

VIRGINIA

FOOD SPECIALIST

ANNUAL REPORT

1929

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ANNUAL REPORT

OF

Mary E. McGowan

STATE FOOD SPECIALIST

December 1, 1928 - December 1, 1929

EXTENSION DIVISION

DEPARTMENT - HOME DEMONSTRATION

REPORT OF FOOD SPECIALIST

VIRGINIA

December 1, 1928 - December 1, 1929

Only one specialist is employed for food work. This year she had leave of absence for graduate study from February 1st to June 7th.

The specialist has not at any time since she has been in the state (four years) had an entire year to give to food work. Resident teaching and home improvement work have taken part of her time until this year. Leave of absence for study this year took out four and one-fourth months.

Change in Organization

In the early fall home demonstration work both for juniors and adults was re-organized on the plan of major and minor projects. Counties were asked to select a major and one or more minor projects for juniors and a major and one or more minor projects for adults. Local leaders to be used. The specialist was asked to prepare three new projects for juniors and two or more for adults.

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General Trend in Food Work

It is now evident that food work in Virginia is not food preparation only, but that it leads out very definitely into influencing peoples' food habits; as planning better meals from the standpoint of body needs, securing hot food for school children, making available more fruits and green vegetables for the diet. The specialist has worked for this and feels encouraged that it now crops out in many of the things the agents do, where formerly they cooked dishes apparently with little thought as to whether those dishes or some other dishes should be eaten by the individuals they worked with.

The specialist believes thoroughly in the importance of better preparation of food but does not wish to stress food preparation for preparation's sake. Since the state has only one specialist for food and that one's time has been so divided that there is not the entire year to work, food habits have seemed so much the better things to stress. Food preparation has been and is still used in the state, for it is true that if foods which are considered desirable for the body are appetizingly prepared, less urging will be needed to get them eaten. However, the specialist tries to teach through food preparation better food habits and more wholesomely prepared food, and she feels the agents are now doing more of this.

Club Letter Mar. 1929.

BETTER FOODS CLUB WORK COMPLETED AT CHERRY GROVE SCHOOL

The Cherry Grove better foods club held an achievement meeting at the school Friday afternoon, February 8.

Work was started at Cherry Grove in November. Food scores have been kept for a period of three months and some marked improvements made. The purpose of this club is to teach the importance of good food habits. The members learned much about the food value of milk, green vegetables, fruit, and whole grains. They have also learned that coffee and tea are unnecessary as a part of their diet and that candy between meals will not aid in building strong bodies.

As an important feature of the program all of the non-coffee drinkers were called to the front and recognized by Mrs. Conquest, the county nurse. Mrs. Conquest pinned a blue ribbon on the following boys and girls: Emma Stroop, Claude Eaton, Naomi Shultz, Elenora Stroop, Lovene and Catherine Lam, Mary and Paul Fuik, Catherine and Junior Kagey, John and Glenn Eaton.

Six members of the Cherry Grove group have gained from one to two pounds. Seventeen members have gained from three to seven pounds. Myrtle Smith has brought his weight up ten pounds. He has come from "underweight" up to a condition of physical fitness of which he may be proud. The splendid work that Myrtle Smith has done was recognized and a long blue ribbon presented.

Posters carrying a better foods thought were displayed. They were judged and the ribbons placed as follows: Hazel Southwelder, first; May Smith, second; Naomi Shultz, third. These three posters will be judged against the three best made by each better foods group in the county and a prize offered by the Spotteswood Garden Club will be awarded the boys and girls who win in the county contest.

Miss Edna M. Wampler and Miss Ella S. Wampler teach at Cherry Grove and they are to be commended for the splendid work they are doing.

Achievement Program

Song—"Smile a While".....Group of girls
Recreation.....Junior Kagey
One-act play, "Putting Pep In Your
Motor".....Wilson Smith
.....Margaret Kagey, Thelma Dove
Song—"John Brown's Wife".....Primaries
"How the Food Scores Have Helped
Me".....Mary Fuik
"The Milk Fairies".....Naomi Shultz
Talk—"Dairy Calf Club Work."
.....Mr. E. F. Bedwell
Talk—"4-H Projects Open to Girls."
.....Miss M. F. Claytor
Slides, "Be Your Own Best Exhibit,"
were shown.

4-H CLUB SETS HEALTH STANDARD FOR SCHOOL

The Center 4-H club, Princess, Anne County, assisted by its most energetic leader, Miss Gertrude Whitehurst, put across a very interesting piece of work.

Last fall the members decided that they wanted every girl and boy in their school to have the benefits of the better foods project. Plans were made early and three club members who acted as sponsors were assigned to each grade. They were responsible for presenting the better food project plans, distributing the literature, and seeing that the food scores were checked daily and graded at the end of the contest.

The points graded were: Total score, class average, number gaining weight, per cent. of class making gain, and the five highest scores. A most interesting game was made of the whole contest. Each grade was named for some car, the name being selected by a majority vote of the grade. The grade having the best report at the end of the contest was the car having the "puppiest motor." The final "race" showed that the "Buick" car, grade II, won this honor. Every grade showed that a number of members had gained weight and there seemed to be a general assimilation of "better foods" facts.

Congratulations to this club for such a splendid piece of work.

Club Letter
Oct. 1929.

JUNIOR WORK

From December 1928 to September 1929 the projects for juniors were:

- Better Foods - carried during school months
- Cooking - carried during school months
- School Lunch - carried during school months
- Bread - carried during summer months
- Food Preservation - carried during summer months
- Square Meal - (used in a few counties only)

Beginning with the Fall work 1929 all these projects except Better Foods were discarded and new projects planned on a twelve month's basis. This was done at the direction of the state agent to enable the Home Demonstration Department to carry out the general policy outlined in the first page of this report.

Better Food Clubs

Again this year the better food club is the best piece of junior food work in the State. This work appeals to large numbers of boys and girls, is effective in improving their food habits, and carries over into their homes and arouses the interest of fathers and mothers.

One of the best points about this piece of work is that it seems "loaded" in its effect, that is, it "bursts out" or frequently leads into other projects as fall and winter garden, better planned meals, hot school lunch, etc. It seems also very fruitful in stimulating mothers into action. For instance the Loudoun County reports says -

"Out of the Better Foods work developed some of the best garden club members in the county. From the Mountain Gap Club one little girl got third prize on her garden basket at the County Fair and two boys from this same group won fourth place in the county garden contest. A one-burner oil stove was loaned to one of the Better Food Clubs during a very cold spell of weather and the older girls prepared a hot dish for the school. Kettles and coals for hot lunch were provided in another school at the same time."

Fairfax County: "There was one garden club with an enrollment of 10 members. This was an outgrowth of a better food club, the members of this club being anxious to grow the vegetables they would need and to can more for winter. They were also anxious to have a winter garden too, in order to improve their winter diet."

Roanoke County: "Very little has been done in 4-H garden club work in Roanoke County this year. The 10 garden club members in one group were an outcome of the better foods clubs."

An outstanding improvement in the type of school lunch was accomplished during the three months that the better food work was carried by two clubs. These two schools put in the hot lunch for the entire student body. Thirty-eight boys and girls gained 5 pounds or more in weight and 17 children learned to drink milk for the first time. Three families who had not had cows before bought them during this time and 7 fall gardens have been planned for the first time."

The public health nurses in two counties praise the Better Food work.

From Foshaten County we get this: "One school in which 40 Better Food club members were enrolled got the county banner for having the largest number of five-point children. The supervising nurse said she attributed this largely to the work of the Better Foods club. Forty-four children gave up drinking tea and coffee. Seventy-two gained from one to five pounds. Fourteen gained from five to ten pounds."

Sydney County reports: "The Chathamville school children were 100% five-pointers as a result of the Better Foods work in the school."

Other stories of Better Food Clubs.

Norfolk County: "Fifteen children entered the Better Food Club - 14 turned in food scores. Each child gained in weight. Hot soup was started for the first time in this school. Four children who were drinking coffee stopped drinking it. The women became interested and are now working on getting a room so hot lunch can be served daily."

Rockingham County: "Seven groups took Better Food work with six hundred members enrolled. Some of the best results from this work was three schools establishing the one-dish hot lunch, using some steam pressure cookers loaned by interested club women."

Montgomery County: "There were 16 groups with an enrollment of four hundred and five carrying the Better Food work. Splendid score sheets were turned in with marked improvement made in both the appearance and weight of the children. As a result of this work the teachers still require the pupils to keep these records. There was an increase of 288 children completing nutrition work this year over last year."

Rockingham County (a new mountain county in Home Demonstration work): "One little girl when asked to show her score at school explained that she kept it at home in the trunk. She was afraid something might happen so she would take it out only to mark up her score for fear the baby would get it. One boy when asked why

he had left blanks about tea and coffee said he did not wish to put more and he could not do without coffee. He promised, however, to try doing without and later reported to the agent that he had drunk neither tea nor coffee since he made the promise and that he did not then care about having coffee. This boy is 10 years old.

Three of the members of the Better Food group took part in Garden Fair. There were 9 groups taking this work with an enrollment of 155."

Greene County: "Twelve schools carried the Better Food work with a total enrollment of 116 girls and 100 boys. This work was put on in cooperation with the county nurses who helped in every way possible to make the work a success. Children began taking milk to school and clamored for some form of greens for their daily diet. As a result there are quite a number of fall and winter gardens over the county and this is a new development. The nurses also got Kilm and gave to some of the children. This was used extensively in schools for coons during the period when people had few cows giving milk. In order to encourage the girls to keep the scores small prizes were offered, blue ribbons were pinned on all members who made a certain number of points - drank milk or gave up tea or coffee. There is one small one-room school far back in the mountains where the pupils and teacher had not been especially interested in any form of outside work. This teacher had taught for forty years, thirty-three of these years in the one school, until she felt that she knew the conditions of her own neighborhood better than anyone else and needed no help from outsiders. Last year I visited the school with the nurse. We weighed the children and explained food scores. When I returned at the end of the month not a score had been kept. The nurse and I returned to the school at the beginning of the next school term, again weighed the pupils, explained the scores and offered small prizes, a doll for the girl and a ball for the boy. We put these prizes up in the school for them to see. In addition to this a hot lunch demonstration was given. The teacher became interested and as a result a hot lunch was served by the older girls three times a week and at the end of the year there were 5 five-point certificates awarded in that school against none the year before. At the end of the school year we had a little achievement program. The parents were invited and came out to the first public gathering which had been held in the school for more than twelve years. At this time the blue ribbons were distributed. The teacher retired this year and she says she feels the last session was the best of her life. I am sure that she had a larger attendance than any preceding year."

Spotylvania County: "Fogast Hill had an enrollment of 14 in Better Food Clubs. All completed the project. There were 9 who gained over 10 pounds and 4 gained over 5 pounds. One boy gained 20 pounds and was then still not overweight."

Amelia County: "Three schools had Better Food Clubs with 54 enrolled. Three gained from 1 to 10 pounds, 20 stopped drinking coffee and tea, 45 houses were reached. Better lunches were prepared and more attention was given to the food eaten. More fruits and vegetables and less meat were eaten. All of the children who had milk, brought it to school to drink with lunch. Thirty-six of the 54 kept scores the entire 3 months. Much interest was shown in the keeping of the daily scores."

Bedford County: "The Better Food Clubs were conducted in two little one-room schools where the pupils were poorly fed, undernourished, and underweight. Twenty-five children were enrolled. At first they were very skeptical, not having had any of this work before, and were rather afraid to try it. After the first two meetings,

however, they began to take interest. They seemed anxious to eat and drink the things which were for the good of their health. Quite a number of them had been drinking vice-cola and coffee. They stopped this and are now drinking milk and cocoa instead. Many of them brought milk to school to drink with their lunches, something that had not been done before. Every underweight child gained (from 5 to 10 pounds.) One little girl gained 14 pounds.

One teacher said that she was very glad to have this club work in her school and that a marked improvement was noticed in both the physical and mental ability of the pupils."

Albemarle County: "Ten clubs with a membership of 215 took the Better Food work. Quite an improvement was noticed in the children. The teachers and the improvement in the work of the children and have asked that the work be given again."

Rockingham County: "Nutrition work reached more boys and girls in Rockingham County during 1929 than any other three projects. Eighty-six members completed Better Food Club work. Fourteen club girls completed school lunch work and 122 boys and girls who were under ten years of age were enrolled as associate Better Food Club members. Reports of the Better Food Clubs show a marked increase in the number of fruits and vegetables eaten and in the amount of milk used. One-hundred and five members and associate members stopped drinking tea and coffee."

The Better Food Clubs are conducted in the schools, largely in one and two-room schools. This work is done through the use of leaders, usually teachers. The material needed for the work is in an Agents and Leaders' Manual prepared first for use during 1926. This material consists largely of stories about milk, leafy and green vegetables, fruits, whole grains and water. Every club member keeps a food score.

The biggest difficulties in this work are (1) to get accurate scores. (2) to get scores kept for three consecutive months. It seems to the specialist that it would be a better plan if the scores were kept one month at the beginning and one at the end of the club time. Club lasts three months. It was at the request of the state club agent that three months scoring has been used during 1928 and 1929. The first two years the specialist was in the state and when she was building up Better Food work the project was carried as a special piece of work, not as a club project. The

plan then was to have this work for a month in the Fall and a month in the Spring. In January 1929 the state club agent asked that this work be brought into the club department and that the project be carried for three months, scores being kept all three months. She felt this was necessary in order to make it seem equal to other club projects. The specialist was in favor of the change except for the three months of score keeping. The change was adopted at the Annual Meeting of the Agents 1929. The agents now say the children lose interest in keeping up the scoring for three months and the teachers get tired of attending to it. The work should go on for three months but scores be kept only the first and third months. This plan will probably be tried by some agents during 1930.

FOOD CAMPAIGN IN ROCKINGHAM COUNTY

This was a two-months campaign for better food habits. Scores were kept, the improvement sought included the same points as in Better Food Clubs, that is more milk, fruits, green vegetables, whole grains, no tea or coffee and candy only at ends of meals.

Campaign was carried on in 19 one-room schools, many of which were in backward communities, not easily accessible.

Cooperative piece of work of home demonstration agent and county nurse. Superintendent of schools and Kiwanis Club backed the work.

The teachers were given preliminary training by agent and nurse. During campaign the nurse visited each school once, giving health talk and physical inspection and small pox vaccination. The agent showed slides "Be Your Own Best Exhibit" or an illustrated story "The Health Miners," also lecture and demonstration on the packed lunch.

Results. Parents interested. In one school eight mothers and three fathers attended the school meeting. One mother remarked; "I have enjoyed serving meals and preparing lunches this fall because my children have been interested in eating the fruits and vegetables that I have always tried to get them to eat."

Another mother said; "Mary hasn't taken milk since she gave up the bottle until this fall. She now has her full quart of milk each day and she carries extra milk to school for other children who have no milk."

"One teacher now carries a gallon of milk to school each day for distribution among the children who have no milk at home."

In one school the teacher announced to the children that a hot lunch would not be served next day as she didn't know what to serve. The following morning a group of children proceeded to serve a hot dish [vegetable soup], they having planned the dish and brought all supplies. In this same school the last time the agent visited it she found each child with his bottle of milk. The average gain in this school was eight pounds.

In one school the agent found all children drinking one quart of milk daily and only one child drinking coffee. This was not true at the beginning of the campaign.

These figures show results. Notice the increase in number taking part in second scoring, none having dropped out:

Number of schools taking part in the campaign - - - - -	19
Number of children taking part in the campaign - - - - -	366
Number of children sending in first records - - - - -	364
Number of children sending in second records - - - - -	373
Number who stopped drinking tea and coffee - - - - -	117
Number who learned to drink milk - - - - -	67
Number increasing milk consumption - - - - -	189
Number eating one new vegetable - - - - -	75
Number eating two new vegetables - - - - -	14
Number eating three new vegetables - - - - -	11
Number learning to eat whole grain foods - - - - -	67
Total gain in weight - - - - -	1,250 pounds
Average gain in weight - - - - -	3.34 pounds
Highest average gain in any one school - - - - -	8 pounds

ENROLLMENT JUNIOR CLUBS

	<u>Cooking</u>	<u>Canning</u>	<u>Bread</u>	<u>Better Foods</u>	<u>Square Meal</u>	<u>School Lunch</u>
1926	762	763	1150			
1927	873	774	921			
1928	954	876	1098	2232	62	92
1929	917	729	1062	2880	50	207

Completions - 1928 and 1929 compared -

	<u>Cooking</u>	<u>Canning</u>	<u>Bread</u>	<u>Better Foods</u>	<u>Square Meal</u>	<u>School Lunch</u>
1928	90%	68%	81%	81%		87.5%
1929	89.4%	67.3%	73.9%	73.6%		80.4%

The enrollment in bread clubs was about the same as in 1928 - canning clubs larger and cooking clubs smaller.

Cooking Clubs

The biggest obstacle to cooking clubs is lack of equipment and in some places, lack of available space to put equipment if it were obtained. This year, however, Fairfax County reports that the Virginia Public Service Company has given an electric range for each Food Club in the county and has offered in addition to equip one club room with various electric devices, the agent to decide where this will be placed. Other agents in the state will now probably "go after" such help where electricity is available.

Franklin County reports one Food Club with 13 members who bought equipment for the club to use. They secured money for this and for supplies by putting on a club program. The specialist will again in 1930 urge agents to secure sufficient equipment to work with. Under the new plan of home demonstration work started in the Fall of this year certain counties will major in foods. Special efforts will be made to get proper equipment in these counties.

An encouraging part of cooking club work this year is the fact that some of the clubs have gone outside of actual food preparation into school lunch, etc.

Stories from Cooking Clubs:

Brunswick County: "This cooking club was in a small country school. The children worked on lunches. The greatest help was the improvement of the lunches brought to school, (many had been coming without lunch) and some started bringing milk and having a more balanced lunch."

Albemarle County: "Helen Hamilton, Harryville Club, lives with her grandmother, and was eager to have food work, both Food Preparation and Food Preservation, that she might relieve her grandmother of those household duties as much as possible. She did the canning for the home, made all of the bread, and did most of the other cooking. She is so happy that she is able to be of real help."

Augusta County reports one cooking club with 18 enrolled, 100% completion. Eighty-nine demonstrations were given by the group and recipes were used at home 561 times. This club cooked and served a four course meal to six guests and later served a banquet for the 4-H Club.

Roanoke County: "There was only one cooking club in Roanoke County for the past year; 21 members. The club studied lunches and gave a number of school lunch demonstrations. Even though a hot school lunch unit was not organized, the club prepared and served hot lunch four days per week for 2 1/2 months during the winter. This, with the great improvement in table service, was the outstanding work done by cooking club members."

Montgomery County: "4-H Foods work this year was a big improvement over that of last year. There were three groups with a total of twenty-two members carrying food preparation. In several cases the entire family cooking was done by the club girl. Evelyn Weeks who did much of the family cooking won the blue ribbon on her bread at a community fair over the women of the community. There were four groups with twenty seven doing outstanding foods preservation work. An average of 75 quarts of fruits was canned by each girl with 25 quarts over club requirements. In addition to canning club work done, 48 quarts of fruits were canned by this group and sent to the Crippled Children's Home in Richmond."

Bread Clubs

Fairfax County had 75% of the girls in bread clubs to demonstrate bread making before groups of people. In Augusta County three groups enrolled 26 girls, 24 did all or part of the family baking. One group in Powhatan County did good work. Three in the group did practically all the bread making in their families. All of the group exhibited at their community fair and the judge remarked upon the high quality of their exhibit, biscuits and muffin cakes. Roanoke County used Junior leadership in bread clubs. The club girls who had had several years of bread club work with the leaders.

Some counties report difficulty in getting girls to bread club meetings. Bread clubs are held in vacation months. Madison County for instance says: "Had 16 girls enrolled only 7 completed due to a number being out of their communities for a part of the summer vacation. Others dropped out because it was too far to come for club meetings."

Food Preservation

Ninety-seven Food Preservation Clubs, enrollment of 729 with 491 completing the work, report these containers filled this year:

Fruits and vegetables	-----	36094	quarts
Mats	-----	178	"
Preserves	-----	4079	"
Pickle	-----	2905	"
Fruit Juice	-----	1806	"
Jelly	-----	2785	"
Dried fruits and vegetables	---	935	pounds

There was a net profit of \$10,350.15 on these products. Three hundred-twelve girls exhibited and won prizes amounting to \$545.46.

Many clubs report containers filled and donated to the Crippled Children's Hospital.

Four counties report canning done by a canning plan this year.

Stories from Food Preservation Clubs:

Montgomery County: "Had 4 clubs, enrollment 27. These members averaged 75 quarts of containers this year which is 25 above the club requirements."

Fairfax County: "An eleven year old girl put up 169 containers."

Dismiddle County: "Steam pressure cookers available for all canning clubs use."

Campbell County: "Thirty-four put up 2800 cans. One girl sold enough jelly and preserves to buy books and clothes for college."

Amelia County: "Fifteen enrolled, 10 completed. Put up 457 quarts fruit, 441 quarts jelly, 177 quarts preserves, 207 quarts pie, 22 quarts fruit juice."

Orange County (newly organized this fall): "Two groups were organized in Food Preservation with an enrollment of 16 members. Sixteen of these girls completed the work. We began the meetings in the homes of the girls and each time the mothers came to the meetings, which I found to be most helpful. The girls were very enthusiastic over the canning and worked faithfully. In one community we had an all day Canning Day. One mother offered us the use of her out-door canner and the girls brought the products. Each brought her lunch and we made a picnic out of the work. We put up about 20 containers of fruit and vegetables and I gave them demonstrations in fancy packing for the Fair. About 10 women came during the day to see us work. This day added a great deal of interest and enthusiasm to the project. The girls' records for the 2 clubs are as follows: 1168 containers of fruits and vegetables, 267 containers of jelly and about 190 containers of pickle. About 180 containers of excellent quality products were exhibited at the Fair."

Roanoke County: "One club put up 50 quarts soup mixture for hot dish at school."

Stafford County: "Only 13 members out of 39 completed their requirements but they put up, as a result of this project, the following products - 1287 quarts of fruits and vegetables, 458 quarts of jelly and preserves, 195 quarts of pickles, and 29 quarts of fruit juices."

Rockingham County: "Fifty girls made and carried out a canning plan in 1929 for the first time. These girls did a large part of the family canning and their mothers report better canned products than they ever had. These girls put up 3211 containers, 4517 being canned vegetables and fruits."

Madison County: "There were three girls who had completed four years of canning club work that worked a special project on dried fruits and vegetables, and open kettle and cold pack methods. Each of these girls worked out a special exhibit for the Fair."

School Lunch

The School Lunch work in this state has been mentioned under Better Food Clubs and Cooking Clubs. However, the following pieces of work are interesting.

Loudoun County: "One 4-H Club served lunch and had a Canning Day to put up soup mixture for school lunch. Five cooking clubs served cocoa or soup in their schools."

Stafford County: "The 4-H Club girls at Stafford High School had entire charge of a hot lunch project. Served hot lunch every day during the winter months. Soup and hot chocolate were served at five cents per serving and the principal stated that a great difference could be noted in the pupils as they had more vitality and did not grow listless and tired during the afternoons. Mrs. Browning, one of the teachers, supervised the preparation and serving of the hot lunch dishes while the work was done by the club girls."

Greene County: "For the first time the schools of Greene County had hot lunch. There were 5 organized Hot Lunch project groups with an enrollment of 97 boys and girls. The lunches were financed in various ways; Stanardsville Hot Lunch Club was financed by charging each person 25¢ a bowl for soup or for a cup of cocoa. Such things as onions, potatoes and occasionally canned vegetables and stock were furnished by patrons of the school. Hot lunch was served each school day from November 15th to March 1st. Five girls took charge of the lunch a day and one high school teacher supervised the lunch each day in a vacant period just before the noon hour. The agent met with the group for demonstrations and supervision each week for the first month and twice a month afterwards.

The Ridge Hot Lunch club did splendid work. They were also members of the Better Foods Club and the Hot Lunch idea grew out of that project. The gain in the weight of the children was from one pound to fifteen pounds. This school has had the greatest number of five-point children for two years and has been awarded the five-point banner two years. At the beginning of the year the school did not have a suitable stove for cooking. The teacher and pupils were both so eager to begin the hot lunch that the boys dug a pit out of doors. They made a fire in the pit and cooked the soup here in a borrowed iron pot. By this primitive method, they made soup for three weeks. At the end of that time the school board gave them a new stove which they used very nicely for the rest of the school term. One hot dish was served three days a week for four months. The teacher shouldered the responsibility of this project. The older girls prepared the hot dish and were aided by the younger girls and boys. Each child donated the products used. In the fall, the agent held canning club demonstrations in this community and 16 quarts of soup mixture and 5 quarts of chicken were canned for this work. The nurses donated kila for use in making cocoa or soup and when milk was scarce in

the community, this answered very nicely.

At Lydia, the Hot Lunch went along smoothly and was carried out by the teacher with the assistance of the agent and one of the nurses. This teacher has taught for 29 years, 23 years in this same school and her response to this new idea was remarkable and certainly surprising. This school had lots of underweights, due to the fact that there were very few ovens in that section. The gain in weight after the Hot Lunches were started was from one to nine and three-fourths pounds.

The work at Fletcher, as usual, was excellent. The teacher who is ever ready to assist her school in any phase of work which is beneficial to them, gave hearty response to the Hot Lunch idea. They bought equipment enough to use and some products by sales of pencils, candy, etc. Ella was furnished by the nurses for the lunch and for drinking where the children could not get it at home. The gain here was from one to sixteen and one-half pounds.

The Backersville Hot Lunch Club served one hot dish once a week for two months. This was served by three rooms of the school and under the supervision of the teachers. Twice a month the Cooking Club prepared and served the lunch to the whole school and assisted the teachers whenever they could be spared from their work on other days.

One of the Freshman girls at V.P.I. this year is Marie Chilton of Spotsylvania County. This girl started the first one-dish hot lunch served in Spotsylvania County.

In 1926 the Specialist gave her time during State 4-H Club Short Course to interesting club girls in starting one-dish hot lunches in their respective communities. Marie Chilton went home and did the job in Fredericksburg school. There are now three or four school lunches maintained in the county. The farm agent of that county attributes much of the interest of the county in the subject to the work of this club girl. She is now majoring in Home Economics at V.P.I. preparing for work as Home Demonstration Agent.

STATISTICS FOR JUNIOR CLUBS

Cooking Clubs

Number Clubs - - - - -	54
Enrollment - number entered - - - - -	917
number completed - - - - -	820
Number public demonstrations given - - - - -	1117
Number times recipes used at home - - - - -	24728
Number making exhibits - - - - -	149
Value prizes won - - - - -	\$102.25

Bread Clubs

Number Clubs - - - - -	102
Enrollment - entered - - - - -	1052
completed - - - - -	767
Number public demonstrations by members	144
Number exhibiting - - - - -	237
Number doing all or part of family baking	749
Value prizes won - - - - -	\$119.50

Better Foods Clubs

Number clubs - - - - -	116
Enrollment - entered - - - - -	2980
completed - - - - -	2120
Number associate members - - - - -	624
(Not counted in above)	
Number homes reached - - - - -	2125
Number stopped drinking tea and coffee -	1798
Number gaining 1 to 5 pounds - - - - -	1256
5 to 10 " - - - - -	414
over 10 " - - - - -	83

School Lunch

Number clubs - - - - -	22
Enrollment - entered - - - - -	307
Completed - - - - -	247
Number times hot dishes served clubs - - - - -	460
Number numbers using ventilated lunch boxes - - - - -	237
Number clubs observing quiet lunch period - - - - -	22
Number demonstrations given by numbers - - - - -	100

New Projects Started During Fall

The new projects started in the fall (referred to in first part of report) are planned on a twelve months' basis. They are (1) Food for Health Club (2) The Breakfast, Dinner, Supper Club (3) Food Preservation Club. Outlines of these are in the Food and Nutrition Manual attached under Subject Matter. Attention is called to the Food Preservation project, it being outlined differently from the usual way.

Fifteen counties decided on food as the major for girls' work. The new material was prepared and sent out as rapidly as possible. Leaders' training schools were held in 8 counties between October 26th and November 26th.

At the training schools the specialist gave two demonstrations and discussed how the work is to be put over and gave out enough material to last the leaders for two months when another training school will be held. These schools are to be continued at two months intervals throughout the year, the specialist holding as many of them as possible, others to be in charge of the agent.

136 CLUB GIRLS ENROLL IN NUTRITION CONTEST

During the state club short course 136 girls enrolled in a nutrition contest which is to last one year. These girls will work for normal height, weight, and perfect posture. During the state short course of 1939 proper recognition is to be given the girls who attain normal weight and good posture.

These counties are represented in this group:

Girls		Girls	
Alleghany	28	Henrico	2
Amelia	1	London	3
Amherst	1	Madison	1
Appomattox	5	Hackberry	2
Augusta	16	Montgomery	3
Buckingham	1	Nelson	1
Bedford	6	New Kent	1
Campbell	4	Rappahannock	2
Dinwiddie	11	Rossmore	2
Fairfax	5	Rockingham	4
Giles	5	Smyth	2
Goodland	3	Spoctyvnale	14
Grayson	1	Washington	5
Greene	3	York	4

The agents of these counties are backing the girls. They and the nutrition specialist, Miss Mary B. McGowan, will give the girls all the help possible in their endeavor to "Be their own best exhibits." The result, however, lies largely with the girls themselves.

These figures are interesting:

Number enrolled in group	136
Number 100% perfect as to weight-height	7
(5% of group)	
Number 7% or more underweight	73
(53% of group)	
Number 7-9% underweight	18
Number 10-14% underweight	29
Number 15-19% underweight	13
Number 20-24% underweight	8
Number 25-29% underweight	2
Number 30+ % underweight	3
Number 10% or more overweight	5
(3% of group)	
Number 10-14% overweight	2
Number 15-19% overweight	1
Number 20-24% overweight	1
Number 25-29% overweight	0
Number 30-34% overweight	0
Number 35-39% overweight	0
Number 40-49% overweight	1

Beginning Sunday, September 15, each girl in the group will start keeping a food score. As they reach normal weight, their names will be published in the paper. The Club Letter wishes the girls success. May each one stay on the job until July, 1939.

Club Letter
Oct 1939.

Alleghany.—The assistant home demonstration agent is not having any trouble in enrolling club members for next year. One member told her that coming club work had meant much to her little girl, and that she wanted her to try any phases of club work she could next year.

Bedford.—The home demonstration agent is much pleased with the many one of her clubs made. She writes: "One of the home demonstration clubs that was organized in the spring realized a net profit of \$86.77 from its community fair. Plans are already being made for the club's fair for 1939."

Fairfax.—One high school principal in Virginia at least realizes the value of club work according to the home demonstration agent in Fairfax. She reports that this principal had each prospective club member bring a note from her parents saying they would cooperate in any way they could, and had a pledge signed by the child to the effect that she would carry the project through the year unless illness prevented. Then he sent the agent a note saying he was ready for her to organize.

Greene.—The home demonstration agent in cooperation with the school nurse has organized four better foods clubs, and the children are keeping their scores very carefully. Last year the good these better foods clubs do was very evident in the schools and the number of underweight children decreased considerably.

London.—The county health association has secured a downstairs room as an office for the county agent and the county nurse. This room is to be painted and fitted up as a center for the work of the county agent and nurse.

Rossmore.—The home demonstration agent reports this conversation she had lately with a woman of her county: "We are moving away from Rossmore and have bought a home in another county,

but one of the things we decided on in selecting a home was that it must be in a county where there is a home demonstration agent." The agent also reports: "One teacher in a school where we conducted a better foods club and square meal club said to me: 'The work you have brought into our school means more to us than any that has ever been done. When we first had a square meal lunch, it was impossible for me to eat mine with any relish after seeing the dreadful lunches the children brought. Now it is a real pleasure to see the improvement that has been made and the pride the children show in their lunches. The hot lunches served by the girls were an excellent demonstration for the children.'"

Progressive Farmer
Jan. 6, 1929.

WORK WITH WOMEN

Women's work was done again this year largely on the unit basis, a unit meaning four meetings devoted to one subject. The units offered were:

Dishes for Social Affairs	Fruits and Vegetables
Meats	Food Selection
Breads	Food Preservation

Planning and Serving the Family Meals

The material for the latter unit was in typed form only and was supplied to only a few agents.

Because of the change in the plan of Home Demonstration work these units will not be used after this year - in fact some counties report that they did not complete the units this year due to getting the women lined up in the late fall for the new type of work.

Enrollment

No enrollment can be given. Figures from the statistical reports of home demonstration agents were to be available from the state agent's office but they are not yet ready.

Method Used

The agent gives most of the demonstrations in the unit food work. Until this fall the Specialist gave demonstrations to unit groups when she was in a county. This was for the help of the agent (showing her how) as well as to interest and help the women taking units.

Hottoway County used local leaders in unit work. The Specialist gave two days in June to training these leaders and was to return for another two days in October but the agent called off the meeting because of serious illness in her family.

Hottoway County report says: "Leaders School. One outstanding piece of county-wide work, this year, was an adult Training School, for leaders. The Home Demonstration Clubs of Hottoway have majored in foods, this year, studying particularly breads and Dishes for Social Affairs. For some time I have felt

the need of assistance in making my demonstrations to women more successful so I asked that four women from each club volunteer to attend the Leader's Training School, gain all information they could and in turn go back to their respective communities and assist me in putting on these demonstrations. Each woman had the privilege of selecting the demonstration she preferred helping with. The four who volunteered from each of the four clubs were in attendance at this school in Cross on both June 17th and 18th. This 100% attendance delighted me greatly. The school was held at the Virginia Public Service Company who kindly gave the use of their show room, electric stove and refrigerator. The demonstrations were given by Miss Mary B. McGowan, V.P.I. Food Specialist. The demonstrations were "Six Varieties of Yeast Bread from One Batch of Dough," Small cakes, Fluffy Innings, Quick Breads and Frozen Desserts. The leaders were enthusiastic over the demonstrations. I have had to be absent from one of my club meetings during the year and one of these leaders conducted the meeting in my absence and gave the Yeast Bread demonstration."

The Unit Dishes for Social Affairs

The unit "Dishes for Social Affairs" has been a very popular unit. It would seem, however, that this unit is in direct contradiction to what the Specialist has said in the first part of this report about not stressing food preparation for preparation's sake.

Dishes for Social Affairs was planned for two purposes (1) draw new members into home demonstration work, get them interested and then lead them into other lines of food work (2) encourage more social life in rural districts. Reports indicate the unit has helped in these ways.

Madison County says: "There were five organized groups of women studying food. All selected the unit "Dishes for Social Occasions." I believe they enjoyed this unit as much as any unit I have ever given in foods, and I believe also that each member derived considerable help in planning for social affairs. Out of a total enrollment of sixty-eight members, forty-nine completed. The last meeting was a social. The refreshments prepared by the members were brought and turned over to the hostess. The refreshments were to be something that had been prepared in the demonstration given at the unit meetings. The socials were not only enjoyed, but created considerable interest and enthusiasm on the part of the members."

Henrico County says: "Dishes for Social Affairs," the unit taken by 78 women, increased the attendance and gave the mothers new recipes with which to make the lunch box more attractive."

Fountain County: "The clubs gave parties to husbands on St. Patrick's night and night of March 27th. The first was a most attractive party planned and carried out by a committee of three women. Every husband was present and thoroughly enjoyed the evening. It was noticeable at this little social affair how the women observed and carried out ideas and information they had gotten in the "Dishes for Social Occasions" unit which they had recently studied. The other club gave their husbands (and a few friends invited to participate) a supper. They called this a "Husband Banquet" which of course, pleased the husbands and made them feel very important. Seventy people attended this affair. Several husbands were heard to remark that this was the best work the club had ever done."

This county reports that 20 women took the unit "Dishes for Social Affairs" - 12 completed and reported using recipes 118 times. This group of women bought two books and subscribed to two magazines, "Good Housekeeping" and "Modern Housewife" this year and have kept them in circulation among themselves. One of the books is "Meal Planning and Service." They decided on this book because it followed up the unit of work "Meal Planning" which they took last year and also fitted right in the unit "Dishes for Social Affairs" which they studied this year."

Augusta County had three groups taking this unit. One group entertained the husbands at an evening affair, another entertained the entire family and the third, neighbors and prospective members. Each group prepared and served refreshments learned in their club meetings. Fifty-eight out of 62 women completed the unit. Recipes used 334 times.

"Quite a number of the members of the group taking "Dishes for Social Affairs," says the Bedford County Agent," entered the Soft Wheat Miller's Contest and learned to make more and better breads. Their exhibit of breads was very creditable."

A unit in Brunswick County became very much interested in foods and equipped a kitchen, also served hot lunch to the school. They worked on porch improvement and combined these with "Dishes for Social Affairs" at the County Fair.

Stories of Nutrition Work

Plant what should be eaten: Rockingham County says; "The home garden work of this year was done as a result of a piece of nutrition work in which the need of more fall and winter vegetables was realized. The Specialist gave one illustrated lecture on vegetable gardening from which very definite results have been obtained. Sixteen women have planned winter gardens, and in the Bridgewater community 22 new vegetables have been raised. Improved methods of storing winter vegetables have been adopted by a large number of the women in the Bridgewater Club."

Montgomery County: "A group of women were taking the vegetable unit. Each woman decided to grow spinach and encourage her family to eat it. Seeds were furnished for this. In this community very few families grow spinach, and out of sixteen women present at the demonstration, only three ate spinach. After the demonstration all members present reported that they liked spinach as it was prepared."

Can according to needs: Taxovell County says the women planned their canning to enable them to prepare for a balanced diet for their families during the winter months.

Rockingham County says: "Thirty of the 57 women in a food preservation club made a canning plan for the first time this year." The women of 4 Home Demonstration Clubs of this county learned the open salt pectin test in jelly making through demonstration given by the Specialist and used this test in making 600 glasses of jelly.

One woman of Campbell County "the mother of 15 children canned 1300 quarts of fruits and vegetables" says the agent.

Feshatan County says: "In visiting food preservation club members to check up on reports, marked improvement was noticed in quite a number of homes in the proportion of fruits and vegetables to other products as preserves and pickles. This is especially true of the women living out in the county away from the village and in those who have had some work in planning meals. I feel also that the better food score sheets which went into so many homes last winter have made the women think more about this. One member called my attention to her goal and noted how many quarts she lacked and was trying to get. Four pressure cookers have been added to the list this year making a total of over twenty in use in the county. A number of these are borrowed and loaned by neighbors. One club owns a cooker and it is used by every member."

Have the school children in mind: The women of Amelia County got a hot lunch established in two high schools (Amelia and Jetersville).

Groups in several counties put on canning days to can vegetable soup mixture for school lunch.

A Food Selection Unit of Augusta County helped a home economics class to serve hot lunch three times each week in one school. Another group served the entire grade and high school hot lunch during February.

Realizing the value of fruits and vegetables in the diet, a Vegetable Unit group of Brunswick County furnished fresh fruits or vegetables each day to the children attending their community two-room school during the months of March and April. They had furnished hot soup throughout the winter months. This group canned about 100 quarts of soup mixture for school lunch.

Another group of this county "besides canning a large amount of fruits and vegetables for their families' use, met one afternoon and canned 67 quarts soup mixture to serve a hot dish to their school children during January and February."

Use whole grains: Feshatan County says that women in bread clubs put emphasis on whole wheat and Graham flour. They gave out and used bread recipes 277 times.

Nurture young children: Buchanan (new county this year) held a "better-baby contest" at their fair. A baby specialist gave physical examination to 22 children under 7 years of age, and offered to follow up the work with tonsil and adenoid clinics.

Improve the meals: "Twelve women who took the unit "Choosing the Day's Food," says the Goodland County report, "are now balancing their meals as a result of their study."

"The use of raw vegetables, leafy vegetables and salads has been much increased since the demonstrations in preparing same were given. Forty-seven women (2 groups) were enrolled in definite nutrition work. The slide, "Be Your Own Best Exhibit," was shown each group. Demonstrations in "The Use of Mineral Foods," "Vitamin Foods," "Salads as a Source of Vitamins and Minerals," "Planning the Spring and Fall Garden" were given. As a result of these demonstrations we have 30 families using more milk; one community in which 22 new vegetables were grown in fall gardens. We have 47 families in which more and varied salads are being used. The women report improved physical conditions among their children." - Rockingham County.

Spotylvania County, when it had had a home demonstration agent only a few months, had a meat contest in connection with better food clubs. Fifty-two mothers of these club members submitted one week's menus. These were judged by the food specialist and prizes awarded. "This contest interested many women in home demonstration work and it seemed easier to get them enrolled in other projects," says the agent.

MISCELLANEOUS FOOD WORK DONE BY COUNTIES

A. Fairs

- Milk Booths. Loudoun County women took charge of a milk booth (1) at their County Fair, selling milk under sanitary conditions. They also had a milk booth (2) at a camp meeting for ten days in August. The agent says: "It was interesting to note that the small boys were the best customers, the men next and then the women for cooking purposes, and lastly the girls. Help was given in carrying on this booth by 4-H Club girls."
- Educational Booth. Loudoun County women had an educational booth at their County Fair, showing dairy products and the care and use of them.
- Nelson County put on an educational exhibit "Taking the Guess Work out of Cooking." Showed scales, measuring cups, measuring spoons, thermometer, etc.
- "The Health Garage" with automobile accessories was shown by Brunswick County. Milk, green vegetables and fruits "re-make bodies," the exhibit said.
- "The Cemetery" was exhibited by Dinwiddie County women at three fairs. The inscriptions gave suggestions about diet, sanitation, etc.
- A club of Augusta County had a booth at county fair showing 23 varieties of yeast, quick and sweet breads. "The booth attracted a great deal of attention and was second prize" says the agent.

7. Another club of this county had Mrs. Ever-Well and Mrs. Never-Well cabinets at the fair.

8. Neeklenburg County showed canning plan and canning equipment at their fair.

B. Other County Events

1. Orange and Hottoway Counties held training schools for adult leaders.

2. "Probably the best and most far reaching piece of work done in Campbell County during the year was the home garden contest. Enrolled 60 women, 28 being new members, and despite drought and floods 20 of them completed and 25 exhibited in flower and vegetable show.

One lady in sending in her enrollment card wrote, "I am delighted to enroll the second time in the garden contest. I am also sending in the name of Mrs. J. She does not know that she is enrolling, but she is, and I am going to see that she has both a summer and winter garden. I am down right tired of furnishing her vegetables during the summer and open salts in the winter."

These women grew on an average of five new vegetables, 27 of them making an attempt for the first time to have a fall and winter garden, and in every case they feel that their garden has been a real demonstration and a real help to their neighbors, both in a financial and a healthful way.

On November 12th one contestant gathered five different green vegetables from her garden.

Members of the garden contest also put more emphasis on canning vegetables than ever before. Sixty women in the county competed in the Sears-Roebuck National Canning Contest, and one woman won a \$25.00 prize."

3. Four counties entered Soft Wheat Miller Contest; several canned fruits and vegetables for the Crippled Children's Hospital, Richmond. - 4 of these counties report a total of 261 quarts donated; and several held cake contests to earn money for various causes.

STATE FAIR WILL HAVE V. P. I. BOOTHS

Extension Division Exhibits at
Richmond to Stress Home
Management

Roanoke, Oct. 6 (Special).—An attractive and interesting feature of the state fair at Richmond, October 7-12, will be the exhibits by the home demonstration department of the Virginia extension division. Miss Isabelle E. Wallace, state home demonstration agent; Miss Mary B. McConnon, food and nutrition specialist; Miss Mary Settle, room improvement specialist, and Miss Beulah Holladay, assistant poultry specialist, the three district agents and several county home demonstration agents will be on duty at the V. P. I. building throughout the week to explain the exhibits and answer questions.

Writings Booth.
There will be a food and nutrition booth in charge of Miss Holladay, the purpose of which is to show how it is possible to take out health insurance by eating properly and to give Virginia housewives concrete and specific suggestions in helping them select their daily meals. The success of this exhibit will be, "Better food for better folk—every day some protective food." The central theme of the booth will be a "food clock" showing a schedule to be followed daily. This food clock will be operated by electricity and is something new and original in the way of an exhibit.

In one corner of the booth will be shown how farm families can follow the food clock in winter, getting away from bread-meat-oil-soap meals. In another protective foods as spring wheat will be shown and in a third corner families of following the "food clock" in the fourth corner each day two 4-H Club girls of home demonstration club members will give a demonstration, in how to prepare school lunches, making protective foods for winter, and making breads from whole grain flour.

Miss Settle will have charge of the booth on home management. Here women can find out how to determine the proper height of working surfaces in their kitchens, and in the clothing booth, ways and means of caring for clothes so they will wear better will be emphasized. Members of the 4-H girls' clubs will demonstrate methods of removing stains from clothing without injury to the material.

A feature of the home improvement booth will be a girl's bedroom furnished with articles made or refurnished by 4-H club members themselves. They will also be demonstrations by club members in upholstering furniture, reupholstering chairs, making slip covers, up shades and other accessories.

The Exhibit Building.
In this department there will also be an income-earning booth in charge of Miss Holladay and Miss Settle. Shows. Here items of handicraft, needle and poultry products will be shown. In this booth, there will be a model roadside market, showing how rural women can display attractively products of their homes and neighborhood. In this way adding to their incomes. The city women will see at this booth how the city boy brings fresh from the farm or garden with little trouble and at a minimum cost. A seed improvement booth will be

in charge of Mr. M. McIntyre, landscape garden specialist, extension division. This of other's successful farms adjacent with the buildings property arranged in relation to each other and to the rest of the grounds. Exhibitors will be shown arranged in proper relation to the buildings and the rest of the grounds. Women will be so interested in explaining the setting of this and other booths each day of the fair.

Times Dispatch.
Oct 6 - 1927.

CLUB BOY GETS MORE MILK

Miss Mary Fred Claytor, home demonstration agent in Rockingham county, writes: "A few weeks ago one of the better foods club members went home greatly distressed because his food score was being held down because he was getting no milk. His uncle told him he would get a cow if the boy would milk and care for her. Now the family has a fine Jersey cow and as much milk as they need, so one better food club at least caused a family to buy a cow."

Extension
news
July 1927.

Virginia Farm News

SEVENTY requests for farm water supply surveys in Pittsylvania County were received during a recent campaign by the county agent and J. A. Waller, assistant agricultural engineer. Sixty-three of these farmers were visited during the two weeks Mr. Waller was in the county and the other seven will be visited later on.



Spotsylvania.—Six new members recently joined the Courthouse home and garden club at one meeting. One of the new members said, "I have been in this community four years and have never met all of my neighbors. I think most of them are here tonight and I am certainly glad that I could come and meet them. The club is going to mean more to me than I thought."

Albemarle.—Better-foods work has become a popular project with the club boys and girls. The assistant home demonstration agent, Miss Ruth Burrows, reports that she has never seen club members more enthusiastic. Two teachers told Miss Burrows recently that they thought the better-foods club was the best work she had ever put on and that the children needed to be taught the proper food to eat and simple rules for better health.

Progressive
Farmer
Aug 1927.

MISCELLANEOUS WORK OF SPECIALIST

The State Fair. Six subject matter activity booths were put on at the State Fair this year. This was a change from previous years and was brought about by the State Agent. The entire force felt the plan was an improvement over other years.

The central theme for the Food and Nutrition booth was "Protective Foods Every Day." The central object was a food clock mechanically run. Other sections of exhibit were: (1) Rats that had been fed differently, illustrated results of following the food clock. (2) Spring tonics of 1979 were contrasted with those of 1929 (protective foods). (3) One corner of booth showed how farm families can follow the food clock in winter.

Each day two club girls or two home demonstration women gave a demonstration in the booth using protective foods. "The packed school lunch with plenty of protective foods," "Canning protective foods," and "Breads of whole grain" were the subjects.

Much interest was manifested in the booth. The rats and the clock attracted much attention. 2500 mimeographed copies of the clock were taken away by visitors, many letters have been received from these people asking for food scores. One woman wrote immediately for copy of food score, gave her menus and general plan for feeding her family and asked for advice on improving the diet of her family. Many visitors stopped to ask information on diet.

One man said the idea given him about how to store vegetables for winter was worth his trip to the fair.

The clock was run like this: When the hand reached twelve, a bell rang and a red light came out behind this legend at top of clock "Include these protective foods in your daily meals." Hand of clock remained here for two minutes then the bell rang again and the hand moved over the first section of the clock face, stopped for five seconds, moved over the next section, stopped again and so on around the clock face.

The specialist was exceedingly fortunate in the cooperation secured in the Fair work. (1) Prof. Lee of resident staff of V. P. I. made the mechanical part of the

food clock. (2) The Virginia Machinery and Well Company, Richmond, loaned a sink, installed it and put in water. This required a lot of pipe as water connection was far from building. (3) The Graybar Electric Company, Richmond, loaned an electric range, installed it and paid a wiring company \$25.00 to run electric wires to booth and connect stove. (3) Another company ran wires to the V. P. I. building. (4) Two professors at V. P. I. offered helpful suggestions about the food clock.

Having this booth was quite an undertaking in that the Specialist was asked to do the following things for \$50.00 (1) get up the exhibit, (2) put electricity and water into building and carry them one half the length of the building to the food booth. (3) get a stove and sink for booth and connect them. (4) furnish groceries for daily food demonstrations. The cooperation just mentioned explains how this could be done.

No fairs except the State Fair were attended this year as the Specialist was busy preparing the material for the new food projects. The following from her September report shows what she was doing at fair time.

"Between August 19th and September 27th, 5½ weeks, have worked up the following:

1. Given one week to field work in two counties which the Home Demonstration Department is trying to organize for Home Demonstration work.
2. Planned and wrote out three new food courses for club girls. This includes 36 detailed monthly programs and brief descriptions of each course.
3. Wrote enough of the informational subject matter for each of these courses to carry the clubs through January.
4. Planned nutrition exhibit for State Fair and got all materials and articles made, ready to be sent to Fair. This took two weeks.
5. Got ready 136 club girls scattered over the state and started off in state nutrition club.
6. Gave the Furrall Home Economics research worker 1½ days help on selecting equipment for her new research laboratory.
7. Held several conferences with State Agent and Girl's Club Agent on new clubs - and answered numerous requests from people in the state for help and information on different subjects."

Camps were not visited this year, except Nelson County Camp for women. The State Agent felt it was not the best use of the specialist's time. Many of the camps are not at all prepared to put on food work.

A Leader's Training School was held in Hottoway County in June. (In 1936 leaders training schools for food work were held in Princess Anne County). This trained for unit work. The agent writes, "I can't begin to tell how much the specialist's work with us in June has helped me. I have gotten very good help from the leaders on the demonstrations. The women have been very enthusiastic over the particular demonstrations given them."

State Club Short Courses and Farmers' Institutes

The specialist helped with both of these events. At the latter she had charge of the reception given by the Homemakers' Association to about 480 men and women. She also gave a demonstration on "Attractive Summer Dishes." Recipes like the attached were distributed.

Work in Unorganized Counties

^{on a special trip of one day}
One week was given to work in Richmond and Essex counties and two days to Westmoreland county. Eight demonstrations were given. Essex county reports that food demonstrations were given to large groups of women who were very much interested. "I believe these food demonstrations accomplished a large part toward getting demonstration work before the people of the county."

Food Feeding Demonstration

The rats used in the nutrition booth at the State Fair were afterwards sent to two counties for a week's stay in each. There they were shown at schools and at a fair to interest boys and girls in food work. After this they were used

by the specialist at the annual conference of negro agents held at Hampton. From here they went to a beauty parlor where the owner wished to show people the effect food has on hair. One out of nine certainly did their share towards spreading the gospel of "Food Makes a Difference."

State Home Economics Association

The specialist is again chairman of the Food and Nutrition section of the Association, and news writer for the American Home Economics Journal.

24-A



Picture was done in color

Food Clock

State Fair

1929

PLAN FOR 1938 - ACCOMPLISHMENTS

Distribution of Time

- | | |
|--|--|
| 1. February 1 to June 1 or 10.
Leave of absence for graduate study. | 1. Carried out. |
| 2. Remainder of year, much field work, little preparation of subject matter. (Much having been written in 1936). | 2. Did field work, but again had a lot of subject matter to prepare. New projects to fit in with new state plan of work. |

General Work

- | | |
|---|--|
| 1. Not do as many pieces of special work; more time given to field work helping agents with regular projects. | 1. One piece of special work took much time. Nutrition booth at State Fair was not in my plan. |
| 2. Make time count for more by meeting leaders training groups. | 2. Eight leaders groups for juniors met and three for adult work. |

Conns and Short Courses

- | | |
|---------------------|----------------------------------|
| 1. Help with these. | 1. Did not help except with one. |
|---------------------|----------------------------------|

Publicity

- | | |
|------------------------------------|---------------------|
| 1. Prepare six publicity articles. | 1. Prepared - four. |
|------------------------------------|---------------------|

OUTLOOK FOR 1930

Under the new state plan for majors and minors and the use of leaders Food Work in 1930 should be better organized and more things should therefore be accomplished.

Sixteen counties are to major in foods for adults and fifteen counties for Juniors. This is a total of 31 majors in foods. Of these counties 14 are majoring for both adults and Juniors, 2 for adults only and 1 for Juniors only. This gives 17 different counties for the Specialist to work in, 14 of them to get double as much time as counties where only one group (adults or Juniors) majors in a subject.

In those counties where both adults and Juniors are majoring in foods more real improvement in food habits should be obtained.

Agents in food counties should be able to concentrate more on their work, to train leaders, to prepare better for meetings, and to make or secure better illustrative material.

The specialist will have a better chance to study needs of a county, to keep more in touch with what agents are doing and to give more help in the work they undertake and prepare better material for them (unless she is sent in the field so much there is no time to prepare material).

If several counties will undertake the same county projects (a special objective to work towards) a better showing should be made by the State. The Specialist will work for this.

One of the big needs in this state has been for better illustrative material on nutrition. The commercial companies get out much good material on foods and food preparation. The new nutrition charts showing studies on animals prepared by the Washington Home Economics

During this year, are fine; also the one representing graphically 100 Calorie portions. These charts fill a need. May more come!

The Virginia office might well put some money into illustrative material for nutrition work. Even employing a person to prepare charts planned by Specialist would be a great help. The Specialist spends many hours working on these and doing clerical work while her one-half day stenographer works on them.

Time for preparing subject matter. One of the biggest improvements for 1930 would be, so the Specialist thinks, to provide on the Specialist's itinerary for preparation of subject matter. If subject matter is needed and is useful to the agents then time for that should be arranged and should be considered a good use of Specialist's time. If field work is the only work of a Specialist that contributes to the development of the work as a whole and to the needs of agents, then subject matter should be secured otherwise.

STATISTICAL REPORT OF HART E. MOGOWAN

STATE FOOD SPECIALIST

December 1, 1928 - December 1, 1929

(Out of state on leave for study
February 1st to June 7th)

Days in field -----	794
Days in office -----	87
Home demonstration agents visited -----	20
Counties without agents visited -----	1
Meetings of extension committees -----	21
Attendance -----	209
Other meetings -----	56
Attendance -----	4413
Letters written -----	730
Different circular letters written -----	14
No. circular letters sent out -----	1341
No. bulletins sent out -----	3540
No. women's clubs visited -----	8
No. demonstrations given -----	68
Days annual leave -----	8 (Dec. 1928)
Days sick leave -----	2 1/2
No. miles travelled by auto -----	2308
No. miles travelled by rail -----	4960

In such meetings as farmers institute, state short course, etc.
have counted a day as one meeting; if each different meeting during day
and evening were counted separately, total would be much larger.

THE FAMILY MEALS
For Women's Home Demonstration Clubs

I. Essentials in Meal Planning

A. Discussion

- 1 - Importance of the meal question
- 2 - Four things necessary to well-planned meals
- 3 - Advantage of planning ahead
- 4 - Outlines for planning meals
 - (a) From standpoint of food stuffs needed
 - (b) From standpoint of foods needed
 - (c) From standpoint of courses needed

B. Illustrative material - charts - outlines for meals - can be borrowed from food specialist.

C. Home work for women. Plan and serve to family one day's menu based on the outlines. Menu to be brought to next meeting.

II. Testing the Menus

A. Discussion

- 1 - A hasty resume of outlines given in first meeting
- 2 - Discussion of menus brought by women or of menus in material prepared by food specialist. This discussion to bring out such points as:
 - (a) Necessity for having protective foods each day
 - (b) Providing for small children
 - (c) Avoiding many dishes of same class at one meal
- 3 - Importance of proper food
- 4 - Importance of considering the whole family in the day's food

B. Illustrative material (1) charts which can be borrowed from food specialist (2) Pictures of animals showing effect of food or (3) demonstration rats.

C. Home work for women. Plan and serve to family one day's menu, avoiding the faults in menu planning brought out in the discussion.

III. Breakfast Dishes, Cereals

A. Discussion

- 1 - Report on home work
- 2 - Place of cereals in the diet; use to the body
- 3 - Importance of thorough cooking
- 4 - Whole vs finely milled cereals
- 5 - Cost ready-cooked vs home-cooked cereals
- 6 - Serving cereals (a) correct spoon (B) most pleasing dishes

B. Demonstration

- 1 - Whole grain Virginia wheat
- 2 - Moulded cereal with dates

C. Home work

- 1 - Prepare one of the cereals demonstrated
- 2 - Make one improvement in cereals commonly served at home, as advocated in day's meeting

- D. Illustrative material, samples of whole and highly milled cereals.

IV. Breakfast Dishes - Special Quick Breads

A. Discussion

- 1 - Report on home work
- 2 - Place of bread in the diet
- 3 - Importance of varying the kind of flour used
- 4 - Importance of thorough baking
- 5 - Correct way to serve and eat breakfast breads

B. Demonstration

- 1 - French toast
- 2 - Hop scotch or Graham muffins or popovers
- 3 - Waffles
- 4 - Score demonstrated products

- C. Home work (a) Prepare 2 breads as made in demonstration
- (b) Bring sample of bread to be judged at next meeting

V. Food for "The Very Young" - Vegetables

A. Discussion

- 1 - Judging breads brought by club members
- 2 - The general character of young children's food
- 3 - Importance of method of preparation
- 4 - Best foods for young children
- 5 - Relation of weight and food

B. Demonstration

- 1 - Cream of vegetable soups
- 2 - Strained vegetable, as peas, asparagus
- 3 - Spinach without water

C. Special literature

1 - Food Habits for Children - U. S. Department of Agriculture - Leaflet #42

D. Home work

- 1 - Prepare two of the foods demonstrated
- 2 - Weigh and measure the young children of the family or of a friend
- 3 - Start a weight chart for each child

VI. Food for "The Very Young" - Milk and Egg Dishes

A. Discussion

- 1 - Reports by women on height-weight of children
- 2 - Plans for women on following up improvement in children
- 3 - Important points in children's meals as: (a) regularity
- (b) agreement of parents on feeding policy for children
- 4 - Suitable foods for different ages

B. Demonstration

- 1 - Poached egg
- 2 - Cup or junket custard
- 3 - Sponge cake

C. Home work

Decide on the one improvement most needed in own children's food or food habits. Report this at next meeting. Begin at once to put into effect.

VII. School Meals

A. Discussion

- 1 - Report on home work
- 2 - Importance of school meals
 - (1) Number in a year; in a child's life
 - (2) Age of children
 - (3) Effect on physical and mental progress
- 3 - The packed lunch
 - (1) Necessary foods
 - (2) Containers
 - (3) Fittings
- 4 - The Hot dish - its importance and how to secure it

B. Demonstration

A Packed lunch

C. Home work

- 1 - Pack a model lunch and bring to next meeting
- 2 - Decide on the one most important improvement needed in own children's packed lunch. Report this at next meeting and put the improvement into practice at once.

D. Special literature

The School Lunch - Virginia Pub. #106

NOTE: If hot lunch is needed by the community - women should plan to start it. An extra meeting to discuss ways and means might be held. If it is needed, agent could give demonstration of dishes suitable for serving at school.

VIII. Table Service - Setting Table and Serving Informal Meal as Breakfast or Supper

A. Discussion

- 1 - Report on home work
- 2 - The foundation of table courtesy
- 3 - Linen, glass and china for informal breakfast, luncheon or supper
- 4 - The centre place
- 5 - Table courtesies

B. Demonstration

- 1 - Setting the table for an informal meal
- 2 - Serving an imaginary informal meal, definite menu used (or the women may make a club social of this and a real but simple meal be served; the food prepared and brought to meeting by club members)

C. Home work

Set an attractive table for one breakfast and one supper

NOTE: If women desire it a second meeting may be devoted to table service as outlined thus:

Table Service - Setting Table and Serving a Formal Meal as Dinner, Luncheon, Buffet Supper or Banquet

A. Discussion

- 1 - Linen, glass, china, for formal service
- 2 - The three forms of service
- 3 - Amount of silver to place on table
- 4 - Table courtesies

B. Demonstration

Setting table and serving an imaginary formal meal

C. Home work

The club serve a formal meal of some kind if this can be done, as a club activity.

IX. Dinner Salads

A. Discussion

- 1 - Report on home work
- 2 - Value of salads in the diet
- 3 - Success in salad making
- 4 - Kinds of salads and dressings to serve with different dinners
- 5 - Foundation salads; foundation dressings; how to vary

B. Demonstration

- 1 - One or two fruit salads
- 2 - One or two vegetable salads
- 3 - Two dressings

C. Home work

Prepare two or more salads

X. Main Dishes for Supper (applies as well to luncheon)

A. Discussion

- 1 - Report on home work
- 2 - General character of main dishes for supper
- 3 - Suggestive hot dishes; cold dishes suitable for supper
- 4 - Are the young children prepared for?

B. Demonstration

- 1 - Quick tomato rarebit
- 2 - Scalloped egg and potato dish
- 3 - Meat salad

C. Home

- 1 - Prepare 2 dishes demonstrated at meeting
- 2 - Decide on the one most important improvement needed in own family suppers. Put into effect. Report it at next meeting

XI. Food for the Over Weight; the Under Weight

A. Discussion

- 1 - Report on home work
- 2 - Introducing calories
- 3 - Weight vs food and exercise
- 4 - The fallibility of arguments based on one or two individual cases
- 5 - Danger of rapid reducing
- 6 - Foods suitable for persons reducing
- 7 - Foods suitable for persons building-up
- 8 - Resume of principles for planning meals

B. Demonstration

Exhibit of 100 calorie portions

C. Home work

St.-pt weight chart for self or other member of family

XII. Achievement Day

Suggestions: -

- 1 - Kona charts
- 2 - Presentation of prizes if club has been carrying on menu making contest
- 3 - Attractively set table for formal or informal meal
- 4 - Packed school lunches
- 5 - Story by member or leader of how club established or managed a one-dish hot lunch
- 6 - Story by members of their accomplishments in this club, such as changes made in home practices, improvements shown by members of family etc.

No. 10,308

November 1, 1929.

WHAT SHALL WE EAT TODAY?

For Use in the Project
The Family Meals

Women's Home Demonstration Clubs

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

WHAT SHALL WE EAT TODAY?

The Family Meals

"Tell me what you eat and I will tell you what you are"

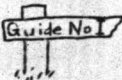
A vexing problem of the housekeeper is the ever-present question, "What shall we eat today?" This material is intended to give some help on the subject.

In well planned meals we find four things: First, certain groups of foods necessary for properly nourishing and protecting the body are represented in each day's meals; second, the foods are prepared by the most wholesome methods, since method of preparation affects to a large extent the digestion of the meals; third, the foods used are combined and served in a way to stimulate the appetite, that is, monotony of selection and service are avoided; fourth, each dish is as near perfection in taste as a good cook can make it, the best quality of ingredients used and expert care going into the preparation of the dishes.

This leaflet attempts to help largely from the standpoint of what should be served in order to keep the body in good running order. There are also suggestions which should lead to variety in meals.

PLANNING

Think farther than the next meal. Planning from one to three days in advance is better. Planning (1) Saves time and trouble. (2) Uses supplies and left overs to better advantage. (3) Brings variety into meals. (4) Results in meals being better planned from standpoint of nutrition.

THE ESSENTIALS IN OUTLINE FORMOutline No. I - One Day's Food

Each day's food should include:

- | | |
|--|---|
| I. Milk | One quart for the child; a pint, at least, for the adult. Served in foods or as a beverage. |
| II. Fruits | Twice daily. One raw and one cooked fruit is a good selection. |
| III. Vegetables | One leafy vegetable and two other vegetables besides potatoes, dried peas or beans. If one of the vegetables is a raw one, so much the better. Use tomatoes at least twice weekly. |
| IV. Meat, eggs, fish, fowl, game, cheese, dried peas and beans. Two or three servings a day selected from this list. | |
| V. Bread and Cereal | Use sufficient servings of breads, cereals, sweets, and fats to balance the energy needs. Active persons need more than those who are less active. At least twice a week serve bread and cereal made from whole grains. |
| VI. Sweets | Eat at the end of meals only. |
| VII. Fats and Oils | Use butter and cream in abundance. Crisp bacon and salad dressings are also desirable. Out-door workers can digest fat meat. |

Outline No. II - One Day's Food

These three classes of foods should be represented in each day's meals. For safety's sake have an extra amount of the protective foods and thereby get "health insurance." Use of the Virginia Food Score #3-248, stimulates interest in protective foods.

I. Building Foods	Proteins	Lean meat, eggs, dried peas and beans, cheese, milk.
	Minerals	Fruits, egg yolk, milk, green vegetables, leafy vegetables, outer coats of grains.
	Water	
II. Energy Giving Foods	Sugars and Starches	Bread, potatoes, cereals, sweets of all kinds.
	Fats	Butter, cream, salad oils, nuts.
	Proteins	
III. Protective Foods	Vitamins	Milk, butter, leafy vegetables, whole grains, citrus fruits, egg yolk.
	Minerals	
	Water	
	Vegetable Fibre	Fruits, outer coats of grains, such vegetables as celery, cabbage, turnip greens, etc.

Outline No. III - One Day's Food

Planning meals by courses is a help to many women

A. Breakfast

1. Fruit

May combine these two

{ 2. Cereal

{ 3. Main course

{ Eggs or meat or meat substitute
Bread, Butter
Beverage

If heavier meal is desired, add another hot dish, such as potatoes. Hot cakes should supplement, not replace, the main bread, such as toast.

B. Dinner

For simpler meal omit one or both of these

- 1. Beginning Course
- 2. Soup
- 3. Main Course
- 4. Salad
- 5. Dessert

Fruit cocktail or shellfish cocktail.

- 1. Meat or meat substitute or occasionally this course may be an all-vegetable one.
- 2. Potatoes, macaroni or rice.
- 3. Leafy vegetables (or this may be in the salad).
- 4. One or two green vegetables.
- 5. Bread.
- 6. Beverage (may be served at end of meal).

May combine these two in fruit salad, with whipped cream dressing.

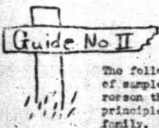
C. Supper

- 1. Main Course
- 2. Dessert

- 1. Eggs, cheese, meat, a salad, or similar dish.
- 2. Bread or cereal (as grits, hominy or rice) or both.
- 3. Vegetable-- if desired or needed. Depends on how hearty meal needs to be and how many vegetables were served at dinner. The dinner and supper together should furnish one leafy vegetable and two other vegetables besides potatoes, dried peas or beans.
- 4. Butter. Beverage.

Fruit should be in the supper menu unless it has been served twice during the day. It may be in either the dessert or the main course.

In winter months the first course might be a cream of vegetable soup. If there are young children in the family this soup, with perhaps an egg in some digestible form, could be the main part of their supper.



MENUS ILLUSTRATING CERTAIN POINTS

The following menus illustrate certain points: No collection of sample menus will fit many individual cases. For this reason the menus given here are intended to illustrate certain principles, not to be used as shown here by any particular family.

What is wrong with the menus in this column?

How are menus in this column an improvement over those in column one?

Menu I

Brook Ham	Gravy	
Fried potatoes	Biscuits	
	Coffee	
Roast pork	Macaroni and cheese	
White beans	Corn bread	
Hash	Creamed potatoes	
Spoon bread	Jam	Butter
	Coffee	

Menu I

Bacon	Scrambled eggs
Grits	Butter
	Whole wheat biscuits
Coffee	Milk
Roast pork	Apple sauce
White beans	Turnip greens
Corn bread	Buttermilk
Hash (with carrots and onion)	
	Creamed potatoes
	Toast
Fruit salad (canned fruit)	Butter
	Cocoa

Menu I is a hearty winter menu lacking in protective foods; it represents the "bread-meat-coffee" diet. Meat is served at all three meals. Small children not provided for at all. In column two note addition of milk, fruits and green vegetables, and substitution of eggs and bacon for ham at breakfast.

Menu II

	Cantaloupe	
Cream of wheat	Cream	
Soft cooked eggs	Muffins	Butter
Coffee		Milk
Fried chicken	Corn on cob	
Fresh butterbeans	Green peas	
Beets	Squash	Bread
Puree of peas	Toast strips	
Creamed chicken	Buttered onions	Butter
Biscuits		

Menu II

	Cantaloupe	
Shredded wheat	Cream or top milk	
Soft cooked eggs	Muffins	Butter
Coffee		Milk
Fried chicken	Corn on cob	
Fresh butterbeans	Spinach	Bread
Berry roll	Sauce	
Puree of peas	Toast strips	
Potato salad	Olive sandwiches	
Strawberry ice (house canned juice)		
Sponge cake	Milk	

The dinner of Menu II has several vegetables, all of one class. Chicken is served twice in one day. The supper is rather "hot" for a summer evening.

Menu III

	Apple sauce	
Ham and eggs	Grits	Gravy
Toast		Butter
Coffee		Milk
Roast beef	Gravy	Baked S. potatoes
Rice	Baked beans	Biscuits
	Potato salad	
Boiled custard		Cake
Cheese fondue		Nut bread
	Banana salad	
Strawberry jam		Bread
	Cocoa	

Menu III

	Apple sauce	
Bacon		Grits
Toast		Butter
Coffee		Milk
Roast beef	Gravy	Baked S. potatoes
Spinach		Fried
	Asparagus salad	
Jello		Cream
Cheese fondue		
Whole wheat biscuits		Butter
String beans, onion and lettuce salad		
Cocoa		Canned peaches

<u>Menu IV</u>			<u>Menu IV</u>		
Corn flakes	Crapos	Milk	Corn flakes	Crapos	Cream
Omelet	Toast	Milk	Omelet	Muffins	Butter
Coffee			Coffee		Milk
Broiled fish	Sliced on umbers		Broiled fish	Browned mash potatoes	
Stewed tomatoes	Okra		Stewed tomatoes	Fried Butter	
Lettuce salad	Bread		Cucumber and lettuce salad		
	Snow pudding		Green apple pie with cheese rubo		
Sliced tongue	Potato chips		Sliced tongue	Battered boots	
Tomato jelly salad	Bread		Tomato jelly salad	Fried Butter	
Peaches	Wafers		Cup custard	Caramel sauce	
			Wafers	Milk	

Comparing Menus III and IV, the first is heavy in nourishment, the second, light. In column two an effort is made to better balance the amount of nourishment for the two days.

Menu III has no leafy vegetable, the dinner has two kinds of potato. Notice also the amount of protein in one meal; roast beef, baked beans, boiled custard. Menu IV has cooked tomatoes twice in one day.

Where breakfast menus suit the majority of the family but are not hearty enough for the man working outdoors all day, one dish such as the following could be added for him: corn cakes and syrup; fried sweet potatoes; jam, marmalade or preserves; left over grits sliced, dipped in egg and fried; left over potato creamed or fried.

Having this outdoor worker in mind, cod fish balls or hash could be served at breakfast, with an egg prepared for the younger children. When grown people wish fried apples, the children could have baked apples or oranges, shouster and shredded wheat appeal to a man more than do cornflakes and they have the added value of being whole cereals.

DO AND DON'T IN MEAL PLANNING

1. Serve fewer dishes at a meal and have each one of best quality.
2. Have an eye to colors in even the plainest meal. If well used, they tempt the appetite and please the eye.
3. Serve meals on time.
4. Mix concentrated and bulky foods. Concentrated foods are: Cheese, eggs, dried peas, etc; bulky foods are: Leaves, fruits, celery, turnips, breads made from coarse flour.
5. Do not serve any one food such as tomato soup and sliced tomatoes twice in one meal.
6. Do not multiply dishes of one class such as rice, Irish potatoes, and breads. Tomatoes, celery, cucumbers, Chicken, meat salad, Cabbage, lettuce.
7. Do not have many foods difficult to digest in one meal or one day, such as pork, plum pudding, fried foods, etc.

MATERIAL FOR USE IN THE PROJECT
FOOD PREPARATION
WOMEN'S HOME DEMONSTRATION CLUBS

<u>Meetings</u>	<u>Subjects</u>	<u>Materials</u>
I	Vegetables - Winter Vegetables	Bulletin No. 80 - Ways of Using Vegetables and Fruits
II	" - Unusual Ways of Serving Ordinary Vegetables	
III	" and Fruits - Salads	
IV	Meats	Tender and Tough Cuts of Beef #6659 and 6806 Soup Making with Meat 6697 and 6843 Reducing the Expense for Meat in the Diet 6700 and 6844 Pork, Lamb, Fish 6701 and 6845 Meat Cutting 6703 and 6846 Meat Canning 6702 and 6847 Bulletin #95 "Meats"
V	Meats	
VI	Meats	
	Use any three of these six demonstrations: →	
VII	Elective	as Pressure Cooker Meals
VIII	"	or School Lunches
IX	Dishes for Social Affairs	Use any three of these four demonstrations: → Small Fancy Cakes Icing Entrees Frozen Desserts. Leaders Manual, Dishes for Social Affairs #9230 Bulletin #107, Dishes for Social Affairs
X	" " " "	
XI	" " " "	
XII	Achievement Suggestions:	
	1 - A Social Event	
	2 - Salad dressing contest	
	3 - Cake making contest	
	4 - Display of winter vegetables from members' gardens	
	5 - The wind up of contest "New vegetables I've learned to like and have grown this year in my garden."	

The outside page and
organization in this
manual prepared by
club department -
rest by specialist.

A MANUAL FOR LEADERS
OF THE
FOOD AND NUTRITION PROJECT

This manual is prepared for the use of leaders and agents as a guide in the organization and management of the food and nutrition project. It contains the explanation of the organization, methods of procedure, suggested programs, lists of literature for use of leaders and members, and instructions for enrolling and reporting the work of the club. It is suggested that all material relating to this project be kept in this folder.

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

ORGANIZATION AND DIRECTION OF
THE FOOD AND NUTRITION WORK
FOR 4-H CLUB MEMBERS

PLAN

The food and nutrition work for 4-H club members is planned to cover a period of three years, each embracing a separate phase. In this project special effort is made to arouse in the individual a realization of what it means to have a normal healthy body and how to maintain this body at its highest efficiency.

Not only is a personal appeal made to the individual whereby he may establish the proper food habits and the correct diet for himself but also that he may feel a responsibility for getting his family to follow the same good practices. This central thought predominates in the food and nutrition program. The three major phases are: Knowing and practicing better food habits, the selection, preparation and serving of foods in the three meals of the day, and the preservation of foods in order that adequate food may be provided for the entire year.

SUPERVISION

The county home demonstration agent organizes and supervises the project. She is responsible for securing and training local leaders. A local leader is absolutely necessary for the successful completion of each club project.

The home demonstration agent will be assisted by the specialists from time to time in the training of leaders. Leaders should attend each meeting and help the members in every way possible with the development of their projects, as well as in the furtherance of all activities of the club.

PROJECT DIVISIONS

The work is divided into three phases:

- "The Food For Health Club"
- "The Breakfast, Dinner, Supper Club."
- "The Food Preservation Club"

Each division is made up of discussions, demonstrations and home work. While it is recommended that the above order be followed, yet no one phase is a prerequisite of the other and in the discretion of the home demonstration agent the order may be changed so as to better meet the needs of the group.

NOTE - The "Better Food Club" may be conducted again this year on the same basis and according to the same plans as last year. It is suggested that it be carried on with the younger children and where the other phases cannot be so easily adapted. (See manual on "Better Food Club" No. 9354)

TIME

Each year's work is based on twelve monthly meetings, the year run from October 1st to October 1st, except the "Food Preservation Club" which should begin September 1st. Many clubs may find it necessary sometimes to have two meetings each month, while others with more time for each meeting will be able to complete the program with only the monthly meetings.

GENERAL REQUIREMENTS

- In order to be considered as completing the project each member must:
1. Follow instruction of home demonstration agent.
 2. Complete specific requirements for each year.
 3. Keep a record book.
 4. Appear on at least one club program.
 5. Attend not less than nine project meetings.
 6. Exhibit at community or county fairs.
 7. Take part in Achievement Day program.
 8. Take part in all club activities when called on. Give demonstration, enter contests, lead discussions, etc.

REQUIREMENTS - "FOOD FOR HEALTH CLUB"

AIM

The object of this club is to encourage girls and boys to improve their physical condition so that they can "Be their own best exhibit"

Some of the problems which this club will solve for club members are: "What to Eat," "How to prepare health insurance foods," "How to be easy and sure of oneself at a guest table," "How to attain good posture" - One thing which every girl and boy should be taught is the importance of keeping the inside of the body clean. This is emphasized in the "Food For Health" Club.

Since these problems are of importance to boys as well as girls it is desirable that boys be included in the club, in fact they should be urged to join.

SPECIFIC WORK

1. Try to "Be Your Own Best Exhibit."
2. Attend not less than nine project meetings, doing the required work for those nine meetings or making up an equivalent satisfactory to the agent.
3. Keep the food habit score for at least one month.
4. Check food and health records.

MONTHLY TOPICS - "FOOD FOR HEALTH CLUB"

Meeting	Month	Topics for Study
1st	October	Introductory Lesson
2nd	November	Fruits
3rd	December	Milk
4th	January	Milk and Fruits
5th	February	Whole Grains - Cereals
6th	March	Whole Grains - Quick Breads
7th	April	Whole Grains - Quick Breads
8th	May	Choosing a Day's Food Courtesy at Meal Time
9th	June	Leafy Vegetables
10th	July	Green Vegetables
11th	August	Taking Stock - A Club Party
12th	September	Achievement Day.

- 4 -

REQUIREMENTS - THE BREAKFAST, DINNER, SUPPER CLUB

AIM

In the Breakfast, Dinner, Supper Club a member is expected to help one person or one family to improve their food habits. This offers an excellent opportunity for a member to do a service to someone else and at the same time get or keep himself in good condition. For this part of the work, each one must choose a younger boy or girl from eight to fourteen years of age or choose his own family. This person or family will be his "demonstrator" and he will use all of the instruction and other aids secured in the club to improve the food habits of his "demonstrator". A child eight or over should be selected because the food and other material of the club is suited to them. If a younger child were used, much of this would need to be changed.

In addition to showing wholesome preparation of food, the special helps which club members can get in this club are "Counting Calories," "How Much to Eat," "What to do if Over Weight, or Under Weight," "How to Select Meats," "How to Serve a Company Meal" and "How to Manage the Various Pieces of Silver at Such a Meal." Social hours and Achievement Day form a part of the program.

Club members will be able to do better work in this club if they have had the "Food for Health Club", however, they can join this without first having the other.

SPECIFIC WORK

1. Select a "demonstrator" and try to improve him.
2. Have the "demonstrator" keep the food score.
3. Have the "demonstrator" check food and health records.
4. Try to improve self or, if in good condition, keep up to standard.
5. Attend at least nine meetings and do home work required of these meetings or the equivalent satisfactory to the home demonstration agent.

MONTHLY TOPICS - "THE BREAKFAST, DINNER, SUPPER CLUB"

Meeting	Month	Topic for Study
1st	October	Preliminary or Introductory meeting.
2nd	November	Breakfast - Eggs
3rd	December	Breakfast - Quick Breads
4th	January	Eoon Meal - Meat
5th	February	Eoon Meal - Meat
6th	March	Potatoes
7th	April	Desserts
8th	May	Yeast Breads
9th	June	Yeast Breads
10th	July	Supper - Salads
11th	August	Supper - Cake or Cookies
12th	September	Achievement Day

REQUIREMENTS - "FOOD PRESERVATION CLUB"

AIM

The main objective of this club is to show club girls and boys how to have better winter meals on the farm. Many farm families do not have enough fruits and vegetables during the winter. This club should help change that situation by showing how to have meals that contain as many fruits and vegetables as should be eaten daily for perfect health.

"How to Can" will be taught but it will be canning according to needs. Each member will make a simple canning plan suited to her family and will consider the provisions usually made by her family for winter needs.

Meats, fruits, vegetables and fruit juices will be canned. Jelly and preserves will be made. The use of canned products will be shown by preparing dishes for unexpected guests. The judging of canned products will be stressed. An Achievement Day will be held.

SPECIFIC WORK

1. Attend at least nine meetings and do the home work required of these meetings or the equivalent satisfactory to the home demonstration agent.
2. Keep food store one month
3. Make a canning plan.
4. Put up 75 containers.

MONTHLY TOPICS - "THE FOOD PRESERVATION CLUB"

Meeting	Month	Topic for Study
1st	September	Introductory Canning
2nd	October	Canning
3rd	November	Better Winter Meals
4th	December	Canning Meats
5th	January	Canning Meats
6th	February	Dishes for Unexpected Guests
7th	March	Pickles - Quality not Quantity
8th	April	Jelly from Canned Juice or Eggs in Water Glass and Party Refreshments from Canned Foods
9th	May	Preserves and Fruit Juice or Canned Pies
10th	June	Canning Fruits and Fruit Juice or Making Jam
11th	July	Canning Vegetables - Making Preserves
12th	August	Drying Vegetables or Fruits - Jelly Making or Judging and Selecting Canned Products for Fair or Canning Culls.
	September	Achievement Day

ORGANIZATION OF THE CLUB

Before a club may be organized in a community there must be a local club leader (adult or older club girl) and not less than five members of club age - ten to twenty years. Parents should be interested and interest and cooperation secured before a member begins work.

OFFICERS

In communities where the home improvement project is the only type of club work being conducted, the members should be organized into a club with the usual officers: president, vice-president, secretary-treasurer, reporter and song leader. Where a club is already organized, the members taking Food and Nutrition work should organize with a chairman and secretary.

MEETINGS

Meetings for Project instruction must be held at least monthly, as they will serve as the medium for all instruction of the project. No member should start work on any new phase of the project until she has been instructed at the club meeting by the leader or agent. As many additional meetings as desired may be held. Whenever possible the meetings should be held in the homes of the members.

Each meeting should have three divisions, namely: the business session, the special program of demonstration discussions etc. and the social features. Care should be taken to see that parliamentary procedure is followed at all meetings. Minutes of each meeting should be recorded in the secretary's minute book. Some clubs find it helpful to appoint a parliamentary critic for each meeting. The critic should be a member and her criticisms followed up by the leader.

ORDERS FOR CONDUCTING MEETINGS

<u>Business</u>	-	Call to order by president or chairman (standing) Roll call by secretary (sitting) Minutes of last meeting by secretary (standing) Report of committees Unfinished business New business
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<u>Special Program</u>	-	Reports and resume of preceding meeting Demonstrations Talks Discussions
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<u>Social Features</u>	-	Special games Songs Stunts Refreshments Adjournment
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PROGRAMS

At the beginning of the year very definite monthly progress with topics assigned should be worked out for each meeting of the year. The

accompanying suggestions for each month's program should make this very easy. Care should be taken to see that each member takes part in at least one program. Programs for each month may be made into little booklets. Each program should be read to the club a month in advance so that those who are on the program will have sufficient time to prepare it.

SOCIAL FEATURES

Appoint a social committee for each meeting. Give something special in the way of new games, songs, music appreciation, stunts, etc.

Hostesses may be appointed and occasionally light refreshments may be served. When the meetings are held in the home, time will be allowed for this. At least once a year have a party. Prepare for this in advance, discuss social customs in connection with the party.

Don't forget that it is the girl whom we want to reach and help. Use the project as a means to an end.

PROGRAM TOPICS

All of the topics suggested in the accompanying programs are not necessarily intended to be used at one meeting. Some clubs may wish to take two meetings to cover the subjects. They present the development of the project and the method of getting it over.

Discussion

IV	1 Report on home work.	Prepare and serve to members:	Prepare:
Milk	2 Description of dairy barn visited.	(1) Fruit cocktail or fruit salad	(1) Two milk dishes.
Salad	3 Check on how club members are eating.	or fruit float.	(2) Two fruit dishes.
Snacks	Check on health inventory.	(2) Ice cream or spanish cream.	
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V	1 Report on home work.	Prepare:	Prepare:
Whole grains:	2 How grains are prepared for our use.	(1) Oatmeal or wheatena breakfast	(1) Two whole grain
Cereals	Relative cost of home cooked and ready prepared breakfast foods. Amount of swelling done by cereals during cooking.	food.	breakfast foods.
		(2) Whole grain Virginia wheat	(2) Oat padding or
		breakfast food in pressure	cookies from whole
		cooker or brown rice pudding	grain.
		or oatmeal cookies for club party.	
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VI	1 Report on home work.	1 Measuring fats and dry materials	Make whole grain mix-
Whole grains:	2 Value of whole grains.	(review). Importance of careful meas-	ing four times.
Quick breads:	3 Managing the oven - tests for heat, quarters for baking.	uring.	
		2 Prepare whole wheat or corn muffins.	
<hr/>			
VII	1 Report on home work.	Prepare:	Make whole grain bis-
Whole grains:	2 Importance of well baked bread. How to	(1) Whole wheat or Graham biscuits	uits four times.
Quick breads:	secure it:		
	3 Importance of regular bowel movements.		
	How this may be attained.		
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VIII	1 Report on home work.	1 Check on health inventory.	1 Plan 2 days' menus for
Choosing a	2 Foods needed in one day.	2 Check on how well member is eating:	normal club member.
day's food.	3 Building meals from these foods.	3 Table courtesy.	2 Alter these to suit
Courtesy at	4 Desirable food habits.		member who is 10% under
meal time.			weight or 15% over weight
			or who has sluggish bowels.

Subject	Der.	Back
IX : 1 Report on home work. Leafy Vegetables : 2 What leafy vegetables do for us. Leafy vegetables eaten raw - eaten cooked. Why cook in small amount of water? Why dress tomatoes and asparagus as leafy vegetable?	Prepare: (1) Spinach or turnip greens or crained cabbage. (2) Lettuce salad.	1 Prepare three leafy vegetable dishes. 2 List in record book "Vegetables I like."
X : 1 Report on home work. Green Vegetables : 2 Why vegetables are good food. No. needed each day. Examples of vegetables eaten raw -- eaten cooked. Vegetables that I like. 3 Plan refreshments for meeting XI. (Refreshments to be brought prepared)	Prepare: (1) Scalloped tomatoes or tomato salad. (2) Battered beets, carrots or asparagus.	1 Prepare three vegetable dishes. 2 List in record book "Vegetables I Wish to Eat."
XI : 1 Report on home work. Taking Stock : 2 Accomplishments of club members; Club Party : 100% physical condition maintained - proper weight for height, correct posture, daily bowel movement etc. 100% physical condition achieved. 100% food habits maintained. 100% food habits reached. 3 Goals yet to be reached. 4 outstanding changes in food habits made by members or their families. 5 Social hour.		
XII : Suggestions: Achievement Day : 1 Achievements of club, by leader. 2 Appreciation of club, by parent. 3 Exhibit, Rat feeding demonstration or pictures and description of rat feeding demonstration carried on earlier 4 Achievements of individual club members. 5 "Moving picture" made by club members, illustrating fact "Good Makes a Difference." 6 Food Preparation demonstration.	in the year -- how results apply to girls and boys.	

Program	Discussion	Demonstration	Home Work
I	<p>1 Health - Desirability of health. How to secure it. What do club members wish to learn about being healthy? pictures of animals fed for experiments.</p> <p>2 Plan for rat feeding demonstration (if this is to be used)</p> <p>3 Club members choose persons to be influenced in food habits (their "demonstrators")</p> <p>4 Plan for club uniform. Plan for securing supplies for demonstrations.</p>	<p>1 How to keep a food score.</p> <p>2 Correct posture. Club member is to pass on this information to his "demonstrator" and get his "demonstrator" to pass the information into practice. If club member kept food score last year, it is not necessary to do it again. Instead he might keep a weight chart.</p>	<p>1 Start "demonstrator" keeping a food score.</p> <p>2 Check in record book "demonstrator's" present physical condition.</p>
II	<p>1 Report on home work.</p> <p>2 Start the day right with a good breakfast.</p> <p>Eggs : What a good breakfast includes. The best point about my home breakfasts. What I would like most to change about my home breakfasts.</p> <p>3 Proper temperature for cooking eggs. Why? What eggs furnish the body.</p>	<p>Prepare:</p> <p>(1) Soft cooked eggs.</p> <p>(2) Scrambled eggs.</p> <p>(3) Omelet.</p>	<p>1 Cook eggs three times.</p> <p>2 Find what "demonstrator" eats for breakfast.</p>
III	<p>1 Report on home work.</p> <p>2 Amount of food a person needs for breakfast. Measuring energy from foods. Illustrate with tray of 100 calorie portions using two or three foods commonly eaten for breakfast. Number calories needed for breakfast.</p> <p>3 Changing calories if over-weight - if under-weight.</p> <p>4 What does whole grain flour do for us that white flour does not?</p>	<p>Prepare:</p> <p>(1) Hop doodle or popovers.</p> <p>(2) Setting the table for breakfast. Use of mats and of dessert spoon for cereals. Managing the cocoa cup and spoon.</p> <p>(This month's demonstration may be given by two or more persons. While one prepares bread, another may set table. If members bring prepared fruit and butter from home they may serve themselves a simple breakfast.)</p> <p><u>Social Hour:</u> Serving the breakfast as suggested.</p>	<p>1 List the things you do from time you get up until noon.</p> <p>2 Plan, prepare and serve a simple breakfast to the family.</p>

Discussion

IV	1 Report on home work.	1 Show tray of 100 caloric portions,	1 Prepare story or
The Noon Meal.	2 Find whether each club member needs few calories for breakfast as indicated by their activities.	two or three foods commonly used for dinner.	stock case.
Meat	3 Check on health scores of club members and "demonstrators."	2 Prepare:	2 Figure number of calories eaten a day by demonstrator and by self.
	4 What special work does meat do for us? Where is the nourishment in meat found? How shall we cook meat so as to retain the nourishment?	Beef steck (each started only by appointed club members finished during demonstration.)	
V	1 Report on home work.	Prepare:	1 Prepare two meat dishes.
Noon Meal	2 Average number calories needed for noon meal.	(1) Meat soup, as Vegetable or Turkish pie, or beef, leaf and tomato sauce.	2 List good and poor points in home dinner of two days or in two dinners of "demonstrator."
Meat	3 What the noon meal should include.		
	4 Planning a company dinner. How to lay a cover for dinner.		
VI	1 Report on home work.	Prepare:	1 Prepare three potato dishes.
Potatoes	2 What potatoes contain. What potatoes do for the body. Place of potatoes in the diet. How to cook so as to retain the mineral. What mother does with the water in which vegetables are cooked? Should potato water be saved?	(1) Candied potatoes. (2) Scalloped potatoes. (3) Baked Irish potatoes. (4) Creamed potatoes.	
VII	1 Report on home work.	Prepare:	1 Prepare two desserts for family.
Desserts	2 Planning a simple home meal.	(1) Pineapple sherbet or strawberry ice.	
	3 My dinner at school - Is any of it hot? Any vegetable or fruit in it? - Any milk? Does this club need improved school dinners?	(2) Chocolate pudding.	
	4 Good and weak points in dinners of my "demonstrator."		
	5 How to manage soup spoon and knife and fork.		
	6 Place of sweets in the daily food.		

NOTES: Program "Potatoes" and "Desserts" may be combined or may be omitted and program VII be a party given to the club "demonstrators." If this should be done the home work for club members should be listing courtesies or discourtesies observed.

Sub set

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Home Work

VIII	:	1 Report on home work.	:	Rolls. Experiment to show effect of	:	Make rolls twice.
Yeast	:	2 Check health score of club members and	:	heat and cold on yeast. Judging rolls.	:	
Breads	:	demonstrators.	:		:	
	:	3 What is yeast? What does it need for	:		:	
	:	growth? Kinds of yeast.	:		:	
	:	4 Tests in making bread.	:		:	

IX	:	1 Report on home work.	:	Prepare:	:	1 Make rolls twice.
Yeast	:	2 Over-weight - under-weight. How remedy?	:	(1) Whole wheat or Graham rolls.	:	2 Find what "demon-
Breads	:	The seriousness of dieting to reduce. Suitable	:	(2) Cinnamon rolls. Judging breads.	:	strator" eats for
	:	foods for reducing, for adding weight.	:		:	supper.
	:	3 Importance of thorough baking of bread.	:		:	3 Eat one day's
	:	Tests when bread is baked. Length of time for	:		:	meal's for an over-
	:	baking rolls, loaves, etc.	:		:	weight person or an
	:		:		:	under-weight person.

X	:	1 Report on home work.	:	1 Experiment to show presence of iron	:	1 Prepare two salads
Supper	:	2 What should be included in a supper. No.	:	in greens.	:	2 Check up on con-
Salads	:	of calories needed at supper. Good and poor	:	2 Prepare two or three vegetables or	:	dition and progress
	:	points in my demonstrator's supper.	:	fruit salads.	:	of demonstrator.
	:	3 Value of fruits and vegetables in the diet.	:	3 <u>Social Hour</u> ; Serve salad course.	:	
	:	What they do for us. Variety in serving. Ease	:		:	
	:	of preparation. Importance of laxative foods.	:		:	

XI	:	1 Report on home work.	:	Prepare:	:	Prepare work assign-
Supper	:	2 Report of progress of one or two "demonstra-	:	Cookies or muffin cakes.	:	ed for afternoon tea
Cake or	:	tors" or of club members.	:		:	to be served at meet-
Cookies	:	3 Check all health and food habits scores.	:		:	ing XI as, make cooky
	:	4 How to have an afternoon tea - The table -	:		:	ies or cake, collect
	:	The service - Menu - Courtesies.	:		:	silver etc.

Discussion

- XIII : Suggestions.
 Achievement : 1 Exhibit - (1) yeast breads. Cookies, etc.
 (2) menu charts.
 (3) the "demonstrator."
 2 Achievements of club, by leader.
 3 Appreciation of club, by parent.
 4 Appreciation of club, by a "demonstrator."
 5 Achievements of individual members and their "demonstrators."
 6 Tea served.

FOOD PRESERVATION CLUB - CANNING FOR BETTER WINTER MEALS

Number and Subject	Discussion	Demonstration	Home Work
I	1 Equipment.	1 Test rubbers. Examine and compare canners.	Can: (1) four jars
September	2 Why foods spoil. Affect on bacteria.	2 Can tomatoes.	tomatoes.
Introductory	3 Plan for club members to cook down tomatoes for soup mixture.	3 Make grape juice to use for jelly.	(2) one jar or bottle grape juice or
Canning.		4 Put vegetable in brine to be used later for pickles (cucumbers, green tomatoes, or green peppers.)	put one qt. vegetables in brine.
II	1 Report on home work.	Can:	Can four jars soup
October	2 How to keep foods - (1) sterilization	(1) soup mixture.	mixture.
Commise	(2) sealing air tight.	(2) apple sauce or apple juice for jelly.	
	3 Cause of spoilage that has occurred this summer in homes of club members.		
	4 Plan for the club to buy a pressure cooker.		

Demonstration

III	1 Report on home work.	1 Judging soup mixture and juice.	1 Making canning plan for
November	2 Value of protective foods. Protective foods in winter versus spring tonics. Pictures of animals with and without protective foods in their diet.	2 How to make a canning plan. Adopting the plan to different size families.	own family. Include statement of what family has ready for winter as garden, number canned vegetables, etc.
Better Winter Meals.	3 What is in my home garden for winter. How to store vegetables in hills.		
IV	1 Report on home work.	Can pork (spare ribs or sausage or ham) packing a Christmas package of canned products.	Can four jars pork in pressure cooker or pack one Christmas package.
December	2 Home canning plans of club members.		
Canning	3 Importance of distributing pork eating over the year.		
Meat	4 Importance of high heat for canning meat.		
	5 Selecting canned products for Christmas packages.		
V	1 Report on home work.	1 Can chicken.	Can two jars chicken in pressure cooker.
January	2 Canning raw and cooked meat. Testing canned meats before eating.	2 Judging canned meats.	
Canning			
Meat	3 Value and uses of pressure cooker.		
VI	1 Report on home work.	1 Prepare;	Help club serve meal or party refreshments of canned products to guests or prepare;
February	2 Emergency supplies, canned meats, vegetables, fruits.	(1) Creamed chicken in bread boxes.	(1) canned-meat dish
unexpected	3 The best emergency dish I've prepared.	(2) Cream of vegetable soup, solid or fruit ice.	(2) cream of vegetable soup
guests		2 Serve emergency at 1.	(3) fruit dish or drink

Discussion

Preparation

VII	: 1 Report on home work.	: 1 Prepare relish or sliced cucumber	: 1 Make one pt.
March	: 2 Place of pickles in the diet.	: pickle.	: of pickles.
Pickles	: 3 Table service of pickles.	: 2 Judging pickles [use sandwich, pick-	: 2 List early
Quality not	: (1) Courses then served.	: les and chopped meat, or pickles and	: spring things
quantity	: (2) Proper dish and silver.	: chopped egg]	: family has done
:	: (3) How to help one's self	:	: or is doing to
:	:	:	: avoid the bread
:	:	:	: /meat, coffee diet.
VIII	: 1 Report on home work.	: Jelly making or preserving eggs or	: 1 Make two glasses
April	: 2 Pectin test.	: preparing stuffed cherry or tomato salad	: jelly or put up one
1 Jelly from	: 3 Second extraction.	: with sandwiches.	: qt. eggs in water
canned juice or:	:	:	: glass or prepare
2 Eggs in	:	: salad from canned fruit or vegetables.	:
water glass and:	:	: 2 Look over canning plan and get ready to work on needed	:
party refresh-	:	: supply of canned products using the first fruits and vege-	:
ments from can-	:	: tables that come into season.	:
ned products.	:	:	:
IX	: 1 Report on home work.	: 1 Make:	: 1 Make three pints
May	: 2 Points of good jelly.	: (1) Strawberry preserves.	: strawberry preserves
Preserves and	: 3 Comparison of preserves and canned pro-	: (2) Strawberry juice.	: and two pints straw-
fruit juice	: ducts. Syrup for preserves - method of	: 2 Judge jelly.	: berry juice.
or canned peas	: making.	:	:
X	: 1 Report on home work.	: 1 Can berries, peaches.	: 1 Can six quarts
June	: 2 Canning according to plan or needs. How	: 2 Can blackberry juice or make black-	: fruit and two pts.
Canning fruits	: much of my family's canning has been done to	: berry jam.	: juice or make two
and fruit	: date.	:	: pts. jam.
Juice or mak-	: 3 Why use low temperature for fruit juices.	:	:
ing jam.	:	:	:

Jan.	Discussion	Notes	Home
XI	1 Report on home work.	1 Can beans or corn or greens.	1 Can twelve quarts
July	2 Hot water canning, one period, and inter-	2 Can beets or carrots or okra.	vegetables.
Canning vege-	mittent processing.	3 Make preserves.	2 Make two pints
tables.	3 Steam pressure canning necessity for high		preserves.
'aking pre-	heat in canning starchy vegetables.		
erves			
XII	1 Conditions for drying fruits and vegetables.	1 Dry corn or peaches.	1 Dry $\frac{1}{2}$ lb. fruit or
August	2 Judging canned products or Conditions for	2 Make grape or apple jelly or can	vegetables. Make
1 Drying vege-	success in jelly making.	1 poultry calls.	four glasses jelly
tables or			or can four pints
fruits.			chicken.
2 Jelly making or Judging and selecting canned products for fair or canning calls./			

- September : Suggestions:
- Achievement : 1 Exhibit - (1) canned products.
(2) the canned products of one family on budget plan.
(3) Christmas packet of canned products.
(4) soup mixture canned for the winter's school lunch.
- 2 Report number pressure cookers bought in community.
3 Canning - Judging contest.
4 Demonstration by team.
5 Supper of canned products.
6 Achievements of the club, by leader. Appreciation of work of club, by parent.

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September 30, 1929

BUILDING BODIES

for use in

Food for Health Club

for Girls and Boys

Mary E. McGowan
Food and Nutrition Specialist

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

Feed and Our Bodies

How many boys and girls have these marks of a well nourished body?

Alert, happy expression
Erect posture
Glossy, abundant hair
Clean tongue and sweet breath
Suitable weight for height and age considering type of build
Endurance
Bodily repose or freedom from constant, unnecessary activity

Food, rest, good posture, and outdoor exercise are very important in building a healthy body. A calf or pig or any young animal must be allowed exercise if it is to be healthy. On the other hand if it is kept exercising without sufficient rest, it will not grow properly. Club boys and girls need outdoor exercise but they need from nine to twelve hours of rest and sleep out of every twenty-four hours.

Decayed teeth, diseased tonsils and adenoids prevent perfect health. Every club member should have a physical examination to find what condition he is in and if there are defects try to remove them. Then he will be free to develop into a healthy, happy boy or girl.

One of the big aids in building health is good posture. For posture pictures see Bulletin No. 165 "Posture Standards" Children's Bureau, U. S. Department of Labor, Washington D. C. Good nutrition is dependent on good posture and good posture cannot be maintained without good nutrition. The two must go together.

Of all the things making for health, food is probably the most important. The work of this club is to help girls and boys learn what and how to eat.

"All of us eat" says Dr. Eddy of Columbia University. "We are well or ill in proportion as our food selection is sound or faulty." "It becomes worthwhile to learn what to eat," he says.

What do you put into an automobile to make it run? Gas makes a car run and gives it power to haul heavy loads or to do other work. Could you use kerosene as well? No. Gas has been found to be best suited for this purpose. Do you ever think about what you put into your body for it to run on and work on? Ought we to put in what is best suited to the needs of the body or shall we put in just what we like best? If we eat only what we wish then we are the sort of person who would put kerosene into an automobile, if we happen to like the odor of it better than the odor of gasoline!

What else do we put into an automobile? (water and oil) What purpose do these serve? Are they for speed and work? No, for protection against heat, rust, etc.

We have the same thing in feeding our bodies. Some foods give us energy, some give protection. Protection against such things as certain diseases, too early wearing out of the body as a whole or too early wearing out of parts of the body, as teeth, nerves, etc.

Besides protecting us and giving us energy there is one other thing which food does for us. Can anyone mention it? (Growth and repair of bodies.)

You expect to grow, do you not? What gives you power to grow? (certain foods you eat) If you burn out the bearings of your Ford or if you wear out a bolt in your Chevrolet, will putting gas in the tank repair them? Our bodies are constantly wearing out. They are being built up again by the food we eat. Think what a wonderful arrangement and plan that is! Ought not we to study the needs of our bodies and try to take intelligent care of them?

Look at your food score. The foods mentioned there are protective foods. We do not mention white bread or meat though they are good foods. You are almost sure to eat enough of them and of sweets, but you may neglect the protective foods. If you do not put gas into your car no harm is done. It merely does not run. But if you forget oil and water damage to the car results. Do you eat protective foods every day?

At what time of the year are protective foods scarcest, particularly in rural homes? Since there are lots of vegetables, fruits and milk in summer we need not worry over you getting them at that season but in winter orchards are bare, gardens bare, and cows dry. During those months many people live on a bread - meat - coffee diet and when spring comes they must have a "spring tonic." If we use liberal amounts of vegetables, fruits and milk in winter we will need no spring tonic!

In this club we want you to strive particularly to eat sufficient protective foods every day every month in the year. During the winter months you must make special efforts to get protective foods. How much chance will you have to eat as the food score suggests every day during this coming winter?

Suggestions for public demonstration by club member:

- 1 - How to stand or sit correctly.
- 2 - How to measure dry and liquid materials and fats.

Fruit

Fruits in any form are worth much to the body. They help to build the body and keep it in good condition; they help protect the body and one of the best services they do for us is to help keep the inside of the body clean. The acids and the bulky frame work of fruits have a laxative effect on the system. Grate an apple and squeeze through cheesecloth. The large amounts of frame work and of water are easily seen.

Because fruits are appetizing it is usual to serve some sort of fruit for breakfast as a starter for the day. This may be fresh, canned, or cooked fruit. Grapes, peaches, figs, strawberries, oranges, grapefruit, cantaloupe, and honey dew melon are particularly appetizing served fresh. Another wholesome way in which fruit may be served is in the form of ices, sherbets, or ice cream.

As a beginning course at a company meal serve strawberries, a half of grape fruit or cantaloupe, or a piece of honey dew melon; or a fruit cocktail may be served. This is merely a mixture of two or three fresh fruit such as oranges, grapefruit, banana, pineapple, strawberries, apple, cut in pieces and served in a long stemmed glass or in a glass custard cup. A bit of sugar is added.

Fruit drinks are very popular for party refreshments. The tinkle of ice in the glass, the attractive colors and the appetizing qualities of the juices combined with the ease of preparation and serving cause fruit drinks to appeal to both adults and juniors.

Fruit juices should be canned as each fruit comes into season. With a variety of juices on hand, lemons, a few cans of grated pineapple and some sugar-syrup fruit drinks can be quickly and easily prepared even on short notice. They should be served from a punch bowl or in tall glasses, each one set on a small plate. A mat between glass and plate helps to prevent slipping and noise. Small cakes, cookies, or wafers should be served with the drink.

Fruit drinks, with or without ice, make a delicious last course for supper or dinner, at any season of the year.

A good rule to follow is to eat fruit twice a day; as much fresh fruit as possible, finishing out with canned, and cooked fruit. In Virginia with its abundance of apples children should have little trouble getting fruit to eat every day.

Suggestions for public demonstrations by club members:

- 1 - Make fruit drinks.
- 2 - Serve a fruit drink to the group.

Fruit Recipes

Lemon Ice

1 quart water 4 large lemons
1½ pounds sugar 1 orange

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

Strawberry Ice

1½ cups sugar 2 cups strawberry juice
4 cups water 1 tablespoon lemon juice

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

Lemonade

½ cupful lemon juice 1 quart water
1 cupful sugar

One way - Mix lemon juice and sugar, add the water, and stir until the sugar dissolves, strain and ice.

The best way - Have the water boiling, pour it on to the lemon juice and sugar, strain, and, when cold, ice.

Strawberry Punch

Wash 1 quart strawberries, add 2 oranges cut in pieces, ½ pineapple cut, the juice of 1 lemon and 2 cups sugar cooked in 5 cups water. Cool, pour into pitcher containing cracked ice. Add a dozen strawberries cut in halves.

Grape Juice Punch

1 quart grape juice 1 pt. boiling water
Juice of 2 lemons 1 cup sugar

Boil sugar and water together three minutes. Cool. Combine ingredients, add ice and serve.

Baked Apples

Wipe and core sour apples. Put in a baking-dish, and fill cavities with sugar and spice and tiny piece of butter. Allow one-half cup sugar and one-fourth teaspoon cinnamon or nutmeg to sixteen apples. If nutmeg is used, a few drops lemon juice and few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water, and bake in a hot oven until soft, basting often with syrup in dish. Serve hot or

cold with cream. Many prefer to pare apples before baking. When this is done, core before paring, that fruit may keep in shape. In the fall, when apples are at their best, do not add spices to apples, as their flavor cannot be improved; but towards spring they become somewhat tasteless, and spice is an improvement.

Baked Pears

Wipe, quarter, and core pears. Put in a deep pudding-dish, sprinkle with sugar or add a small quantity of molasses, then add water to prevent pears from burning. Cover, and cook two or three hours in a very slow oven. Small pears may be baked whole. Sliced pears are delicious when baked.

Baked Bananas

Remove skins from six bananas and cut in halves lengthwise. Put in a shallow granite pan or on an old platter. Mix two tablespoons melted butter, one-third cup sugar, and two tablespoons lemon juice. Bake bananas with one-half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

Apple Sauce

Prepare four apples, as for stewing. Put them into a saucepan with enough water to keep them from burning, and one cupful of sugar to six or eight apples. Cook till the apple is very soft, stirring or basting to make it smooth. If the apples lack flavor, cook an inch of stick cinnamon or five or six cloves with them.

Rhubarb Sauce

Cut off the leaves. Wash the stalks, and cut them into one-inch lengths. To each pint of rhubarb add one cupful of sugar, and cook it in a double boiler till soft. Add more sugar if it tastes too sour. Do not stir it. The pieces of rhubarb should be unbroken.

Dried Fruit Sauce

Soak dried fruit over night in water to cover. Cook covered until soft. Put through ricer then sweeten to taste with sugar. Cook few minutes longer then serve. Prunes, apples, peaches, are nice dried fruits to use.

Milk

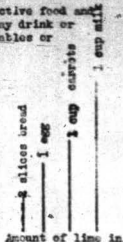
"Milk will carry you from high chair, through high school to high places."

Milk is one of our most valuable foods, particularly as a protective food and a building food. Every child needs one quart a day. This he may drink or take in the form of soups, custards, creamed or scalloped vegetables or creamed meats.

"The Milk Way is the Health Way."

Use milk

- to grow
- to keep well. Coffee and tea are harmful to young people, milk is for health insurance.
- to get lime for tooth and bones
- to get body building material such as eggs and meat contain
- to get energy material for work and play



Milk is an all-around food; it contains some of all the classes of food stuffs needed for health. Do you get one quart a day?

Be a milk fed boy or girl.

Special care must be taken of milk because bacteria grow very rapidly in it. To keep down their growth take special care of milk. Keep milk clean and cool. Cows, milking burns, hands, and clothing of milkers, milk vessels, everything that comes in contact with the milk must be scrupulously clean. Visit a model dairy farm and see if you can get some suggestions for improvements in the way you care for milk.

Milk must be cooked at low heat and any dish made principally of milk must be cooked in that way. If this is not done one of the substances in milk stiffens and separates from the rest of the milk. This substance acts like white of egg when heated. It is the same substance as in white of egg. Custards cooked at too high heat become watery.

Suggestions for public demonstrations by club members:

- 1 - Make a milk drink.
- 2 - Effect of the high temperature on milk.
- 3 - Why milk glasses are washed in cool than in hot water.
- 4 - The food habits of our club members.

Milk Recipes

Cup Custard

Scalded milk - 1 quart Sugar - 1 cup
Eggs 4 - 6 Salt - 1 teaspoon

Beat eggs slightly, beat in the sugar and salt, then slowly, the hot milk. When the sugar has dissolved, pour into cups (about six) and grate a little nutmeg over each cup. Set the cups in a pan of hot water, and bake in a moderate oven until a pointed knife inserted in the custard comes clean. Do not let the water in the pan boil.

Caramel Sauce

Caramelize 1 cup sugar - stirring constantly until light brown in color; add $\frac{1}{2}$ cup boiling water slowly. Heat until all lumps disappear.

Soft Custard

(Often called "Boiled" Custard)

Milk - 1 quart Flour - 2 tablespoons
Sugar 1 cup Vanilla 1 teaspoon
Eggs - 5

Scald milk, beat the eggs slightly, beat into them the sugar and salt, and stir in slowly the hot milk. Pour into a double boiler and cook, stirring constantly, until the custard is thick enough to coat the spoon. Strain at once through a fine strainer into a cold pitcher. When cool, stir in the vanilla, and pour into a glass dish or glass custard cups for serving. If the custard cooks a moment too long it will curdle.

Ice Cream

(Vary the flavor and use as foundation of different creams)

Milk - 1 pint Flour 2 tablespoons
Sugar 1 cup Eggs 2
Cream 1 pint

Scald the milk; mix together the sugar, flour and egg yolks slightly beaten. Add slowly the scalded milk. Fold in the whites beaten stiff. Cook over hot water-stirring almost constantly, until the custard will coat the spoon. Strain through fine strainer. When cold - flavoring and cream and freeze.

This may be made with three eggs and 1 quart of milk instead of milk and cream but even a cup of cream is a great improvement.

Flavoring

Vanilla Cream 1 tablespoon vanilla
Chocolate Cream 4 oz. unsweetened chocolate melted. Add to mixture of sugar flour and egg yolks before adding the scalded milk.

Caramel Cream

$\frac{1}{2}$ cup sugar caramelized. Add $\frac{1}{2}$ cup boiling water; let simmer until sugar dissolves. Cool and add to mixture of sugar, flour and egg yolks.

Strawberry Cream

1 box berries crushed. Add when custard is half frozen.

Peach Cream

1 quart peaches, pared, crushed. Add when the custard is half-frozen.

Spanish Cream

1 T. granulated gelatin	$\frac{1}{2}$ cup sugar (scant)
3 cups milk	$\frac{1}{2}$ teaspoon salt
3 egg whites	1 teaspoon vanilla
3 egg yolks	

Soak milk with gelatin, add sugar, pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly; remove from range, add salt, flavoring, and whites of eggs beaten stiff. Turn into individual moulds, first dipped in cold water, and chill; serve with cream. More gelatin will be required if large moulds are used.

Milk Toast

4 - 6 slices of toast	1 pt. milk
3 T. butter	$\frac{1}{2}$ t. salt

Soak the milk, add the butter, let melt. Then add salt. Dip each piece of toast into the hot milk, then quickly place in a hot dish. Pour remaining milk over the toast.

Milk Beverages

Cocoa - Use 1 pint milk, 1 pint boiling water, 2 $\frac{1}{2}$ T. prepared cocoa, and 2 to 4 T. sugar. Mix the cocoa and sugar in a saucupan; stir in the water gradually, and boil five minutes; add the milk and heat two minutes longer, or until smooth and free from any raw taste. While heating, beat well with a Dover egg-beater to prevent albuminous skins from forming.

4-H Club Cup - Put in a fruit jar some crushed ice, 2 cups whole milk, 6 tablespoons crushed strawberries (sprinkle berries with sugar, heat gently and mash) Shake well. Pour into three thin glasses. Top each glass with a tablespoon of whipped cream sweetened and on this place a four leaf clover made from a green gum drop.

Chocolate Milk Shake - Use 1 glass milk, 2 T. chocolate syrup, crushed ice. Put ingredients into a pint fruit jar or a milk shaker. Shake vigorously. A spoonful of ice cream may be added if desired.

Chocolate Syrup - Use 3 squares of chocolate, 1 $\frac{1}{3}$ cups sugar, 1/16 teaspoon salt, 1 $\frac{1}{4}$ cup boiling water. Melt chocolate over hot water, add sugar and salt. Mix, add boiling water gradually stirring all the time. When smooth boil gently for five minutes. Put in jar and keep cool.

Jerry Juice - Make milk shake using Jersey milk, ice and a bit of cocoa paste (Cocoa, sugar, small amount of water cooked together) Shake well in fruit jar.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
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FOOD HABITS

Place figure or words in proper column to show how you eat

		Meetings				
		I	IV	VIII	XI	
	7 days	:	:	:	:	
	3 "	:	:	:	:	
How many days weekly do you eat leafy vegetables?	2 "	:	:	:	:	
	1 "	:	:	:	:	
	0 "	:	:	:	:	
	7 "	:	:	:	:	
	3 "	:	:	:	:	
How many days weekly do you eat whole grain cereal or whole grain bread?	2 "	:	:	:	:	
	1 "	:	:	:	:	
	0 "	:	:	:	:	
	3 or 4 "	:	:	:	:	
How many vegetables other than potatoes do you eat daily?	2 "	:	:	:	:	
	1 "	:	:	:	:	
	0 "	:	:	:	:	
	2 "	:	:	:	:	
How many fruits do you eat daily?	1 "	:	:	:	:	
	0 "	:	:	:	:	
	4 "	:	:	:	:	
	3 "	:	:	:	:	
How many glasses of milk do you drink daily?	2 "	:	:	:	:	
	1 "	:	:	:	:	
	0 "	:	:	:	:	
	6 "	:	:	:	:	
How many glasses of water do you drink daily?	4 "	:	:	:	:	
	3 "	:	:	:	:	
	2 "	:	:	:	:	
	3 "	:	:	:	:	
How many cups of tea or coffee do you drink daily?	2 "	:	:	:	:	
	1 "	:	:	:	:	
		:	:	:	:	
How often do you eat candy between meals?	Frequently	:	:	:	:	
	Sometimes	:	:	:	:	
	Not at all	:	:	:	:	
		:	:	:	:	
	1 "	:	:	:	:	
	2 "	:	:	:	:	
How many leafy vegetables do you like?	3 "	:	:	:	:	
	4 "	:	:	:	:	
	5 "	:	:	:	:	
	6 "	:	:	:	:	
		:	:	:	:	
How many green vegetables do you like?	3 "	:	:	:	:	
Green vegetables include: corn, green peas, tomatoes, beets, okra, snap beans, onions, etc.	4 "	:	:	:	:	
	5 "	:	:	:	:	
Is bowel elimination regular? Yes - No.	6 "	:	:	:	:	

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HEALTH INVENTORY

Credits:		1st	2nd	3rd	4th
		check	check	check	check
20	Average weight for height and age (from 7% below to 20% above average)				
10	Good posture standing and sitting				
6	Healthy throat				
6	Normal breathing passages				
6	Normal vision				
10	Sound well-kept teeth				
10	Normal bowels				
6	Glossy hair, well arranged				
6	Clear skin, good color in cheeks and lips				
10	Health appearance, -				
	(2) Radiating good health and cheerfulness				
	(2) Has happy expression of mouth				
	(2) Self control and poise maintained				
	(2) Voice is well placed and pleasing				
10	Health care, -				
	(2) Brush teeth twice daily				
	(2) Play out of doors daily				
	(2) Take full bath oftener than once weekly				
	(2) Get 10 - 12 hours sleep daily				
	(2) Follow food score				
Total 100		Total			
	Do you have frequent headaches?				
	Do you have frequent colds?				
	Is your appetite good, fair or poor?				
	Is your sleep restless?				
	Do you have indigestion?				

Check the above five items in each column. Use "Y" for yes; "N" for no.

Table 1. WEIGHT-HEIGHT-AGE TABLE FOR GIRLS

Height (inches)	Average weight for height (lbs.)									
	10 yrs.	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	18 yrs.	18 yrs.
47	50	50								
48	52	53	53							
49	55	56	56							
50	58	59	61	62						
51	61	61	63	65						
52	64	64	65	67						
53	68	68	68	69	71					
54	71	70	71	71	73					
55	75	74	74	75	77	78				
56	79	78	78	79	81	83				
57	84	82	82	82	84	86	92			
58	89	84	86	86	88	93	96	101		
59	95	87	90	90	92	96	100	103	104	
60	101	91	95	95	97	101	105	108	109	111
61	108		99	100	101	105	109	112	113	115
62	114		104	105	106	109	113	115	117	119
63	118			110	110	112	116	117	119	121
64	121			114	115	117	119	120	122	124
65	125			118	120	121	122	123	125	127
66	129				124	124	125	128	129	131
67	133				128	130	131	133	135	138
68	138				131	133	135	136	138	141
69	142					135	137	138	140	142
70	144					136	138	140	142	144
71	145					138	140	142	144	145

Age-years	10	11	12	13	14	15	16	17	18
Average Height (inches)									
Short	50	52	54	57	59	60	61	61	61
Medium	54	56	58	60	62	63	64	64	64
Tall	57	59	62	64	66	66	67	67	67
Average annual gain (lbs.)									
Short	6	6	10	13	10	7	2	1	
Medium	8	10	13	10	6	4	3	1	
Tall	11	13	9	8	4	4	1	1	

NOTE: In order to extend the range of the tables so as to include weights of children who are taller or shorter than those in these groups there have been added marked figures estimated weights. All the other weights represent averages for each inch in height and age of the children observed in this study.

Prepared by Mird T. Baldwin, Ph. D., Iowa Child Welfare Research Station, State University of Iowa, and Thomas D. Wood, M. D., Columbia University, New York City.

Table II. WEIGHT-HEIGHT-AGE TABLE FOR BOYS

Height (inches)	Average weight for height (lbs.)									
	10 yrs.	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	18 yrs.	19 yrs.
47	50	50								
48	50	52								
49	50	55	55							
50	50	58	58	59						
51	61	61	61	61						
52	64	64	64	64	64					
53	60	67	67	63	58					
54	71	70	70	71	71					
55	74	75	75	74	74	74				
56	78	77	77	77	78	78	80			
57	82	80	81	81	82	83	85			
58	85	84	84	85	85	86	87			
59	89	87	88	89	89	90	90	90		
60	94	91	92	92	93	94	95	96		
61	99		98	96	97	99	100	103	106	
62	104		100	101	102	103	104	107	111	116
63	111		108	106	107	108	110	113	118	123
64	117			109	111	113	115	117	121	126
65	123			114	117	118	120	122	127	131
66	129				119	122	125	128	132	136
67	135				124	128	130	134	136	139
68	139					134	134	137	141	143
69	144					137	139	143	146	149
70	147					143	144	145	148	151
71	152					148	150	151	152	154
72	157						153	155	156	158
73	163						157	160	162	164
74	169						160	164	168	170

Age-years	10	11	12	13	14	15	16	17	18	19
Av. height (inches)										
Short	51	53	54	56	58	60	62	64	65	65
Medium	54	56	58	60	63	65	67	69	69	
Tall	57	59	61	64	67	70	72	72	73	73
Av. an'l. gain (lbs.)										
Short	5	4	8	9	11	14	13	7	3	
Medium	6	7	9	11	15	11	8	4	3	
Tall	7	8	12	16	11	9	7	3	4	

NOTES: Prepared by Bird T. Baldwin, Ph. D., Iowa Child Welfare Research Station, State University of Iowa, and Thomas D. Wood, M. D., Columbia University, New York City.

No. 10,204

September 30, 1929

EATING MEAL BY MEAL

for use in

The Breakfast, Dinner, Supper Club

for Girls and Boys

Mary B. McGowan

Food and Nutrition Specialist

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

FOOD AND HEALTH

Health is very desirable but it must be worked for. A successful base ball player must have a strong body, be fleet of foot, long-winded, and steady eyed. He must be able to withstand hard blows. How does he develop these qualities? He must take severe training for a long period.

What would you like to do when you grow up? Be an aviator? Strong nerves are needed. A music teacher? You need nimble fingers. Business woman? Good mind, healthy body. Farmer? Trained mind and a strong body.

Whatever you do you are going to need health.

What are the signs of a healthy body. Happy expression, good posture, rasy cheeks, red gums, weight in proportion to build.

What do you wish to learn about being healthy?

What to eat.

How much to rest and how much to play.

What sort of clothes to wear.

Signs of health.

In this club we will put our time largely on what to eat, and how to eat for health. Rest, exercise and posture will come into this because they are so closely connected with food in its effect on the body.

Have you ever heard of animals being fed a certain ration just to see what difference the ration would make? Many animals have been fed in that way. This is called an experiment with food.

In the summer of 1928 the food specialist of the Agriculture and Home Economics Department, Extension Division at V.P.I. fed some white rats as an experiment. These rats were seen by many club girls and boys that year.

There were eight rats in four cages. At the beginning of the experiment they all weighed the same. After five and one-half weeks their weights were like this: Cage I, eating white bread, had lost. Cage II, eating white bread and sugar, had lost even more. Cage III, eating white bread and milk, had gained. Cage IV, eating white bread, milk, and vegetables was in best condition. The rats in that cage had not gained but were very frisky and happy. The hair of rats in cages III and IV was very glossy and very heavy and their eyes large and bright. Cages I and II had very thin hair without any shine or gloss and their eyes were small and dull. They showed no desire to play at all, but sat huddled in the cages.

How do experiments like that one or others in feeding animals apply to us?

Would you like to do an experiment in feeding white rats? Would you like to eat what would be best for you? It matters what you eat just as it matters with the animals.

It is not a simple thing for club girls and boys to learn how to eat. But this club will give you many helps on the problem. The food score will be a big help if you will follow it.

Breakfast

"Start the day right with a good breakfast." This is good advice for club members to follow, but what is a good breakfast?

Breakfast should be planned on this order:

- I Fruit
- II Cereal
- III Eggs, cheese, or meat with bread, and a beverage

This may all be combined into one course or it may be served as three courses. The cereal may be combined with the main course, making a two course meal. An extra dish such as potatoes may be added for the heartier members of the family.

Some of the food for breakfast should be hot and every club member ought to take enough time to eat properly, that is to eat a sufficient quantity and to chew the food thoroughly. "GAIN A SKILL TO THE BREAKFAST TABLE"

Quantity to eat - How much ought boys and girls to eat? That depends on the size of the boy and girl and on how much they play or work. Which can go farther on a gallon of gas, a small car or a large car? Does a car need more gas to go up hill than to go on level ground? A small boy can go farther on a given amount of food than a large boy can. Any boy or girl will need more food if he works than if he keeps quiet all day.

If each club member will list the things he does from the time he gets up until he is in school, it will be easy to see that some need more breakfast than others. Some need few calories, some many calories. Friday you sit in school all morning, Saturday you hike or work about the house or farm. Do you need the same amount of breakfast both days?

Measuring the food we eat - Gas is measured by gallons. A car will go a certain number of miles on a gallon. Food is measured by calories. One calorie is so small we speak of 100 calories. Your leader needs around 2200 calories a day. For breakfast, club members need about eight calories for each pound of body weight. For example, a member weighing 80 pounds needs 8 x 80 calories. If a member is under weight or under height, figure calories by what he should be, not what he is.

Five eighth cup of milk is	-----	100	"
Two slices of bread 3" x 3 1/2" x 1/2" is	-----	100	"
One scant tablespoon butter is	-----	100	"
Two scant tablespoons sugar is	-----	100	"
One large egg is	-----	100	"
One large banana is	-----	100	"
One large apple is	-----	100	"
Two thirds to one cup cooked cereal	-----	100	"

(From "Foundations of Nutrition" - Rose)

Normal body weight indicates that a person is eating about the right amount of food (the right number of calories).

If a person is over weight, too much is being eaten for the amount of energy used, if under weight, too little for the amount of energy used. To gain weight, eat more or exercise less. To lose weight, eat less or exercise more. Never make sudden decided changes in number of calories eaten.

Breakfast linen - Mats or runners instead of a cloth are used for breakfast, thus saving on laundry. The linen may be white but at present color is much liked and many pretty breakfast sets are of yellow, green, rose or some other cheerful color. Doilies match the mats or runners. Select the linen to harmonize with the china.

A breakfast "cover" - Arrange each "cover" in this way: Knife and two spoons at right of plate, fork at left; bread and butter plate at tip of fork, glass at tip of knife, doilie at left of fork. If fruit is served, place the silver for it on plate with-fruit. The breakfast plates should be heated in kitchen and placed before the person who serves the main course.

The best spoon to use for cereal is a dessert spoon. After adding sugar to cup of cocoa, stir with tea spoon then remove spoon and leave on saucer. Hold fork in left hand, fore finger placed firmly above the tines; knife in right hand. Carry food to mouth with fork.

Breakfast fruit - The fruit for breakfast may be fresh, canned or cooked. We need fruit twice a day. When fresh fruit is scarce, dried fruit may be used.

These suggestions will help in preparing and eating fresh fruits at the table. All fruit should be washed. Grapes may be placed on the table in a large bowl or a single bunch may be put on a small plate at each person's place. The hull and seeds should be removed from the mouth (one can learn to leave the seeds in the hull, not getting them into the mouth at all).

Cut an orange in half, cut with spoon. A peach, pear, or apple should be cut into halves; then cut one of the halves into quarters. This gives convenient size pieces for biting. Peel each quarter as it is eaten. Proceed in same way with the other half. Peaches and pears stain napkins. Use a colored napkin, or use a finger bowl. Keep fingers out of mouth.

Suggestions for public demonstration by club members:

- 1 - What a good breakfast includes.
- 2 - Laying a "cover" for breakfast.
- 3 - How to eat grapes or an orange or a whole peach at the table.
- 4 - How to count calories. Why count them?

Eggs

Eggs contain

Albumin	-	builds and repairs the body
Fat	-	produces energy and heat
Vitamins	-	
Mineral	}	build and protect the body
Water	}	

The yolk is rich in iron. This makes eggs a good supplement to milk. Milk is rich in calcium but not rich in iron.

The white of egg is almost pure albumin and water. We may think of albumin as looking like white of egg. Heat solidifies (coagulates) albumin. If heated at high heat, it becomes tough.

The important principle in cooking eggs is to use low heat, cook below boiling point so as not to make tough. Dishes containing many eggs, (custards, sponge cake etc.) should be cooked at temperature below boiling point [RIF² p]

Eggs are easily digested if not spoiled in the cooking.

Recipes

Soft Cooked Eggs: Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired, seeing that they are covered with water. Remove saucepan to back of range where water will not boil. Cook for six to eight minutes.

If desired "hard boiled" eggs may be cooked by placing in cold water and allowing water to heat gradually until the boiling point is reached. In using hard cooked eggs for making other dishes, when taken from the hot water, they should be plunged into cold water to prevent, if possible, discoloration of yolks.

Eggs perfectly cooked should be placed and kept in water at a uniform temperature of 175 degrees F.

Scrambled Eggs: 6 eggs, 6 tablespoons milk, 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, pepper. Break eggs into a bowl; add milk and salt and beat slightly. Melt butter in hot frying pan and pour eggs in, and stir lightly, till soft but no longer moist, and serve on hot platter, sprinkle pepper on top.

Poached Eggs: Have ready a frying pan $\frac{2}{3}$ full of boiling water. Break each egg separately into a saucer and carefully slip into the pan. The water should cover the eggs. Put lid on pan. When there is a film over the top and the white is firm, carefully remove with a buttered skimmer to a piece of toast and let each person season his own egg with butter, salt and pepper.

Omelet: Beat the yolks of 2 eggs until light colored and thick; add 2 T. water, $\frac{1}{8}$ t. salt, $\frac{1}{16}$ t. pepper, or less. Beat the whites of eggs very stiff and dry. Cut and fold the yolks into the whites. Have ready a clean smooth omelet pan; when hot, rub it around the edge with a teaspoon of butter, covering both sides and bottom. Turn in the omelet quickly and spread evenly on the pan. Remove from hottest part of the fire and cook carefully till browned on the bottom. Place in the oven to set the top (not brown) only a minute or two. Cut on edges at right angles to handle of pan, and fold from the handle, and slip carefully into a hot platter. Serve plain or with sauce.

Variations: Before folding add; chopped parsley, finely chopped onion, thin slices of ham, or 5 T. chopped ham, veal or chicken; stewed tomatoes, chopped mushrooms, shrimps, oysters (parboiled) or grated cheese.

Quick Breads

Breads must be thoroughly baked if they are to be wholesome. Under-done, soggy bread is difficult to digest. When properly baked, the crust is springy when pressed between finger and thumb.

Make biscuits or muffins small and bake in even moderate oven so that bread will be done by the time it is brown. As a help in baking, divide the time for baking into quarters. During the first quarter the bread should begin rising; second quarter finish rising and begin browning; third quarter, finish browning; fourth quarter, heat should be reduced so inside of bread will have time to cook.

Sift dry materials for bread making before measuring, then measure ingredients carefully and test oven heat before putting in bread. Quick breads take a two and a half or three minute oven (browns white writing paper in 2½ or 3 minutes.)

We are better nourished and our meals are more varied if we eat breads made from different flours, as whole wheat bread, Graham bread, and white flour bread. Corn meal and rye breads also bring variety and are wholesome. Whole wheat and Graham flours are more laxative than white flour because they are more bulky. They also contain more mineral. White flour is more digestible, that is a larger percent of it is used by the body. Delicate digestive systems are sometimes irritated by Graham or whole wheat flour because of the coarse particles in the flour. Other systems benefit by them because they stimulate elimination of waste from the body. A good rule is to eat different kinds of breads, rather than holding to one exclusively.

Recipes

Hop Doodle: 2/3 cup sugar, 1 t. salt, 1 egg, 2 T. butter, 4 t. baking powder, 1 C. milk, about 2 C. flour. Sift dry materials together; cream butter and sugar together; add egg well beaten; then the dry materials and milk alternating. Before putting into oven, sprinkle top with 2 T. powdered sugar mixed with 3/4 to 1 T. of cinnamon.

Popovers: 1 C. flour, 1 C. milk, ½ t. salt, 1 egg, ½ teaspoon melted fat. Sift flour and salt together. Add egg (not necessary to beat) and then milk gradually. Beat with Dover egg beater. Pour into hot, greased, iron muffin pans.

Bake in hot oven 30 minutes. Do not open oven door for 10 minutes. Lower the heat after the first half of baking.

The large proportion of liquid to flour and the hot oven at beginning of baking makes the popovers "pop." The air beaten into the batter also helps to "pop" them. The liquid and the air expand when heated.

Cinnamon Toast: Cut stale bread in one-fourth inch slices, remove crusts, and cut in three pieces, crosswise. Toast, spread with butter, and sprinkle with sugar, mixed with cinnamon; using three parts sugar to one part cinnamon. Let stand in oven until sugar has melted.

Meats

Meat is a body builder. It will also furnish energy but it is better to get our energy from other foods reserving the meat for building and repair. Meat is digestible unless the method of cooking makes it difficult to digest, as when it is fried in an improper way. Broiling and roasting are more digestible than frying.

Almost everyone relishes meat. We must be careful to eat with it a sufficient amount of fruits, vegetables, milk, etc. For further help on meat read Virginia bulletin No. 95 "Meats."

Suggestion for public demonstration by club member:

Broil steak or ham at indoor meeting or outdoors over club picnic fire.

General Suggestions for Breakfast, Dinner, Supper Club

Charts for individual club members. Samples of food score, weight charts, health inventory etc. are included in the material for this club. Agent should order as many of these as she needs for individual club members.

Boys in food clubs. Each agent is asked to have at least four boys from her county in food clubs. Try this and report results at annual agents meeting.

Public Demonstrations. It is desirable to have club members give demonstrations at 4-H club meetings, before home demonstration clubs, community groups, etc. Suggested subjects for suitable demonstrations are given at the end of each section.

Rats for feeding demonstration. The food specialist can get white rats for agents and will send directions for caring for them. She has one set of homemade cages which she will lend.

If several agents undertake the demonstration, directions will be sent for making cages at small cost. Children can do this with help of leader or agent.

Posture Helps. For help on posture work see Bulletin 165 Children's Bureau, U. S. Department of Labor. Post silhouettes given in that bulletin where club members may see them.

Animal pictures. Food specialist has two sets of rat pictures which she will lend to agents for limited time. The same pictures may be bought from Nutrition Laboratory, Battle Creek Sanitarium, Battle Creek, Michigan. Dog, pig, chicken pictures may be bought from National Dairy Council, 307 E. Michigan Avenue, Chicago, Illinois.

Average total energy requirements of children. These are based on average height and weights for age. (If child underweight, his requirement should be based on what he should weigh not what he does weigh.)

Age yrs.	Calories per day	
	Boys	Girls
6 - 7	1400 - 1700	1300 - 1600
7 - 8	1500 - 1800	1350 - 1650
8 - 9	1600 - 1900	1400 - 1700
9 - 10	1700 - 2000	1550 - 1850
10 - 11	1900 - 2200	1650 - 1950
11 - 12	2100 - 2400	1750 - 2050
12 - 13	2300 - 2700	1850 - 2150
13 - 14	2500 - 2900	1950 - 2250
14 - 15	2600 - 3100	2050 - 2350
15 - 16	2700 - 3200	2150 - 2450
16 - 17	2700 - 3400	2250 - 2550

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FOOD HABITS

Place figure or words in proper column to show how you eat

		I	IV	VIII	XI
	7 days				
How many days weekly do you eat leafy vegetables?	5 "				
	2 "				
	1 "				
	0 "				
	7 "				
How many days weekly do you eat whole grain cereal or whole grain bread?	3 "				
	2 "				
	1 "				
	0 "				
	3 or 4				
How many vegetables other than potatoes do you eat daily?	1				
	0				
	2				
How many fruits do you eat daily?	1				
	0				
	4				
	3				
How many glasses of milk do you drink daily?	2				
	1				
	0				
	6				
How many glasses of water do you drink daily?	4				
	3				
	2				
	3				
How many cups of tea or coffee do you drink daily?	2				
	1				
How often do you eat candy between meals?	Frequently				
	Sometimes				
	Not at all				
	1				
How many leafy vegetables do you like?	2				
	3				
	4				
	5				
	6				
	3				
How many green vegetables do you like? (green vegetables include: corn, green peas, tomatoes, beets, okra, snap beans, onions, etc.)	4				
Is bowel elimination regular? Yes - No.	6				

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HEALTH INVENTORY

		1st	2nd	3rd
		check	check	check
Credits:				
20	Average weight for height and age (from 7% below to 20% above average)	✓	✓	✓
10	Good posture standing and sitting	✓	✓	✓
6	Healthy throat	✓	✓	✓
6	Normal breathing passages	✓	✓	✓
6	Normal vision	✓	✓	✓
10	Sound well-kept teeth	✓	✓	✓
10	Normal bowels	✓	✓	✓
6	Glossy hair, well arranged	✓	✓	✓
6	Clear skin, good color in cheeks and lips	✓	✓	✓
10	Health appearance, -	✓	✓	✓
	(2) Radiating good health and cheerfulness	✓	✓	✓
	(2) Has happy expression of mouth	✓	✓	✓
	(2) Self control and poise maintained	✓	✓	✓
	(2) Voice is well placed and pleasing	✓	✓	✓
10	Health care, -	✓	✓	✓
	(2) Brush teeth twice daily	✓	✓	✓
	(2) Play out of doors daily	✓	✓	✓
	(2) Take full bath oftener than once weekly	✓	✓	✓
	(2) Get 10 - 12 hours sleep daily	✓	✓	✓
	(2) Follow food score	✓	✓	✓
Total		✓	✓	✓
	Do you have frequent headaches?	✓	✓	✓
	Do you have frequent colds?	✓	✓	✓
	Is your appetite good, fair or poor?	✓	✓	✓
	Is your sleep restless?	✓	✓	✓
	Do you have indigestion?	✓	✓	✓

Check the above five items in each column. Use "Y" for yes; "N" for no.

Table 1. WEIGHT-HEIGHT-AGE TABLE FOR GIRLS

Height (inches)	Average weight for height (lbs.)									
	10 yrs.	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	18 yrs.	18 yrs.
47	50	50								
48	52	53								
49	55	56								
50	58	59	61	62						
51	61	61	63	65						
52	64	64	65	67						
53	68	68	68	69	71					
54	71	70	71	71	73					
55	76	74	74	75	77	78				
56	79	78	78	79	81	83				
57	84	82	82	82	84	86	92			
58	89	84	86	86	88	93	96	101		
59	95	87	90	90	92	96	100	103	104	
60	101	91	95	95	97	101	105	108	109	111
61	108		99	100	101	106	109	112	113	116
62	114		104	105	106	109	113	115	117	119
63	118			110	110	112	116	117	119	120
64	121			114	115	117	119	120	122	123
65	125			118	120	121	122	123	125	126
66	129				124	124	125	128	129	130
67	133				128	130	131	133	133	135
68	138				131	133	135	136	138	138
69	142					135	137	138	140	142
70	144					138	138	140	142	144
71	145					138	140	142	144	145

Age-years	10	11	12	13	14	15	16	17	18
Average Height (inches)									
Short	50	52	54	57	59	60	61	61	61
Medium	54	56	58	60	62	63	64	64	64
Tall	57	59	62	64	66	66	67	67	67
Average annual gain (lbs.)									
Short	6	6	10	13	10	7	2	1	
Medium	8	10	13	10	6	4	3	1	
Tall	11	13	9	8	4	4	1	1	

NOTE: In order to extend the range of the tables so as to include weights of children who are taller or shorter than those in these groups there have been added as marked figures estimated weights. All the other weights represent averages for one inch in height and age of the children observed in this study.

Prepared by Mrs. T. Baldwin, Ph. D., Iowa Child Welfare Research Station, State University of Iowa, and Thomas D. Wood, M. D., Columbia University, New York City.

Table II. WEIGHT-HEIGHT-AGE TABLE FOR BOYS

Height (inches)	10 yrs.	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	18 yrs.	19 yrs.	
47	50	50									
48	55	52									
49	56	55	55								
50	58	56	53	59							
51	61	61	61	61							
52	61	64	64	64	64						
53	65	67	67	63	68						
54	71	70	70	71	71						
55	74	73	73	74	74	74					
56	78	77	77	77	78	78	80				
57	82	80	81	81	82	83	85				
58	85	84	84	85	85	86	87				
59	89	87	88	89	89	90	90	90			
60	94	91	92	92	93	94	95	96			
61	99		98	96	97	99	100	100	106		
62	104		100	101	102	103	104	107	111	116	
63	111		108	106	107	108	110	113	118	123	127
64	117			109	111	113	115	117	121	126	130
65	123			114	117	118	120	122	127	131	134
66	129				119	122	125	129	132	136	139
67	135				124	128	130	134	136	139	142
68	139					134	134	137	141	143	147
69	144					137	139	143	146	149	152
70	147					143	144	145	148	151	155
71	152					148	150	151	152	154	159
72	157						153	155	156	158	163
73							157	160	162	164	169
74	162						160	164	168	170	174

Age-years	10	11	12	13	14	15	16	17	18	19
Height (inches)										
Short	51	53	54	56	58	60	62	64	65	65
Medium	54	56	58	60	63	65	67	69	69	69
Tall	57	59	61	64	67	70	72	72	73	73
Weight gain (lbs)										
Short	5	4	8	9	11	14	13	7	3	
Medium	6	7	9	11	15	11	8	4	3	
Tall	7	8	12	16	11	9	7	3	4	

NOTE: Prepared by Bird T. Baldwin, Ph. D., Iowa Child Welfare Research Station, State University of Iowa, and Thomas D. Wood, M. D., Columbia University, New York City.

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FOOD for WINTER
for use in
Food Preservation Clubs
for Girls and Boys

Mary B. McGowan
Food and Nutrition Specialist

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

FOOD PRESERVATION

Fruits and vegetables should be canned in season to be used when such foods are scarce. With a supply of canned and dried fruits and vegetables, a winter garden, and stored fruits and vegetables, a farm family is able to have in winter the protective foods so necessary to health.

Those who are best informed on proper diet say we need each day these protective foods: one leafy vegetable, two other vegetables besides potatoes, fruit twice a day, one quart of milk for children, one pint for adults, and a whole grain breakfast food or bread. Potatoes, meats, bread, sweets are wholesome foods. Most persons like and eat enough of them without being urged. But many eat too little of the protective foods. It is necessary to stress the eating of them. McCollum says "Eat what you wish after you have eaten what you should." The "should" means plenty of protective foods.

During the winter farm families are very apt to live too much on a bread - meat - coffee diet, and in the spring they feel the need of tonics. To avoid this, they should make special plans for providing themselves with an abundance of protective foods for the cold months. The winter eating of plenty of fruits and vegetables is the best spring tonic. An abundance of protective foods means, so far as the fruit and vegetables are concerned, first, a good fall and winter garden; second, stored vegetables and fruits; third, canned and dried fruits and vegetables.

Since canning should be done for the improvement of the winter diet, the amount to can depends on the size of the family. Each home should can according to needs. Each home should can according to plan.

CANNING PLAN

Family of Five

Product	Frequency of use	Amount to can
LEAVES (Greens)	Three times per wk. [Four times a week use fresh or stored, as cabbage, turnip tops, lettuce, water cross, kale]	60 qts. to last 4 months (1 1/2 qts. per day)

TOMATOES	Twice a week	64 qts. to last 8 months (1 qt. per day)

OTHER VEGETABLES (not including potatoes, dried peas and beans)	Five times per week. (Seven times per week use fresh or stored, as turnips, cabbage, carrots, parsnips, onions, salsify, celery, beets, rutabagas.)	120 qts. to last 6 months (1 qt. per day)

FRUITS AND FRUIT JUICES	Seven times per week (Seven times per week use fresh or stored fruits, as apples, bananas, oranges, lemons, grapefruit.)	200 qts. to last 6 months (1 qt. per day)

The foregoing amounts of canned leaves and other vegetables can be reduced by using a cold frame or hot bed. This would give mere weeks when fresh products would be in the garden.

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

LEAVES AND VEGETABLES SUITABLE FOR CANNING

Turnip greens	Tomatoes	Green lima beans
Spinach	String beans	Soup mixture
Kraut	Asparagus	Swiss Chard
Carrots (a few) should be stored	Green peas	Dandelion greens
Beets " " " " "	Okra	Egg plant
Corn " " " " "	Squash	

Increase or decrease the amounts given on the canning plan according to the length of the winter and the size of the family. The more a home has growing in the fall and winter garden, or has stored, the less that home needs to can.

Vegetables are conveniently stored in hills. L. B. Dietrick, Virginia Extension Garden Specialist, gives this suggestion for the work: store some of several vegetables in each hill then when a hill is opened the contents will be used in a reasonably short time, other hills remaining undisturbed for the time. This method of using vegetables from only one hill at a time, other hills intact, prevents danger of loss by freezing.

CANNING FRUITS AND VEGETABLES

There are two kinds of canners; water bath canners and steam pressure canners. The water-bath canner is useful for canning fruits and tomatoes. The steam pressure canner is necessary for canning non-acid vegetables and meats if one wishes to be sure of their keeping. For descriptions of these canners and the different types of jars read Farmers Bulletin No. 1471 "Canning Fruits and Vegetables at Home."

The Spoilage of Food: Bacteria and molds which are very low forms of plant life destroy foods. Bacteria and molds are present in the air, water, the ground - every where in fact. They grow rapidly and under certain conditions soon render food unfit for use. The conditions which these organisms like best for growth are moderate temperature, moisture, and food.

To preserve food we must do these two things: (1) Destroy the bacteria, or the mold or other organism that is on the food and the jars. This is done by heating. (2) Seal air tight to prevent the entrance of other germs. Spoilage is further explained in Bulletin 1471.

Acid foods as tomatoes and fruits keep easily because acid prevents the growth of bacteria. Starchy vegetables such as corn, peas, and butter beans, are difficult to keep because heat penetrates very slowly through starchy materials. They need longer processing and higher heat than fruits or tomatoes do. That is why a steam pressure canner is necessary.

It is now considered best to hot-pack foods in canning except special exhibit packs. Hot pack means heat the food for a short time, pack boiling hot in hot jars, seal at once and then process.

MEAT CANNED VEGETABLES EXCEPT TOMATOES, BEFORE EATING THEM. Spoilage is then easier detected.

Recipes

Concentrated Soup Mixture: Any desired mixture of vegetables may be packed for home use. A good combination consists of 1 quart concentrated tomato pulp, 1 pint young, tender corn or tiny lima beans, 1 pint okra, 4 tsp. salt and sugar seasoning, 1 small onion chopped, and $\frac{1}{2}$ cup of chopped sweet red pepper.

To prepare pulp, cook tomatoes with onion and pepper; put through sieve to remove seeds and then cook rapidly until thick as catsup.

Measure pulp, add the corn or beans, okra, and seasoning, and cook all together for 10 minutes. Pack and process quarts for 2 hours continuously at boiling point or for 45 minutes under 10 lbs. steam pressure. - Adapted from Farmers Bulletin No. 853.

Fruit Juice: Select ripe fruit. Wash, crush a third or half of it, and place all in an enamel vessel. Heat at low heat. Do not let go above 200° F. - - may heat over hot water. If fruit not very juicy, a small amount of water will have to be added. When fruit is soft and juice flowing, strain through cotton flannel bag. (Fruit may be squeezed and then strained; this extracts more juice.)

Let strained juice stand 15 to 20 minutes then re-heat over hot water, not allowing heat to go over 200° F. Place in bottles or jars; partly seal and process from 10 to 15 minutes, keeping water at simmering point. Seal and store in dark, cool place.

High heat affects the color and flavor of fruit juices, so keep at low temperature throughout preparation process.

Brining Vegetables: See directions for "small quantities" page 6 - Farmers Bulletin 1438 "Making Fermented Pickles." To prepare 10% brine note paragraph two - page 15 of same bulletin.

For further help and recipes on canning fruits and vegetables study the Farmers Bulletin already referred to.

CANNING MEAT

It is often desirable to can meats on the farm. Poultry culls which cannot be disposed of to advantage may be put in cans on the pantry shelves. There they will eat nothing. Too much pork is eaten by many farm families during the months of December, January, and February. If some is canned, pork-eating can be distributed over more months of the year to the advantage of the family's digestion. Canned meats are very desirable for emergency meals.

Canned meats of any and all kinds are easily and quickly prepared with a pressure cooker. Very high heat is necessary for canning meat - use a pressure canner.

HEAT MEAT BEFORE USING IT. Spoilage is then easier detected. For further help on meat canning read Virginia Bulletin No. 95 "Meats."

It is desirable to have club members give demonstrations at 4-H Club meetings, before home demonstration clubs, community meetings, etc. These are suitable subjects for such demonstrations during the fall months.

- 1 - Testing jar rubbers
- 2 - Show and explain some form of spoilage that has occurred this year in the home of a club member.
- 3 - What my home garden contains for winter.
- 4 - Spring tonics of 1879 and 1929.
- 5 - Storing vegetables in hills for winter.