
	:	(1) Milk:
	:	
25	:	1 glass - 15
	:	2 glasses - 20
	:	3 or more glasses - 25
:		
	:	(2) Vegetables and fruits:
	:	
	:	1 serving vegetable - 5
	:	2 servings vegetable - 10
	:	3 servings vegetable - 15
40	:	(potatoes may be included as one of above; if greens or a raw vegetable included give five points extra)
	:	
	:	1 serving fruit - 10
	:	2 servings fruit - 15
	:	(If citrus fruits or tomatoes are included give five extra points)
:		
	:	(3) Whole grain cereals: (oatmeal, whole wheat bread or shredded wheat corn bread etc.)
	:	
20	:	1 serving - 10
	:	2 servings - 15
:		
	:	(4) Cheese, eggs, lean meat, dried beans or peas, fish or poultry:
15	:	
	:	1 serving - 10
	:	2 servings - 15

Directions for scoring: Using the attached score card as a guide the teacher will go over each child's daily diet and score as follows. If Mary Jones for example has no milk a given day 25 points are deducted from her score. If she has one glass of milk she gets 15 points, if she has two glasses she gets 20 points, and if she has three or more glasses she gets 25 points. In the same way given number of servings for the other major classes of foods should be credited as indicated in the score card, or sample score. Other whole grain breads or cereals should be given the same credit as those listed. Other types of bread or cereals should be disregarded. Add up the total score for each day and enter at the bottom of Form H. Then average the several days to get the total score for the week.

Notes:

1. Macaroni and rice do not count as vegetables.
2. Fat meat and bacon do not count as meats.

SUMMARY OF DIETARY HABITS

- 1. Name of school reporting _____
- 2. Name of teacher _____
- 3. Number students reporting _____ a. high school _____ b. grade _____
c. which grade _____

4. List occupations, giving number under each:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

5. Average number of people per family _____

- 6. No. living in (a) country _____
- (b) village _____
- (c) town _____
- (d) urban _____

7. No. having garden _____ 8. No. having cow _____

9. No. having two or more cows _____

Number

10. List other sources of milk: _____

11. How many have three servings of vegetables? _____, 2 servings _____,
1 serving _____, 1 serving of green or raw vegetable _____.

12. How many have three or more glasses of milk? _____, 2 glasses _____,
1 glass _____, less than one glass _____.

13. How many have one serving of fruit? _____

14. How many have whole grained cereal? 1 serving _____ 2 servings _____.

15. How many have one serving of meat, eggs, etc.? _____
2 servings _____

VIRGINIA CANNING AND STORAGE PLAN

Name _____ Club _____

County _____ Number in Family _____

Include weekly at least 24 servings vegetables (inc. potatoes) 14 servings fruits 7 servings meats (suggested amounts below may be re-arranged)	Amount canned products to be provided a per- son a month	Months Available fresh and stored	Amount to can (qts.)	Record of Canning done (quarts)
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Greens:

1 times a week:				
Kale.....)				
Spinach.....)				
Lettuce.....)	2 1/2	quarts		
Turnip.....)				
Cabbage or Kraut....)				
Other.....)				

Tomatoes

1 times a week	3 1/2	quarts		
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Potatoes

1 serving daily

Other Vegetables

3 times a week

Root Vegetables

Carrots.....)				
Beets.....)				
Onions.....)				
Turnips.....)				

Others:

Snap beans.....)	3 1/2	quarts		
Butter beans.....)				
Peas.....)				
Squash.....)				
Soup Mixture.....)				
Other.....)				

Fruits

2 servings daily (do not include preserves)	7 1/2	quarts		
---	-------	--------	--	--

Meats

1 serving daily (not including bacon)	Not less than			
Beef - 2 times wk	15 quarts a			
Pork - 3 times wk	person a year			
Chicken - 1 time wk				
Other - 1 time wk				

GRAND TOTAL

4-H Members: Amount I canned alone _____ Amount with which I helped _____

CHOCOLATE MOUSSE (low calorie variety)

For electric refrigerator, whip 1 large can of chilled evaporated milk. Add 1 cup of thick chocolate sauce and freeze. For churned ice cream, milk need not be whipped.

CHOCOLATE SAUCE

$\frac{1}{2}$ cup cocoa 1 cup water 1 tsp. vanilla Cook slowly and until thick all ingredients except vanilla (10-15 minutes).
1 cup sugar $\frac{1}{4}$ tsp. salt

CARAMEL CHARLOTTE RUSSE

1 cup evaporated milk or cream $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ tbsp. gelatin $\frac{1}{2}$ cup boiling water
2 tEsp. cold water $\frac{1}{4}$ tsp. vanilla few grains salt

Whip cream or scald milk over boiling water. Chill thoroughly. Soften gelatin in cold water and set over hot water to dissolve. Caramelize the sugar; add the boiling water slowly and cook until caramel is dissolved. Add salt. Cool slightly and add dissolved gelatin. When the gelatin mixture begins to thicken, fold in the whipped milk or cream and vanilla. Pour into a mold. To make a more elaborate dessert: Add $\frac{1}{2}$ lb. blanched almonds to mixture and line the mold with lady fingers. Yield: 6 servings.

STRAWBERRY WHIP

Beat 4 egg whites until stiff, and add $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ tsp. salt. Whip until very stiff. Any other fruit may be used in place of strawberries.

PEACH MERINGUE CRISP

On six rounds of toast, place $\frac{1}{2}$ of a canned peach. Beat 2 egg whites into a very thick meringue. Top peach with meringue and bake slowly in moderate oven until brown.

QUICK CHERRY TART

Crumble cornflakes enough to make 1 cup. Add $\frac{1}{3}$ cup sugar and $\frac{1}{2}$ cup melted butter. Mix well and form into flat rounds on a baking sheet. Bake in a slow oven for 20 minutes or until they hold together. Cool. Mix 1 cup of canned cherries with $\frac{1}{2}$ cup sugar, 2 tbsp. flour, $\frac{1}{2}$ tsp. vanilla, salt and a few drops of lemon juice (if available). Cook over hot water until thick. Just before ready to serve, place a large spoonful of cherry mixture on each cornflake round, top with whipped cream, and serve at once.

EASY SPONGE CAKE

1 cup sifted flour 1 cup sugar 1 tsp. lemon rind, grated
1 cup (4 or 5) eggs 2 tEsps. lemon juice $\frac{1}{2}$ tsp. salt
Sift flour 3 times. Beat egg yolks until thick and lemon colored; gradually add half the sugar, beating thoroughly, and then the lemon juice and rind. Beat until thick. Beat egg whites and salt until whites start to peak but will still flow. Fold in rest of sugar, then yolk mixture. Fold in flour gently. Pour batter as soon as mixed into an ungreased baking pan. For a large or medium-sized loaf, a tube pan is best because the center opening allows the mixture to heat evenly. Powdered sugar sifted over the top makes a more desirable crust. Have oven ready and bake at 300° F. for from 50 to 60 minutes. After baking, invert the cake to cool but remove from the pan before it is entirely cold. For Cocoa Sponge Cake, replace $\frac{1}{2}$ cup of the flour with $\frac{1}{2}$ cup of cocoa and replace 1 tEsp. of lemon juice with water. Sift cocoa with flour.

In judging foods, always wear a smock or wash dress. Either take along or arrange to have a long knife, paring, knife, spoon, fork, and towel.

As a representative of the Extension Service your judging must have educational value. This may be done by:

First - publishing the scores to be used in the local paper or the fair catalog.

Second - Pointing out outstanding qualities to your helpers, so they may know your judging points.

Third - Writing out a report for the fair superintendent, which will include your suggestions for the improvement of these exhibits for another year.

If the foods products are so exhibited that quality stands out, it has definite educational value for all who see it, as well as for those who participate. Remember that the real purpose of having food exhibits is to help raise the standards of all food products.

Quick and Yeast Breads

Appearance: shape and size	15
Crust: color, crispness, thickness	15
Crumb: texture, lightness, moisture, color	30
Flavor: taste and odor	40
	<u>100</u>

Cookies

Appearance: shape and size	20
Crust: color, thickness	10
Texture: thin cookies, crisp, tender	30
Drop cookies - soft, tender	
Flavor	40
	<u>100</u>

Cake (Butter and Sponge)

Appearance: shape and size	15
Flavor - odor	30
Crumb: texture, lightness, moisture	50
Crust: color, uniformity, thickness	5
	<u>100</u>

Frostings and Candy

Consistency: creamy, moist, free from crystals - stickiness, crustiness	50
Flavor: delicate, pleasing	40
Suitability of frosting for cake	10
(for candy, add 10 points to flavor)	
	<u>100</u>

Pies

Appearance: even, full appetizing	10
Crust: tender, crisp on bottom, flakey	20
Filling	30
Fruit: well cooked, not dry nor too juicy	
Custard: tender, stands up, not watery	
Flavor:	40
Cream: smooth, stiff enough, not pasty	100
	<u>100</u>
<u>Cream and Cottage Cheese</u>	
Texture: soft, smooth, not gough	50
Color:	5
Flavor: mild, pleasing, sweet, free from foreign flavors	45
	<u>100</u>

Canned Vegetables and Fruits

Quality (judged by appearance)	60
Uniformity: size, shape and color (color - natural and fresh)	
Pack: full, right proportion of solid and liquid attractive and compact but not fancy	
Quality of liquid: clear, free from sediment - color - natural	30
Appearance of jar: clean, neatly labeled	10
	<u>100</u>

<u>Jelly</u>	
Appearance: natural color, clear, no crystals	25
Consistency: holds shape, tender, quivery	35
Flavor: natural, pleasing	30
Appearance of jar: appropriate, well covered, neatly labeled	10
	100
<u>Pickles</u>	
Condition: firm, tender, crisp	35
Appearance: color - natural and clear, attractive not fancy pack, proportion of solid to liquid	10
Flavor	50
Appearance of jar: appropriate, neatly labeled	5
	100
<u>Preserves, Jams, etc.</u>	
Appearance: color, clearness	10
Consistency - even, stiff, not syrupy, sticky nor sugary	40
Flavor	50
	100
<u>Butter</u>	
Flavor and odor: mild, pleasing, not salty	45
Texture: firm, smooth, not salty	45
Color: even, natural	10
<u>Lard</u>	
Texture: firm, even, smooth	50
Color: white	10
Odor: mild	40
	100

STANDARDS FOR JUDGING FOOD PRODUCTS

TO BE USED BY ALL MEMBERS OF THE
EXTENSION SERVICE

General Suggestions

All members of the extension service should use the same standard in judging food products. This will help avoid confusion and criticism from year to year.

When the score includes "flavor" as one point, these foods must be opened and tasted - at least for the final decisions. This includes all pickles, jellies etc. Unless you are allowed to open these foods, you can not judge as a representative of the extension division.

Always judge foods by score cards as given. Fancy packs are not encouraged, but must be judged along with other canned foods, by the score.

In accepting the responsibility of judge, ask that you be given one or two helpers to open and cover up foods, record placings, etc. If possible, ask that foods be pre-arranged by class. Be sure that you have a premium list for those things which you are to judge, so there will be no confusion about which foods are grouped together in each class.

Virginia Agricultural and Mechanical College and
Polytechnic Institute and United States Department of Agriculture Cooperating. Extension
Service, Blacksburg, Virginia

CARROT PUDDING

1 cup brown sugar	1½ cups flour	1 tsp. cinnamon
1 cup white sugar	1 tsp. soda	1 tsp. nutmeg
1/3 cup butter	1 cup ground raw potato	1 cup raisins
1 cup ground raw carrot	1 tsp. cloves	1 cup chopped nuts
		1 tsp. salt

Cream butter and sugar. Add carrot and potato. Sift flour, soda, and salt together and combine mixture. Then add spices, raisins, and nuts. Mix well. Fill cans, (coffee cans will do) lined with heavy greased paper, 2/3 full. Cover. Set in pans of hot water and cook in moderate oven 3 hours.

PLUM PUDDING

1 cup suet	½ cup sugar	1 tsp. allspice	
1 cup raisins	2½ cups flour	1/2 tsp. nutmeg	
1 cup molasses	1 tsp. cinnamon	1 tsp. soda	1 cup sweet milk

Mix all ingredients together. Steam 1 hour in pressure cooker at 10 lbs. pressure or bake 3 hours in oven. An orange sauce makes an excellent accompaniment:

Orange Sauce

1 cup sugar	4 tbsps. cornstarch	Juice of 3 oranges, strained
¼ tsp. salt	Juice of 3 lemons, strained	Grated rind of 2 lemons
	2 cups boiling water	

Mix sugar, salt, cornstarch. Moisten. Add boiling water. Stir and cook until thick. Add fruit juices and rind. This may be made ahead of time and reheated in double boiler when needed.

UNCOOKED PLUM PUDDING

1 pkg. lemon gelatin	¾ cup walnut meats	½ tsp. cinnamon
2 cups boiling water	1 cup cooked prunes shredded	½ tsp. cloves
¾ cup grape nuts	½ cup citron	Pinch of salt

Dissolve gelatin in boiling water. Stir in other ingredients while hot. Harden. Serve with or without whipped cream.

FIG PUDDING

3 ounces suet	2 cups stale bread crumbs	2 well-beaten eggs	
½ pound figs	½ cup milk	1 cup sugar	1/3 tsp. salt

Mix dry ingredients. Add sugar and eggs. Steam 2 hours.

Hard Sauce

1/8 cup butter	1 cup brown sugar	Grated rind of 2 oranges
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Cream butter and sugar; add orange rind. The secret of creamy hard sauce lies in long beating. Chill before serving.

Berries, cherries, apples, grapes, pears, peaches--Virginia abounds in a variety of luscious, health-giving fruits. All of them are canned for winter meals, to be quickly turned into desserts, salads, main dishes, and appetizers.

Those who eat generously of the fruits of the land are storing up golden treasures of health. Why is this? Because of their special contribution of the diet, fruits are among the protective foods which include milk and dairy products, vegetables and eggs. These foods are called "protective" because, if they are eaten daily in the amounts and variety recommended, they provide enough protein of high quality, enough minerals and vitamins to insure best nutrition.

APPETIZERSHot Spiced Grape Juice

To grape juice, add cinnamon, nutmeg and lemon juice and heat.

Virginia Fruit Punch

1 cup apple juice	1 cup grape juice	
1 cup water	$\frac{1}{2}$ cup sugar	2 tbsp. lemon juice

DESSERTSCaramel-Apple Meringue

2 cups apples, quartered and stewed until just tender, with
 1 tsp. cinnamon 2 tbsps. butter
 1 tsp. nutmeg $\frac{1}{4}$ cup brown sugar $\frac{1}{2}$ cup water
 Add all to a baking dish and cover with caramel meringue made from
 2 egg whites $\frac{1}{2}$ tsp. baking powder 1 cup brown sugar
 Spread over hot apples, sprinkle with nuts, and bake slowly 15 to 20 minutes.

Grape Bavarian Cream

2 tbsps. gelatine	1 cup boiling water	1 tbsp. lemon juice	
$\frac{1}{4}$ cup cold water	2 cup grape juice	$\frac{3}{4}$ cup sugar	1 cup whipping cream

Soften the gelatine in cold water. Dissolve gelatine and sugar in boiling water. Chill; add grape juice, and lemon juice. Whip cream until it begins to stiffen and fold in. Pour into molds; chill until firm. Serve with dots of whipped cream.

Roast Pears

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup corn flakes, crushed	2 tbsps. brown sugar
6 pear halves	6 to 8 prunes, cooked or	$\frac{1}{8}$ tsp. cinnamon
juice of $\frac{1}{2}$ lemon	$\frac{1}{2}$ cup raisins	1 nut meats

Roll drained pears in crushed corn flakes and place cut-side up in a well greased baking dish. Place prunes stuffed with nut meats in center of dish. Fill pear cavity with brown sugar, sprinkle with lemon juice and cinnamon, and dot generously with butter. Add enough pear syrup to keep from burning. Bake in moderately hot oven (375° F.) 20 minutes, or until browned. If desired, 10 minutes before pears are finished baking, remove from oven and cover with meringue. Return to oven and bake remaining 10 minutes or until meringue is brown. Serve hot.

Peach Meringue

Place $\frac{1}{2}$ peach on rounds of buttered bread. Sprinkle with nutmeg and brown sugar. Top with meringue. Bake 15 to 20 minutes in slow oven (300° F.). Serve hot.

Quick Cherry Tart

Crumble cornflakes, enough to make 1 cup. Add $\frac{1}{3}$ cup sugar and $\frac{1}{4}$ cup melted butter. Mix well and form into flat rounds on baking sheet. Bake in slow oven for 20 mins. or until they hold together. Cool. Mix 1 cup of canned cherries with $\frac{1}{2}$ cup sugar, 2 tbsps. flour, $\frac{1}{2}$ tsp. vanilla, salt and a few drops of lemon juice (if available). Cook over hot water until thick. Just before ready to serve, place large spoonful of cherry mixture on each cornflake round, top with whipped cream, and serve at once.

Cherry Upside-Down Cake (or peach, pear, or apple!)

Melt some butter in frying pan, sprinkle with sugar (use about half as much sugar as drained cherries) and spread cherries in pan. Heat through, cover with a cake batter and bake until done. Invert onto a serving platter and serve with the cherry juice, which has been thickened and sweetened.

Dutch Peach Crumbler

8 medium-sized peaches	$\frac{1}{2}$ cup water or fruit juice	4 tps. butter
$\frac{3}{4}$ cup flour	1 cup sugar, white or light brown	$\frac{1}{8}$ tsp. salt

Arrange peaches in a buttered baking dish. Blend together flour, sugar, butter, and salt until it resembles cornmeal. Spread mixture over peaches. Bake uncovered in a moderate oven (325° F.) for 30 minutes, or until the peaches are soft and the top is bubbly and golden brown. May be served with cream. Serves 6.

SALADSButtercup Salad

2 cups ground carrots	$\frac{1}{2}$ tsp. salt	
1 lemon, rind and all	$\frac{1}{2}$ cup sugar	6 halves yellow canned peaches

Grind carrots and lemon rind together, mix with salt and sugar, and let stand 5 minutes. Place a rounded spoonful of this mixture on each half of peach. Serve as salad on lettuce leaf.

WITH MAIN DISHESBaked Sausage-Peach Balls

1 lb. sausage	whole cloves	1 pt. jar peach halves, drained
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Shape sausage in as many medium-sized balls as there are peach halves (approximately ten). Arrange peach halves cut-side up in a glass pie plate or other shallow baking dish. Stick three or four whole cloves around top edge of each peach and fill with sausage. Place in moderate oven (350° F.) and bake uncovered for 30 minutes, or until sausage is as brown as desired and thick rich syrup has formed around peaches. Serve from dish in which baked. Serves 4.

VIRGINIA APPLES IN ANY MEAL

Apples, our favorite Virginia fruit, are abundant and healthful. Virginia, the second apple-producing state in the United States, has apples to meet every need and taste. Eat some apples every day. They may be served in any meal and at any course.

Favorite Virginia varieties are Stayman, Winesap, Transparent, Golden Delicious, Starking, Summer Rambo, Rhode.

Some General Facts about Apples

Flavor depends upon the variety and condition of the fruit. An apple has its best flavor when ripe. Fruit ripened on the tree usually has a flavor superior to that of fruit ripened after picking. Winter apples are picked at the so-called "hard ripe" stage and further ripened after picking. Fruit that is well cooked for the variety has the best flavor. Underripe or poorly colored fruit is apt to have an inferior flavor when cooked. Good flavor in a raw fruit is not necessarily indicative of good flavor in the cooked product.

Color is best preserved in cooked apples by limiting the time of cooking, regardless of method, to as short a period as possible. The color is best conserved if oxygen is excluded during the cooking process. This may be accomplished by cooking in a tightly covered kettle. The red pigments of the apples lie just beneath the skin. Therefore, if a pink sauce is desired, do not peel the apples.

Shape. The ability of apples to hold their shape when cooked is a characteristic possessed by some varieties and more or less lacking in others. There is a slight tendency for acid to hasten the softening of fruit, and so it is more difficult to cook tart apples without having them fall apart. Cooking in a sugar syrup seems to make the fruit hold its shape better than when cooked in water.

CANDIED APPLES

Core, pare and cut medium sized apples into $\frac{1}{2}$ " slices. When apples are sliced, they should resemble doughnuts. Drop a few at a time into syrup made of 2 cups sugar and $\frac{1}{2}$ cup water. Simmer until clear. Drain on a plate. Dry a few hours; then roll in granulated sugar. Let stand overnight; then roll in granulated sugar. Repeat this process until they will absorb no more sugar; then pack in box lined with oiled paper.

APPLE MINT RINGS

Cook rings of apples in the same syrup as for the Candied Apples, except the syrup has green coloring and mint flavoring added.

APPLE CROUTES

Select tart, juicy apples; remove the cores and peel or not, according to taste. Have ready as many rounds of bread as there are apple halves; butter them generously and sprinkle well with sugar. Lay each half apple on a round of bread, core side down; sprinkle with sugar and dust with cinnamon. Bake $\frac{1}{2}$ hour in moderate oven and serve hot with cream.

APPLE SAUCE ROLL

1½ cups apple sauce ½ cup butter 4 tbsp. fat 4 tsp. baking powder
1 tsp. salt 2 cups flour 1 tsp. vanilla ¾ cup milk

Make a rich baking powder biscuit dough out of the flour, salt, fat, baking powder and milk. Melt butter in a pan 6" square and at least 2" deep. Roll out the biscuit dough into a rectangle 7 x 10 in. Spread with the apple sauce which is the mashed or sieved kind, well sweetened, with vanilla added. Roll up as for a jelly roll. Cut into 6 slices. Place slices, cut side up, on the hot melted butter in pan. Put at once into hot oven (450° F.). Bake 20 minutes or until the biscuit is done. Serve hot or cold, plain or with whipped cream. A syrup of 2 cups sugar and 1 cup water may be poured over before baking if a dumping effect is desired.

CHOCOLATE COATED APPLE CANDY

Cook thick sections of apple in syrup until clear and glossy. Drain, cool and then dip into a dipping chocolate. Plain chocolate may be used if melted with one-fourth as much paraffin.

APPLE SAUCE SPICE CAKE

1 cup sugar ½ tsp. salt Cream the fat and sugar, and add apple sauce
½ cup fat 1 cup thick, unsweet- and beaten egg. Mix and sift the dry
1 tsp. nutmeg ened apple sauce ingredients; add nuts and combine with
1 tsp. cloves 1½ cups flour mixtures mixing them thoroughly. Bake in
1 tsp. allspice 4 tsp. baking powder loaf, in moderate oven (380-400°). If
½ cup walnuts, chopped 1 egg preferred, cake may be baked in two layers.
1 tsp. cinnamon

VIRGINIA FRUIT PUNCH

1 cup apple juice 1 cup grape juice ½ cup sugar
1 cup water 2 tbsp. lemon juice

APPLE MERINGUE PUDDING

2 cups stewed apples ½ tsp. cinnamon 1 tbsp. butter little lemon juice
½ tsp. nutmeg 3 eggs 2 tbsp. sugar 1 tsp. flavoring

Add the spices to the hot apples, then the beaten yolks, butter, sugar, and lemon juice, if needed. Beat until light. Place in baking pan. Cook 10 min. in a hot oven. Take from oven, cover with a meringue made of beaten whites of eggs, sugar and flavoring. Brown lightly in oven and serve cold with cream.

APPLE CRISP PUDDING

4 cups peeled and sliced apples ½ tsp. nutmeg ½ cup water
1 tsp. cinnamon ½ cup butter 1 cup sugar ¾ cup flour

Grease casserole, add apples and water, which has been mixed with the spices. Work together sugar, flour and butter until crumbly. Spread over the apples. Bake uncovered until apples are tender. Serve warm, either plain or with whipped cream.

One of the most popular desserts in the world is PIE! Because pie, when well-made, offers more surprises, more delightful and intriguing combinations, and more wholehearted and appetizing appeal than any other dessert. Two-crust and lattice pies are the winter favorites. Cold weather increases energy requirements and the crispy brown pie crust furnishes that necessary additional energy.

Although pie is considered the all-American dessert, making them seems to be one of the most difficult arts for the housewife to master. Good pastry should be flaky, tender, of good flavor, and evenly browned. Flakiness results from alternate layers of flour and fat, and is determined by the amount of cutting that one does when incorporating the fat into the flour. Cutting should be continued only so long as it is necessary to make the mixture of the consistency of a very coarse meal with pieces of fat still apparent. The tenderness of pie crust is determined by the ingredients used, by the amount of water added, and by the manipulation. The inexperienced housewife, and even the experienced, in adding ice water to her pie crust, should say to herself, "The more water I add, the longer the time required for the moisture to evaporate; and therefore, the longer required for it to bake and the tougher it becomes." Water serves only to hold the shortening and flour together, and should be added cautiously. The kind of flour used also influences the tenderness of the crust; a pastry or cake flour naturally produces a more tender pie crust than a glutenous bread flour. The even color of the pie crust is determined by the utensil in which it is baked, and by the oven.

Most important in making good pastry is quick and proper manipulation. Since the heat from the hands has a tendency to melt the shortening, a pastry blender or two knives should be used for cutting the fat into the flour. This should be done quickly to prevent the warming of the ingredients; and it is well not to have the hands touch the pie crust until it is ready to be taken from the bowl and rolled. Pie crust is not mixed other than to press the ingredients together as the water is added.

MASTER RECIPE

To Make a Flaky Crust. Sift flour and salt. Chill at least half an hour before using. Cut 1/3 of fat into flour. Add ice cold water, just enough to hold dry ingredients together. Roll pastry 1/8" thick on lightly floured board. Spread another 1/3 of fat, fold over and roll again, repeating this process again using the remaining 1/3 of fat, spreading and folding as before. For pre-baked shell, cover inverted pie plate. Trim dough so that there will be enough to fold under to make a firm, double edge. Prick bottom and sides with fork to prevent bubbles and distortion while shell is baking in hot oven (450° F.) for 15 minutes. For two-crust pie, bake 10 minutes in hot oven (450° F.) then reduce heat to moderate (350° F.). Bake until filling is done.

CHEESE CRUST APPLE PIE

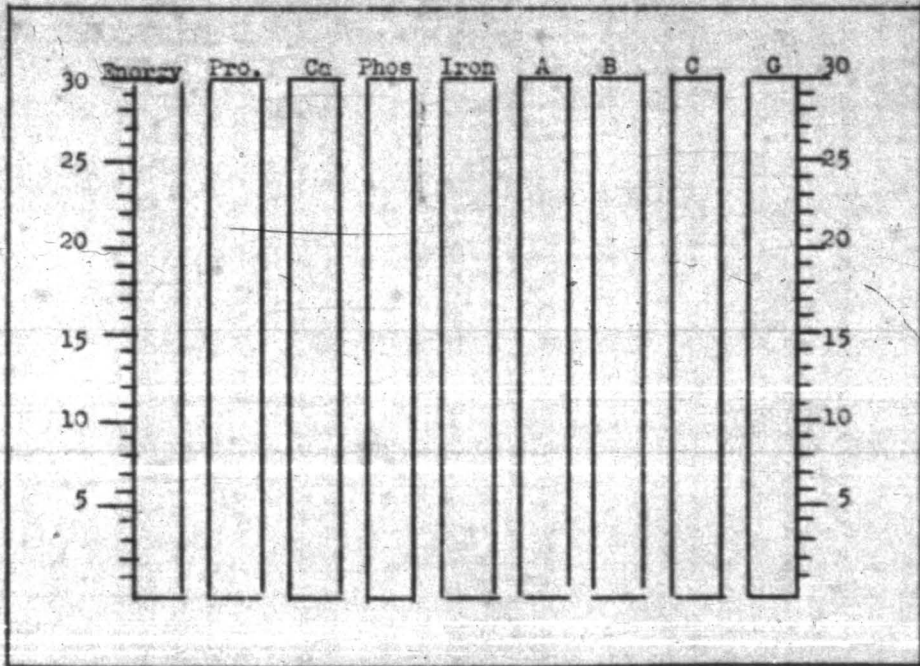
Wash and core apples. Slice them. Sprinkle alternate layers of apples, sugar and cinnamon. Pile high in crust. Cover with master pastry to which 1/2 cup cheese has been added. Bake until apples are soft.

COCOANUT CUSTARD PIE

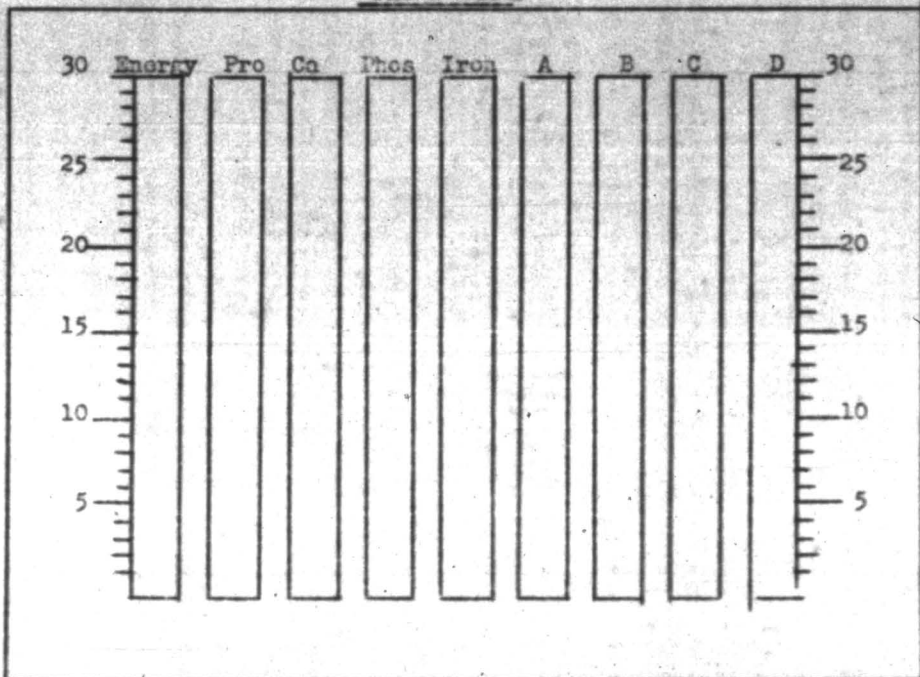
2 eggs	1 1/2 cups milk	Beat eggs; add remaining ingredients in order given. Pour into deep pie-pan lined with pastry. Bake until custard is firm and crust brown, using a hot oven first, then lowering the temperature.
3 tbsp. sugar	1 cup shredded coconut	
1/2 tsp. salt		

HOW DO YOUR MEALS STACK UP?

ONE MEAL



DAY'S MEALS



FOOD HABITS GUIDEBuild Correct Food Habits

Club members will check the foods they eat for one week at four different seasons: winter, spring, summer and fall. The club leaders will decide in which week this will be kept. Such a record will give a fairly accurate check of the average kind and amount of food eaten; then you can compare your food habits with those for the adequate standard.

The only purpose of checking your present food habits is to be able to analyze what you now eat, and then to make the necessary improvements according to the standard. The amount of food or money available at certain seasons may curtail the kind and amount of food eaten, but the standard given is the best for building strong, sturdy, active boys and girls.

At the end of each day, check (✓) foods you have eaten that day. Do this every day for one week. Note where improvements should be made. Check for one week each season. Note improvements made and plan for further changes where needed.

CHECK YOUR FOOD HABITS

	WINTER							SPRING						
1 qt. milk														
1 serving green or yellow vegetable														
1 serving potatoes														
1 serving other vegetable														
1 serving tomatoes or citrus fruits														
1 serving other fruit														
1 serving whole grain cereals or breads														
1 serving meat														
1 egg														
4 - 6 glasses water														
Did you eat candy between meals?														
Did you consume soft drinks?														
Did you drink tea or coffee?														

	SUMMER							FALL						
1 qt. milk														
1 serving green or yellow vegetable														
1 serving potatoes														
1 serving other vegetables														
1 serving tomatoes or citrus fruits														
1 serving other fruit														
1 serving whole grain cereals or breads														
1 serving meat														
1 egg														
4 - 6 glasses water														
Did you eat candy between meals?														
Did you consume soft drinks?														
Did you drink tea or coffee?														

YOUR BODY IS BUILT FROM THE FOODS YOU EAT

A strong building is only made from sound materials, rightly used. Our bodies are the same. The right kind of material must go toward their growth and development. The sturdiest bodies are built from well-rounded diets, that include milk, fruits and vegetables, while those which grow largely on meat, potatoes, bread and sweets will not develop or function properly and sickness results. An adequate diet is one that has enough food of the right variety to meet the individual needs. The club member's standard for this adequate diet is to consume each day:

1 qt. milk	1 serving green or yellow vegetable
1 serving meat	1 serving potatoes (sweet or Irish)
1 egg	1 serving some other vegetable
1 serving other fruits	1 serving tomatoes or citrus fruits
4-6 glasses water	1 serving whole grain cereals or bread

For this sound body you must avoid:

Candy between meals (eat only as a dessert after a meal)

Soft drinks: they are expensive, contain stimulants, and contribute nothing toward better health.

Coffee or tea: contain stimulants which are unnecessary and they contain no food value. Drink milk instead!

What foods make you fat?

Sometimes girls and boys get the false idea that some necessary food, like milk, makes them fat! They are wrong! A person puts on fat only when he eats more food than the body needs for maintenance; therefore, no one food can make you fat. It works just like a balance scale. Eat more calories than you need and you gain, but if you eat less than you need, you lose. Of course some people need more food to keep going than others, just as some cars take more gasoline. If you want to lose weight, concentrate on the low calorie foods, which are skim milk or buttermilk, fruit and vegetables. If you want to gain, eat more fats, sweets, creamy milk, breads and butter. One quart of milk has less calories than one five cent candy bar. Don't blame milk if you gain!

Adequate Meals Daily

As club members eat their three meals a day, they not only want to enjoy them but they want to understand why certain foods are needed daily by the body.

Foods have three uses in the body - body regulating, body building, and energy yielding. The body building foods are meats, milk, eggs and fish. They are needed to make tissue, bones and teeth. Since they are not stored in the body they must be eaten regularly every day. The body regulating foods are often called "protective" foods because they help give protection against infection, build good red blood, and assist with elimination. This group includes fruits, vegetables, milk and whole grain bread and cereals. Energy yielding foods are to the body what gasoline is to the engine. They supply both heat and energy and therefore must be taken daily. These include fats, butter, cream, breads and sweets.

An adequate diet is one that furnishes all types of foods in the amounts to meet all needs of the body. The establishment of correct food habits is essential to good health.

Virginia Agricultural and Mechanical College and Polytechnic Institute and the
U. S. Department of Agriculture, Cooperating, Extension Division,
John R. Hutcheson, Director, Blacksburg, Virginia