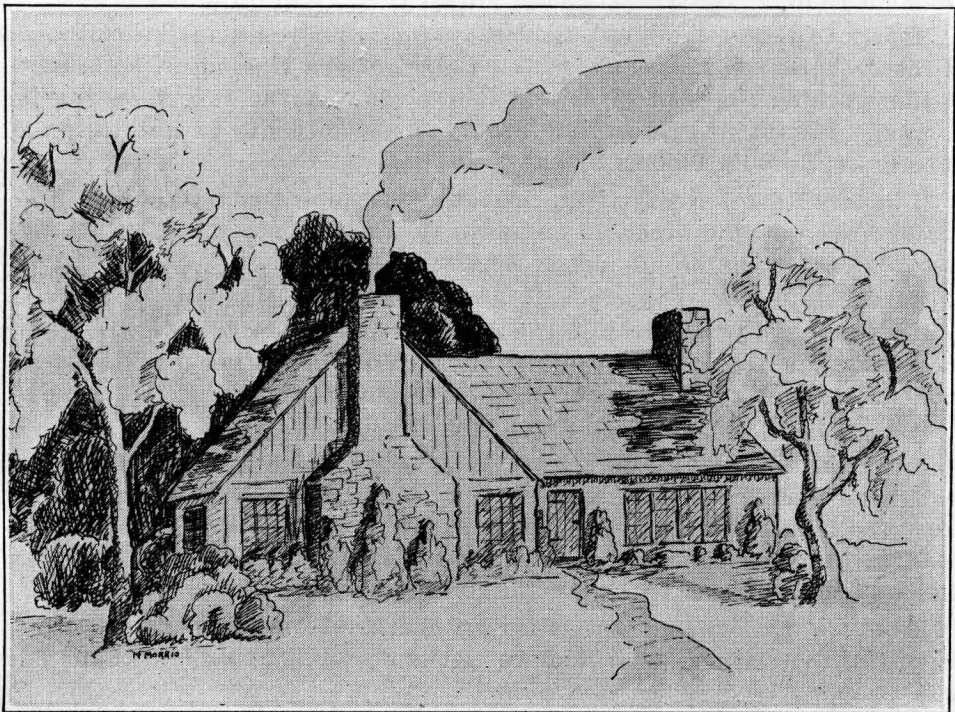


April, 1936

Club Series No. 5

THE JUNIOR HOMEMAKER

**A PROJECT BOOK FOR
OLDER 4-H CLUB GIRLS**



NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING

AND

U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING

N. C. AGRICULTURAL EXTENSION SERVICE

I. O. SCHAUB, DIRECTOR

STATE COLLEGE STATION

RALEIGH

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COUNTRY GIRL'S CREED

"I am glad I live in the country. I love its beauty and its spirit. I rejoice in the things I can do as a country girl for my home and my neighborhood.

"I believe that I can share in the beauty around me; in the fragrance of the orchards in the spring, in the weight of the ripe wheat at harvest, in the morning songs of birds and in the glow of the sunset on the far horizon. I want to express this beauty in my own life as naturally and happily as the wild blooms by the roadside.

"I believe I can have a part in the courageous spirit of the county. This has entered into the brook in our pasture. The stones placed in its way call forth its strength and add to the strength a song.

"It dwells in the tender plants as they burst the seed-cases that imprison them and push through the dark earth to the light. It sounds in the nestling notes of the meadow lark. With this courageous spirit, I, too, can face the hard things of life with gladness.

"I believe there is much I can do in my country home. Through studying the best way to do my every-day work, I can find joy in common tasks well done. Through loving comradeship, I can help bring into my home the happiness and peace that are always so near us in God's out-of-door world. Through such a home I can help make real to all who pass that way their highest ideal of country life.

"I believe my love and loyalty for my country home should reach out in service to that larger home that we call our neighborhood. I would join with people who live there in true friendship. I would wholeheartedly give my best to further all that is being done for a better community. I would have all that I think and say and do help to unite country people near and far in that great Kingdom of Love for Neighbors, which the Master came to establish—The Master who knew and cared for country ways and country folks."

—JESSIE FIELD.

THE JUNIOR HOMEMAKER

MARY E. THOMAS, *Extension Nutritionist*
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PURPOSE OF THIS UNIT

The Junior Homemakers' Unit is recommended for older 4-H Club girls who may be in school or out of school. It is planned with the idea of service one might render to one's family and to one's community.

*"Work for some good, be it ever so lowly: . . .
Labor, all labor, is noble and holy."*

—ASGOOD.

THE JUNIOR HOMEMAKERS' UNIT

Requirements for Home Work:

I. Foods and Nutrition Activities.

1. Plan with your mother, menus for a week for your family.
2. Prepare and serve 7 meals for your family from meals you and your mother plan.
3. Have guests at one of the meals you prepare and serve.
4. Plan, prepare and serve with the family cooperating a special meal as; birthday, Christmas, Thanksgiving.
5. Assist with preparing and serving a club or community meal.
6. Plan with your family the food needs for your family for a year, designating what is to be produced on the farm and what is to be purchased.
7. Familiarize yourself with foods suitable for children. Plan a day's menu for younger brother or sister or for a child from one to six years of age.
8. Plan diets that will aid in preventing and in curing:
 - (1) Anemia
 - (2) Constipation
9. Prepare an attractive tray for an invalid. (Serve this if there is an invalid in your family or community.)

II. Health and Sanitation.

1. Practice healthful living.
2. Improve some one or more personal health needs.
3. Keep Health Record Book for yourself or for some member of your family.
4. If possible have a physical examination at least once during the year.
5. Make some contribution to 4-H Health Program by participating, or by original song, poem, play, stunt or poster, etc.

6. Participate in some sanitary improvement in home, school or community that will develop the Health "H". These may have to do with milk or water supply, insect or vermin control, ventilation, sanitary toilets, protection of food, etc.

III. Group Activities.

1. Be able to conduct a business meeting.
2. Take part in Exhibits, Team Demonstrations or Judging.
3. Assist with some community project other than those pertaining to health—to develop the Heart "H".

IV. Home Conveniences.

1. Make some change in the arrangement of the kitchen to give greater efficiency in work.
2. Add some piece of equipment that will be of use in the preparation or serving of meals.

V. Hospitality.

1. Practice social courtesies with your family and guests.
2. Plan refreshments for a party you might give.

VI. Miscellaneous.

1. Keep Junior Homemakers' Record Book.
2. Keep a scrap book.
3. Work for county, state and national honors.

PLANNING THE HOME FOOD SUPPLY

All 4-H Club members are interested in health and since food is an important factor in health, Junior Homemakers should learn more about it. They can render a service by participating in the planning and production of an adequate food supply for their families, as well as by assisting with the preparation and serving of the meals.

All families need the essential foods (milk, eggs, fruit, vegetables, meat, and cereals); however, the quantity will vary according to the number, age and physical activity of the members of the family.

A large percent of the family's food can be produced on the farm. The following production plan is suggested for a family of five for a year:

Garden: One-half acre, if well cared for, will yield vegetables in sufficient quantity to serve fresh and surplus for canning and storing.

Fruit Supply: Twenty-five fruit trees, (apple, peach, pear, plum, cherry, fig), seventy-five berry vines, ten bunch grape vines, three muscadine vines, cantaloupes and watermelons, will furnish the needed supply of fruit fresh in season and a surplus for canning, drying and storing.

Dairy: Two dairy cows, freshening at different seasons of the year should insure a continuous supply of milk. About two gallons per day will be needed. One gallon should be reserved for food and drink, and the remainder for making butter.

Poultry: A flock of fifty birds should furnish the egg and meat (poultry) supply. To maintain such a flock of 150 baby chicks should be hatched or purchased each spring. If a surplus for marketing is desired the flock should consist of at least 100 birds and 300 baby chicks should be bought or hatched.

Meat: One 500 pound beef, two 200 pound hogs and two or three sheep, with the addition of eggs, poultry, wild game and fish will supply one of the two servings of protein each day, and sufficient cooking fat for a family of five for a year. Some of the meat should be used fresh and the remainder canned and cured. At least 50 containers of meat should be canned to have on hand for emergencies and for saving time on busy days.

Check the food needs of your family, make out a year's food budget and interest the various members of your family group in producing most of the foods at home. The food requirements chart and work sheet may be secured from your Home Agent.

MEAL PLANNING

After the food is produced or purchased, it must be combined into suitable menus that will satisfy the needs of the family.

In planning meals it is wise to take a day as a unit and then day by day plan the meals for a week at a time. By this planning ahead of time, effort in preparation can often be saved and variety secured more easily than if one meal is planned at a time.

The following guides will be helpful in planning meals: (Also see North Carolina Extension Circular 209, Food Preparation for 4-H Club Members.)

Guide To Meal Planning

Select foods from each group every day.

I. BUILDING FOODS

<i>Muscle Builders</i>		<i>Bone Builders</i>	<i>Blood Builders</i>
Milk	Fish	Milk	Egg yolk
Cheese	Nuts	Cheese	Leafy vegetables
Meat (lean)	Peas (dried)	Nuts	Lean meat
Eggs	Beans (dried)	Fruits	Liver
Poultry	Cereals (whole grain)	Leafy vegetables	Whole grains
		Carrots	Peas and beans (dried)

II. ENERGY-GIVING FOODS

<i>Starches</i>		<i>Sugars</i>		<i>Fats</i>	
Bread	Crackers	Honey	Candy	Butter	Nuts
Potatoes	Macaroni	Molasses	Sugar	Cream	Cheese
Cereals	Cake	Jams	Fruit	Lard	Salad Oil
Corn	Rice	Jellies	Desserts	Bacon	Chocolate

III. REGULATING FOODS

<i>Lime</i>	<i>Phosphorus</i>	<i>Iron</i>	<i>Iodine</i>	<i>Roughage</i>
Milk	Milk	Egg yolk	Fish	Leafy vegetables
Cheese	Cheese	Leafy vegetables	Oysters	Root vegetables
Carrots	Egg yolk	Meat	Clams	Fruits (fresh)
Cauliflower	Fish	Liver	Iodized salt	Dried fruits
Cabbage	Meat (lean)	Whole grains	Vegetables,	Whole grains
Clams	Whole grains	Dried beans	fruits and	Bran
Rutabagas	Nuts	Molasses	grains from	
Oranges	Peas	Raisins	non-goiterous	
Oysters	Potatoes	Apricots	regions.	

IV. GROWTH PROMOTING AND PROTECTIVE FOODS

<i>A</i>	<i>B</i>	<i>C</i>
Whole milk	Whole grains	Orange
Cream	Leafy vegetables	Grapefruit
Butter	Dried peas	Lemons
Cheese	Dried beans	Tomatoes
Egg yolk	Beets	(fresh or
Green vegetables	Carrots	canned)
as Spinach	Turnips	Raw vegetables
Lettuce	Tomatoes	as Cabbage
Stringbeans	Nuts	Onions
Yellow vegetables	Apples	Turnips
as Carrots	Grapefruit	Bananas
Sweet potato	Milk	
Yellow corn	Cheese	
Tomatoes	Eggs	
Liver		
Heart		
Kidney		
	<i>D</i>	<i>G</i>
	Cod liver oil	Milk
	Egg yolk	Eggs
	Butter	Meat (lean)
	Cream	Salmon
	Liver	Liver
		Dried peas
		Dried beans
		Whole grains
		Fruits
		Vegetables
		Tomatoes

Family Food Guide

Every Meal—A glass of milk for each child.
Bread for all.

One Meal —A glass of milk for each adult.

A day A whole-grain cereal product for every one (breakfast cereal or bread.)

Every Day —Two vegetables in addition to potatoes
(One of these a green or yellow vegetable)
Two fruits—fresh, canned or dried.
Tomatoes or a fresh raw fruit or vegetable.
One egg.
A serving of meat, poultry, fish or cheese.
Butter and other fats.
Sweets in moderate amounts.

TABLE SERVICE

Meal time should be made a pleasant gathering about a table which is simply but attractively arranged, where order, cleanliness and good spirits prevail. Each meal, whether, it be a company dinner or only the usual fare, may be made more pleasing by careful preparation and service. The table covering should be spotlessly clean and smoothly laid; the dishes and silver should be placed on the table in an orderly manner. The same care should be used in setting the table whether meals are served in one corner of the kitchen or in a dining room.

The appearance of the table is more attractive with a center piece of flowers or fruit. The center piece should be low so as not to obstruct the view or interfere with conversation.

Seating Arrangement

The mother's place during the meal is at the head of the table. If she or a member of the family waits on the table, she sits at the end nearest the kitchen, whereas she faces the kitchen when there is hired help. The father sits opposite the mother. The child who helps most with the serving should be seated so as to be convenient to the kitchen.

When there are guests the most honored woman guests sits at the right of the host and the man guest at the right of the hostess.

Where there are several small children it is often more satisfactory to seat them at a small table and make an event of their meal.

All rules governing table appointments and service are based on convenience for the persons served.

For Table Setting and Service see North Carolina Extension Circular 209, Food Preparation for 4-H Club Members.

Community Meals

"Life is not too short but there is always time enough for courtesy."

—EMERSON.

The community meal should first of all be a sociable affair no matter what may be the motive for calling the group together—whether it be just for sociability as the Junior-Senior banquet; or to make money for the club or church; or to get people together to transact business, as the Grange supper; or what not. In addition, however, the community meal may be educational provided it is well planned, well balanced and attractively served.

In planning for community meals, consider what foods are to be donated, cost of foods to be purchased, price to be asked, number to be served, equipment available for serving. Dishes should be selected that may be prepared in quantities ahead of time and still taste good and look attractive. Serve hot foods hot and cold foods cold.

To work effectively a chairman should be selected and the following committees appointed:

1. Menu and supplies—Plan meal, solicit or buy supplies, receive the supplies and put in place.
2. Dining room—Provide linen, glass, china, silver, decorations, tables, chairs. Get dining room in readiness for serving and serve guests.

3. Kitchen work—Prepare and have ready for serving all food.
4. Coffee—Make and serve coffee for dining room workers to pass to guests.
5. Clearing up—Wash all dishes, count and return all linens, dishes, silver, etc. Arrange for plenty of hot water, soap, towels; disposal of garbage; for taking care of left-over supplies; for leaving stove, tables and kitchen in good order.

Attractive table service adds greatly to the enjoyment of a meal. The silver should be carefully placed and simple decorations used. The waiters should be instructed ahead of time to avoid confusion.

If space and equipment are not sufficient for table service, food may be served from the tables by hostesses, and the filled plates taken to the guests by waitresses. Buffet or plate service is suitable for meals of one or two courses.

Cafeteria Service for Community Meals

The self service or cafeteria meal is suitable for council meetings, picnics, etc. A long table is needed for placing the dishes and prepared food. The dishes for individual use, along with silver and napkins, are placed at one end of the table. The prepared food is placed in quantity on the table in the order of the menu with the first part nearest the dishes. Each guest serves herself as she passes down the line. The beverage should be served at another table and last.

Menus for Community Meals

- | | |
|---|---|
| 1. Roast Chicken or Turkey, Jelly Rice, Baked Squash, Mashed Turnips, Cabbage and Celery Salad, Graham or White Rolls, Mince Meat Pie, Coffee. | 2. Chicken Salad, Potato Chips, Sweet Cucumber Pickles, Hot Rolls, Cherry Pie, Coffee. |
| 3. Roast Pork, Candied Yams, Lima Beans, Bread, Cabbage, Turnip and Celery Salad, Brown Betty with Hard Sauce, Coffee. | 4. Meat Loaf, Tomato Relish, Escalloped Potatoes, Stewed Corn and Lima Beans, Beet and Egg Salad, Bread, Apple Sponge with Custard, Coffee. |
| 5. Baked Spiced Ham, Devilled Eggs, Candied Sweet Potatoes, Harvard Beets, Vegetable Salad, Biscuits, Butter, Half of canned peach on Angel Food cake, Whipped Cream, Coffee. | 6. Chicken Stew or Brunswick Stew, Leafy Vegetable Salad, Bread, Butter, Pumpkin Pie with Whipped Cream, Coffee. |

Recipes for Community Meals

Spiced Ham

Soak whole cured ham several hours or over night in cold water to cover. Wash thoroughly, trim off hard skin near end of bone, put in a kettle, cover with cold water, heat to boiling point and cook slowly until tender. Remove kettle from stove and set aside, that ham may partially cool; then take from water, remove outside skin, sprinkle with brown sugar and cracker crumbs and stick cloves one-half inch apart. Bake one hour in a slow oven. Serve hot or cold, sliced very thin.

Devilled Eggs

Hard cook the desired number of eggs. Remove shell and cut in halves. Remove the yolks carefully and mash them; season with salt, pepper, butter, a little mustard and vinegar. Mixed pickle may be added or the yolks may be mixed with salad dressing. Refill the whites with the mixture. Serve on a dish garnished with parsley.

Candied Sweet Potatoes

Partially cook unpeeled sweet potatoes in boiling water. Cool and peel. Slice $\frac{1}{4}$ to $\frac{1}{3}$ inch thick, lengthwise of the potato. Put in layers in a baking dish, packing not too closely. Make a thin syrup of 1 cup of brown sugar and $\frac{1}{4}$ cup of water, cooking about five minutes. Add $\frac{1}{4}$ cup butter, $\frac{1}{4}$ teaspoon salt to syrup and pour over the potatoes. Place in a moderate oven and bake until potatoes are clear and the syrup thick. More syrup may be added if necessary so that the potatoes when done will not be dry.

Harvard Beets

For 3 cups of cooked beets cut in cubes, prepare a sauce as follows: Melt 2 tablespoons of butter in a sauce pan. Add 2 tablespoons of flour and stir to a smooth paste. Add $\frac{1}{3}$ cup of sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup water and $\frac{3}{4}$ cup vinegar. Cook stirring constantly, until the mixture thickens. Add the cubed beets and reheat before serving. If canned beets are used, $\frac{1}{4}$ cup of beet juice in place of the water will give a deeper color to the sauce.

Cooked Salad Dressing

1 $\frac{1}{2}$ T. butter

1 $\frac{1}{2}$ T. flour

1 $\frac{1}{2}$ T. sugar

1 tsp. salt

1 tsp. mustard

Few grains cayenne

$\frac{3}{4}$ c. milk

$\frac{1}{4}$ c. vinegar

2 egg yolks

OR 1 egg

Mix dry ingredients, add beaten egg, melted butter and milk. Then very slowly add the vinegar. Cook in top of double boiler until mixture thickens. Cool. Whipped cream (either sour or sweet) may be added before using, if a richer dressing is desired.

Leafy Vegetable Salad

Crisp in cold water, cabbage and thoroughly cleaned tender spinach. Mix equal amounts of finely shredded raw cabbage and finely shredded raw spinach. Add salt and enough grated raw onion to season. Mix with cooked salad dressing. Serve on crisp lettuce leaves. A dash of paprika gives a nice garnish. ●

Coffee

(Serves 25)

Bring 1 gallon of water to the boiling point as rapidly as possible. Drop into it $\frac{1}{2}$ pound of good freshly ground coffee, which has been tied in a muslin bag large enough to hold twice the amount. Cover the kettle tightly, reduce the heat so the water will not boil and let it stand for 10 or 12 minutes. Then remove the coffee bag and keep the beverage hot for serving. Coffee deteriorates on standing and should be served as soon as possible after making.

FEEDING THE SICK

Special Diets

"Add life to your years as well as years to your life."

The doctor's instructions should be followed in feeding the sick yet you should know enough about foods to be able to follow intelligently.

There are three general diets used in feeding a sick person, as:

1. *Liquid Diet*: Milk, lamb, beef, or chicken broth, beef juice, beef tea, gruels, fruit drinks. Fruit drinks are much used in warm weather or in case of fever. They may have white of egg added as in albuminized lemonade or orangeade. Ask the doctor before doing this. Tea and coffee are usually forbidden—use only with doctor's permission.
2. *Soft or Semi-solid Diet*: Includes everything which is in liquid diet, also soft cooked eggs, milk toast, cream soups, (never greasy soups or those containing pieces of vegetables), soft, baked, or junket custards, gelatins and fine cereals as cream of wheat, wheatina, or rice well cooked. Sometimes these must be strained. A coarse cereal, as oatmeal, should be strained.
3. *Light or Convalescent Diet*: All food included in the liquid and the soft diets, also broiled chicken or steak, baked white potato, thoroughly cooked cereals, coddled eggs, eggs scrambled in milk, poached eggs, toast, well cooked whole wheat muffins, creamed soups, green peas and simple desserts, such as sponge cake, snow pudding, plain ice cream.

When a patient has sufficiently recovered to be receiving convalescent diet, the doctor usually says, "He may now have any easily digested food." The housekeeper needs to draw very carefully a line between easily digested foods and those more difficult to digest. Making a list such as the following will help:

	<i>Easy to Digest</i>	<i>Diffcult to Digest</i>
Eggs	Raw Soft cooked Poached Scrambled in milk (soft)	Fried Boiled Hard Scrambled
Beef or Lamb or Chicken	Broth Juice Broiled (if tender and Roaster with no grease	Hash Fried Croquettes
Pork	None	All kinds
Soups	Cream of vegetable (vegetables put through a sieve)	
Desserts	Gelatin jellies Baked custard Boiled custard Sponge cake Souffle Junket Ice cream	Fruit cake Plum pudding Pies of all kinds

Vegetables	Baked Irish potato	Cabbage (over cooked)
	Tender green peas	Fried potato
	Chopped tender spinach	Candied potato
	Tender carrots	Onions, etc.
Bread	Whole wheat muffins	Waffles
	Toast	Griddle or batter cake
	Whole wheat biscuit	Doughnuts

It is usually the method of preparation rather than the food that determines the ease or difficulty of digestion.

General suggestions:

1. Serve all food on a tray and have the tray dainty and attractive.
2. Serve hot food hot, cold food cold.
3. Avoid too great a variety at one meal.
4. Change gradually from liquid to soft diet or from soft to convalescent diet.
5. Do not ask patient what he wants—surprise him.
6. Serve food at regular hours. For the very sick, serve often, but in small amounts.
7. Remove uneaten food promptly from sick room.
8. In contagious diseases boil all dishes used in sick room.

Recipes

Standard Broth

Beef—Veal—Mutton—or Chicken

2 lbs. meat	1 t. salt
2 qts. water	2 lbs. rice or barley
2 lbs. bone	and parsley or celery (if desired)

Wipe meat with clean wet cloth, cut in small pieces, break bone, place in deep sauce pan, cover closely, and allow to stand in cool place for one hour; then place on back of stove and allow to heat gently to boiling point, (must never do more than simmer). Allow to simmer for three or four hours, skim, strain, and cool. When cold, remove all fat. If parsley or celery is to be used for flavor, add during last hour of cooking. Barley requires soaking over night when used in broth and rice should be soaked one hour. When either are to be left in broth, it is better to cook broth for three hours, strain, and return to fire adding rice or barley. When broth is taken from fire it should be measured, and boiling water added to bring liquid up to two quarts. This will give what is known as standard broth.

Beef Juice

(One-Fourth Pound Lean Beef)

Wipe clean with damp cloth, cut in inch pieces and sear on hot griddle, place in a meat press, and remove all juice from meat. Care must be taken not to cook the meat. The juice may be reheated by placing a hot cup in hot water, not allowing temperature to exceed 155 degrees F.

Cereal Gruel

1 tablespoon rice

1 cup milk

Wash rice, cover with cold water, and let stand two hours. Drain, add milk, and cook one and one-half hours in double boiler. Strain and season.

Oatmeal—Same as above.

Barley—Soak over night and cook as above.

Egg Nog1 egg (beaten until foamy
but not too light) $\frac{1}{2}$ cup scalded milk

Nutmeg

1 to 2 tablespoons sugar

Salt

Beat egg, add sugar, salt, and nutmeg. Add scalded milk stirring until well mixed. May be served hot or cold.

Soft Custard

1 pint milk

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

2 eggs or

Flavoring

3 egg yolks

Speck of salt

Scald milk in double boiler. Beat eggs, add sugar and salt, and then the heated milk. Return to double boiler stirring until it thickens. Strain, add flavoring and cool.

Oatmeal Water

2 tablespoons oatmeal

1 quart cold water

Cool slowly for about two hours boiling down to a pint. Strain while hot and add enough cold boiled water to make a quart of fluid. Set aside in covered dish to cool.

Orange Albumin

1 egg white

 $\frac{1}{3}$ cup orange juice

Syrup

Stir white of egg with silver fork, add orange juice gradually, and a little cold water. Strain and add syrup if necessary.

Albuminized Milk

1 egg white

 $\frac{1}{2}$ cup milk

Few grains salt

Stir egg using silver fork. Add milk gradually and salt, stirring constantly. Strain and serve.

Apple Snow

1 egg white

 $\frac{1}{4}$ cup apple

Sugar

Cook apples, put through sieve, sweeten to taste. Beat egg white until stiff and add apple pulp gradually. Pile lightly on dish. Chill and serve with boiled custard.

Codled Egg

1 pint water

1 egg

Allow water to boil, wash egg, drop into boiling water, and place saucepan where it will keep hot but not boil. Allow to stand 8 minutes. Serve with salt.

CONSTIPATION

Constipation is one of the most common ills of modern life. The causes are numerous and the conditions that follow may be the forerunner of serious illnesses. Those suffering from constipation should first consult their physician to diagnose the cause. There are two types, the "spastic" and the "atonic". The spastic is due to spasms of the intestine produced by over-excitability of the nervous system. The atonic is due to a laziness in the working of the intestine. The latter is the more common type and is the one with which we are concerned. Faulty habits and poor nutrition contribute to this type. Many cases of constipation can be prevented or corrected by: (1) proper food habits; (2) regular time for elimination; (3) abundant water drinking; (4) regular meal hours.

Some General Principles to Follow in Correcting Constipation:

1. Drink from six to eight glasses of water a day.
2. Establish a regular hour for visiting the toilet—and keep it. With many people constipation is a matter of haste or habit.
3. Take active exercise. Develop good posture and deep breathing. Breathe lots of fresh air.
4. Do not use drugs as they are a poor substitute for the normal control of the alimentary tract by diet and regularity and should be countenanced only when more hygienic measures fail.
5. Eat three regular, unhurried meals each day. Eat slowly and chew food well.
6. Use liberally foods rich in cellulose—cabbage, celery, greens, green beans, bran, whole wheat bread, etc.
7. Eat foods producing gas formation—honey, molasses, onions, sauerkraut, buttermilk.
8. Eat some food having stimulating acids—oranges, tomatoes, lemons, apples, rhubarb.
9. If needed, a lubricant consisting of mineral oil—one or two table-spoonsful night and morning may be taken.

Menu for One Day

Two glasses of water or one glass of water and one glass of diluted lemon, orange, or other fruit juice should be taken on rising. At least one glass of liquid should be taken between meals.

<i>Breakfast</i>	<i>Dinner</i>	<i>Supper</i>
Stewed Prunes	Roast Beef	Bean and tomato soup
Wholegrain cereal	Baked potato	Whole wheat bread
Bran Muffins	Creamed onion	Vegetable Salad
Butter	Turnip greens	Baked apple with cream
Honey	Cornbread	Oatmeal cookies
Coffee—milk	Canned peaches	Milk
	Buttermilk	

Bran Biscuits

$\frac{1}{2}$ c. all-bran	$\frac{3}{4}$ t. salt
$1\frac{1}{2}$ c. flour	3 T. Shortening
5 t. baking powder	$\frac{1}{2}$ c. milk
2 T. sugar	

Mix bran with the flour which has been sifted with the salt, baking powder, and sugar. Rub in the shortening and add the milk. Roll on a floured board to about one-half inch in thickness. Cut with a biscuit cutter, bake in a hot oven (450 degrees F.) twelve to fifteen minutes.

Norwegian Prunes

1 oz. or 2 T. granulated gelatin	2 T. lemon juice
$\frac{1}{2}$ c. cold water	$\frac{1}{2}$ lb. prunes
$\frac{1}{2}$ c. boiling water	2 c. water
$\frac{3}{4}$ c. sugar	Cream

Wash the prunes, soak over night in the water and cook until tender in same water. Drain, reserving the liquid. Remove the stones and cut the prunes in quarters. Mix prune juice and pulp and add boiling water if necessary to make two cups. Chill and add lemon juice.

Soak gelatin in cold water. Add $\frac{1}{2}$ c. boiling water and stir over hot water until thoroughly dissolved. Add sugar and stir until dissolved.

Add to prune pulp and juice. Pour into cold molds and let set in cool place. May be served with whipped or plain cream.

ANEMIA

A condition where there are too few red corpuscles in the blood is called anemia.

Diets rich in iron and probably liberal amounts of good quality protein and green and yellow foods should be given. This means food as: eggs, milk, butter, red meat, liver, leafy and yellow vegetables.

Iron for Blood Building.

Everyone wants to be strong and vigorous, able to resist disease and to have energy for work and play. Rich red blood is one of the secrets of such development. Iron is the most important mineral concerned in blood formation. It is one of the elements most vital to the well being of the body. Recent experiments have shown that small amounts of copper and possibly other substances are also essential but these are found in iron-bearing foods like leafy vegetables, egg yolk, liver, oysters, whole grains, apricots and prunes.

The iron from foods is absorbed from the small intestines and deposited mainly in the liver, bone marrow and spleen where it is built into red blood cells. These red blood cells are needed in the blood stream to carry oxygen to all parts of the body to aid in building and repairing the body tissues.

How Much Iron a day.

Iron is one of the three minerals in which the diet is apt to be deficient unless selected with some care. The body cannot store much iron, hence the need of iron of the best quality every day if health is to be maintained.

Secondary or simple anemia may result from taking for any length of time a diet containing too little iron. Hemorrhages or infectious diseases may also result in anemia. When the blood is not in good condition one tires easily, feels weak, lacks appetite and vital functions slow up. Many children and adolescent girls are inclined to an anemic condition which is not apparent to those who are with them constantly. They should be given plenty of nourishing food, including foods rich in iron; rest, sunshine and fresh air are beneficial, too.

With an ample serving of oatmeal and whole wheat toast or whole wheat biscuit and molasses at breakfast; plus a green vegetable or dried beans or peas at dinner; plus a good sized baked Irish potato, or lean meat, or an egg at any meal, the day's supply of iron is assured because most other foods contain a little, and the sum total is enough. Iron from food eaten daily is better utilized than the iron in the form of medicine.

Liver is especially rich in iron and copper which are needed for the building of red blood corpuscles. It is one of the richest sources of vitamin A, it is a good source of vitamin G, and contains some vitamin B. Include liver in the diet once a week.

Foods Rich in Iron.

Animals Foods.

Eggs, especially the yolks.

Meats, particularly liver, kidney, brain, and heart; also lean muscle of beef, veal, pork and lamb.

Oysters and shrimps.

Vegetable Foods.

Green leaves, particularly turnip and beet tops, chard, dandelion, and mustard greens, watercress, and spinach, also kale. New Zealand spinach and broccoli leaves.

Dried fruits, particularly apricots, peaches, currants, and dates, also figs, prunes and raisins.

Whole grain flours or cereals, particularly wheat, barley, rye, and oats. Molasses, sorghum and cane syrups.

Legumes, either fresh or dried seeds, particularly limas, lentils, common or kidney beans, cowpeas and common peas.

Nuts, particularly almonds and hazlenuts, also walnuts, pecans and hickory nuts.

Menus

1. Breakfast

Oatmeal with raisins
Milk
Toast—butter
Coffee (adults)
Milk (children)

Dinner

Baked liver with to-
matoes
Baked potatoes
Collards
Corn bread
Baked custard
Milk

Supper

Bean soup
Crackers
Apple sauce
Molasses cookies

2. Whole wheat porridge

Milk
Canned berries
Toast—Butter
Coffee (adults)
Milk (children)

Beef stew
Irish potatoes
Turnip greens
Stewed prunes
Whole wheat bread
Milk

Creamed eggs

Cole slaw
Hot biscuit
Sorghum
Milk

3. Corn meal mush	Boiled dried beans	Oyster stew
Milk	Spinach	Crackers
Baked Apple	Beets	Sliced tomatoes
Biscuits—butter	Candied yams	Stewed apricots
Coffee (adults)	Gingerbread	Whole wheat bread
Milk (children)	Milk	Milk

UNDERWEIGHT AND OVERWEIGHT

Weight is one indication of the state of health and diet has much to do with weight. Diet should be regulated so as to keep normal weight. This does not mean cutting out particular kinds of food in order to reduce, or adding certain kinds to gain. It does mean **eating less** of certain kinds if you are reducing, or it means **eating more** if you want to gain. In either case you should not—and to correct your weight you need not—stop eating altogether any of the daily food essentials. You should go on eating milk and cheese, vegetables and fruits, bread and cereals, meat, eggs, fish, poultry and some fat and sweets.

If you wish to gain in weight, eat more of the fuel foods such as starches, sugars and fats. These are used by your body to give heat and energy and the surplus is stored in the body as fatty tissue. If you need to lose in weight, eat less of these fuel foods.

Do not worry about your weight unless you are 5 percent off the average.

If you find you should correct your diet, weigh yourself every day to see what is happening, but do not try to gain or lose too rapidly. One or two pounds a week is enough.

Do not go on any restricted diet to lose weight except upon the advice of a physician. You can reduce safely if you content yourself with fewer and smaller servings of fats, sweets and starchy foods, and drink butter milk or skim milk instead of whole milk. Do not get the idea you can not drink milk and reduce.

Soups are not fattening unless made with whole milk or enriched with fat.

You can usually gain if you eat more than you have been eating, especially concentrated foods as cheese, cream, butter, nuts, starches and sweets. Increase these foods gradually. Whole milk with cream added is recommended for gaining weight.

FOODS FOR CHILDREN

*"Now good digestion wait on appetite
And health on both!"*

By the end of the first year the baby should be weaned and should be eating orange or tomato juice, eggs, some of the milder vegetables and fruits, also cereals and, of course, milk from a cup.

Allow a child to become familiar with one food before another is given him. Never force food on a child. Serve meals at a regular time and if a child eats well, praise him; but if he refuses his meal, pay little attention to him, as he will eat better if not fussed over. Should a mid-morning and mid-afternoon meal seem desirable, serve foods that will not remain in the stomach long, no sweets, however, and at a regular time.

If the child shows a lack of appetite, investigate.

Day's Food for Child From Two to Six Years of Age

Milk—A quart a day.

Orange or Tomato Juice—Juice from one orange or $\frac{1}{2}$ cup tomato juice.

Vegetables—Two vegetables besides potatoes; one green leafy and one may be a root vegetable. Potatoes once a day, baked preferably.

Fruits—Two servings daily. Most of the fruits should be cooked. Only well ripened fruits should be served raw. Little or no sugar should be served with fruits.

Cereals and Breads—Such cereals as oatmeal, cream of wheat, wheatena and cracked wheat, (well cooked) should be given once or twice a day. Crisp toast should be given at least once a day to establish the habit of thorough chewing. Use whole wheat bread daily.

Eggs—An egg yolk a day is recommended either poached, soft cooked or used in simple desserts.

Meat—Finely chopped or scraped meat (baked, boiled or broiled) may be used once a day on the day when eggs are not used. Chicken, beef, liver, mutton, lamb, are the most desirable meats.

Sweets and Desserts—These should be simple custards, ice cream, gelatin, tapioca and fruit puddings. Simple cookies, sponge cake. Plain sugar candy (eaten with the meal), jelly or molasses on bread.

Fats—Fat is difficult to digest so should be used sparingly. Whole milk or very thin cream for cereals, butter for bread (one-half teaspoon to a slice of bread) and a small amount of butter on vegetables.

Cod Liver Oil—3 teaspoons daily through the winter months.

Water—4 cups daily.

Forbidden Foods—Pies, pickles, fried foods, gravy, mayonnaise, rich cakes, hot breads (as pan cakes) and sweets between meals. Also green fruit, corn, cucumbers, radishes, coca-cola, soft drinks, tea, coffee and pork.

Health Practices

See that the child's habits of eating, sleeping, eliminating, and exercising are good. See that he is dressed comfortably, that he has a sun bath on warm sunny days, that he is taken twice a year to the doctor and to the dentist so that defects or early signs of trouble may be corrected. Have a doctor give him special protection against disease by vaccination and immunization. Do not let him go near a sick person even if the sickness is "only a cold."

References:

- (1) Folder No. 8, Children's Bureau, U. S. Department of Labor, Washington, D. C.
- (2) Folder No. 10, "Out of Babyhood Into Childhood", Children's Bureau, U. S. Department of Labor, Washington, D. C.
- (3) Farmer's Bulletin No. 1674, "Food for Children", U. S. Department of Agriculture, Washington, D. C.

- (4) Leaflet No. 42, "Good Food Habits for Children", U. S. Department of Agriculture, Washington, D. C.
- (5) North Carolina Health Bulletin and bulletins on Child Health, from State Board of Health, Raleigh, N. C.
- (6) Publication No. 30, "The Child from One to Six", U. S. Department of Labor, Children's Bureau, Washington, D. C.

WHEN 4-H CLUB MEMBERS ENTERTAIN

*"Courtesy is such a lovely word,
Whether it means a graceful little bow,
Or, even better as we use it now
A gracious act, by love for others stirred,
Courtesy is lovely, deed and word!"*

—ANNE CLEVELAND CHENEY.

Who does not like to go visiting where you find a kindly welcome and a good time awaiting you? Is your house a place where people like to gather? It is an art to live happily, first as a family, then let us learn to share our good times with friends and neighbors. Entertaining gives us a chance to do something for someone else.

SIMPLE COURTESIES PRACTICED AT A CLUB PARTY

Suppose you are entertaining the club at your home. Meet the guests at the door and either take their wraps or direct them to a place where they can remove them. Your father and mother will want to meet your friends. Gradually see that all are introduced and that all have a good time. When introducing two people, call the person's name first who is to be given prominence, as a young girl is presented to an older woman, a boy to a girl. Example: "Mother, I would like for you to meet a friend of mine, Mary Smith." It is courteous to rise when an older person enters a room or is introduced. Boys always rise when women or girls enter. A girl may remain seated when she is introduced to a boy; the boy should rise. See that your parents meet your friends.

When guests leave, they should bid the hostess and the hostess's father and mother (if they are in the room) goodbye and tell them they had a good time. If there is a guest-of-honor, say something pleasant to him or her on leaving.

Serve simple refreshments, but be sure that they taste good and are attractive.

SCHOOL PARTIES

"Behavior is a mirror in which everyone shows his image."

—GOETHE.

Soon after arriving at a party, speak to the chaperon. Courteous boys and girls will see that the chaperons do not spend the entire evening alone and that their requests are carried out without question except under unusual conditions.

If the party is a dance, it is customary for a boy to dance with a number of girls during the evening. Courteous boys will see that every girl present takes part in the entertainment whether it be dancing or what not, and in turn the girls should be good sports and enter into the spirit of the occasion and have a good time.

Club and Party Refreshments

Good combinations easy to serve are:

- Cake or cookies with cocoa.
- Cup cakes with iced fruit juice.
- Ginger bread with cider.
- Buttered nut bread sandwiches with coffee.
- Ginger bread sliced thin, buttered and filled with cottage cheese and chopped nuts with buttermilk.
- Boston brown bread sandwiches filled with cottage cheese, with cocoa.
- White bread sandwiches filled with finely chopped canned tenderloin, pickle, and mayonnaise, with cocoa.
- Ice cream and cake.
- Fresh fruit in season.
- Congeaed fruit salad, crackers, with Russian tea.
- Chicken salad, beaten biscuit, pickle, and lemonade.

Home canned fruit juices and juices drained from fruits that have been used for salad and desserts may be used in making palatable drinks.

Grape Ade

- | | |
|-------------------|--------------------------------|
| 2 cups sugar | 2 cups grape juice |
| 2 cups water | $\frac{1}{2}$ cup orange juice |
| 1 cup lemon juice | 4 cups iced water |

Boil sugar and water. Cool. Add remainder of ingredients. Pour into glasses half filled with chopped ice. Serves 12.

Russian Tea

- | | |
|--------------------------------|--------------------------------------|
| 1 quart grape juice | Grated rind of $\frac{1}{2}$ lemon |
| Juice of 4 lemons | Grated rind of $\frac{1}{2}$ orange |
| Juice of 4 oranges | $\frac{3}{4}$ tsp., powdered ginger. |
| $1\frac{1}{2}$ quarts weak tea | 1 cup sugar |

Cook sugar, ginger, and grated rinds with three cups of water for two or three minutes. Strain. Add fruit juices and tea. Serve hot.

For tea pour six cups of boiling water over 1 tablespoon of tea and let stand 3 minutes. Strain. If a sweeter drink is desired, add more sugar. Serves 12 or 15.

AFTERNOON TEA

The hostess receives and some of her friends will assist. Guests shake hands with the hostess first, then with others who may be standing with her. After mingling with other guests for a few moments, one may be invited to go to the dining room. After being served, one may chat again with friends or go directly to the receiving line to say good-bye and express one's pleasure.

The dining table should be attractive and refreshments should be simple and dainty. A friend of the hostess sits at one end of the table and pours a beverage, as tea, coffee, cocoa, or fruit punch. The filled cup or glass is placed on plate with a spoon (if needed) and passed to the guests by someone who is serving. Sugar, cream, lemon, sandwiches, and later wafers, cakes and candies are passed. As soon as a guest has finished, she should be relieved of cup and plate.

Should your 4-H Club serve a tea, it should be planned in advance and committees appointed, as:

1. Invitation (to make and distribute invitations).
2. Arrangement of room where tea is to be served and the table (before and after the tea).
3. Foods: (to see that food is at the appointed place in plenty of time for the tea).

Special groups to be responsible for different items on the menu:

- (1) Sandwiches
 - (2) Wafers
 - (3) Confections
 - (4) Beverage
4. Receiving and entertaining.
 5. Pouring beverage and serving.
 6. Kitchen arrangement—see that kitchen is in order after the tea.

BUFFET SUPPERS OR LUNCHEONS

A buffet supper or luncheon is a nice way to serve a large group of people indoors. The food, plates, silver, and napkins are attractively and conveniently arranged on the dining room table and the guests serve themselves. Two friends of the hostess may be seated at opposite ends of the table to assist the guests with their serving.

If there is a dessert following the main course, it is placed on the dining table while the guests are eating the main course.

Suitable Dishes to Serve at a Buffet Supper or Luncheon

1. Hot dishes—Creamed dish in patty shells, such as chicken, ham, salmon, oysters, peas, asparagus.
Escalloped dish in casserole such as eggs, oysters, salmon, potatoes.
Croquettes: Meat, fish, cheese, potato, rice.
2. Cold Dishes—Meat Loaf, pressed chicken, devilled eggs.
3. Salads—Meat, fish, vegetable, fruit. Arranged on large platter in individual servings in lettuce cups.
4. Bread—Hot rolls, hot biscuits, sandwiches.
5. Relishes—Pickles, radishes, stuffed celery, jelly, preserves.
6. Beverages—Fruit drinks, tea, coffee, cocoa, milk.
7. Desserts—A frozen dessert, a gelatin dish, pudding, short cake, pie, cake with whipped cream, fresh fruit.
8. Nuts and candies.

Menus

1. Creamed Chicken in Patty Shells
Jelly Mixed Pickle
Baked Corn Pudding
Molded Cabbage and Pineapple Salad
Buttered Clover Leaf Rolls
Individual Apple Tarts Coffee
2. Cold Meat Loaf Scalloped Potatoes
Dixie Relish
Vegetable Salad in Lettuce Cups
Hot Biscuits
Cake with Whipped Cream
Salted Nuts Iced Tea
3. Cold Baked Ham (In small thin slices)
Sweet Peach Pickle
Potato Salad with Tomatoes on Lettuce
Bread and Butter Sandwiches
Ice Cream and Cake
Coffee Mints

PICNICS

*"Every action in company ought to be with
some sign of respect for those present."*

—WASHINGTON.

Picnics are informal and the picnic lunch should be planned so as to be easy to prepare and pack. A convenient plan is for a group to decide on a menu, then divide the dishes between individuals or groups. In this way each person only prepares one or two items on the menu.

Paper plates, forks and spoons and cups make picnic serving easy. Be sure the picnic grounds are left in good condition—cleared of boxes, paper and food.

Menus for Picnics

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Fried Chicken
Devilled Eggs
Buttermilk Biscuits
Pickled Beets
Carrot sticks
Cookies
Lemonade
Apples | <ol style="list-style-type: none"> 2. Ham Sandwiches (Baked ham)
Cole Slaw
Bread and Butter Sandwiches
Cucumber Pickle
Cup cakes
Iced Tea
Watermelons |
| <ol style="list-style-type: none"> 3. Chicken Salad Sandwiches
Lettuce Sandwiches
Stuffed Celery
Pickle
Pound Cake
Ice Fruit Drink | <ol style="list-style-type: none"> 4. Scrambled Eggs and Bacon
(Cooked at picnic)
Bread and Butter
Potato Salad
Ginger cookies
Milk
Apples |

CAMP COOKERY

*"Oh! for a hike to the gay colored woods
When the days of October call!
When the blue purple haze adds to our moods,
And rustling leaves whisper, 'It's fall!'"*

A hike to the woods, there to cook your supper and maybe a short program as you sit around the camp fire is quite a nice way to have some fun.

Foods to Cook at Camp

Meats that may be cooked on a stick as bacon, inch cubes of round steak, sausage, weiners. A long handled frying pan will accomodate scrambled eggs, fish, etc. A boiler will do for soups, chowders, stews. Potatoes may be baked in the ashes. Other foods as bread, cookies, fruit, may be brought from home, and also foods ready for mixing salads and beverages.

Be sure that the grounds are cleaned and that the fire is out before leaving camp.

SPECIAL OCCASIONS

Don't forget the family birthdays and the special holidays as Valentine, St. Patrick, Easter, Mother's Day, Father's Day, Halloween, Thanksgiving, Christmas, etc. Arrange the table in a festive manner with candles, place cards, and make an event of the occasion.

Conversation

"'Tis mirth not dishes sets a table off."

Conversation is an art—develop it. Inform yourself on music, books, current events, etc. so that you will be able to converse intelligently and without embarrassment. As a rule, conversation should be directed to things of general interest rather than to personal affairs.

When entertaining friends, be sure they are included in the conversation. Should the conversation turn to some topic embarrassing to some member of the group, it is the duty of the hostess or host to introduce a new topic.

When you are a member of a small group, talk to all in the group rather than to one or two of them.

*"If your lips would keep from slips,
Five things observe with care:
To whom you speak, of whom you speak,
And how, and when, and where."*

COMMUNITY MEALS I HAVE ASSISTED WITH

Date	Menus	Type of Meeting

SPECIAL DIETS

**Liquid
Diet**

Soft Diet

**Conva-
lescent
Diet**

SPECIAL DIETS

Anemia

**Consti-
pation**

INVALID TRAY

Date	Menu	To whom Served

	Diet for Child
--	-----------------------

Age	Diet

PERSONAL RECORD

(Refer to Requirements)

HEALTH ACTIVITIES

1. Have you practiced healthful living? Yes_____. No_____.
2. What health need or needs have you improved this year?_____
3. For whom did you keep the Health Record Book?_____
4. Have you had a physical examination this year? Yes_____. No_____.
5. What contribution have you made to the 4-H Health Program this year?_____

6. What community sanitary improvement have you participated in this year?

7. Other sanitary activities? _____

GROUP ACTIVITIES

1. Have you conducted a business meeting? Yes_____. No_____.
2. Have you taken part in Exhibits? Yes_____. No_____.
- Team Demonstration? Yes_____. No_____. Judging? Yes_____. No_____.
3. What community project have you assisted with?
Check community service needed and rendered on next page.
4. Other group activities I have participated in _____

COMMUNITY SERVICE

To Develop the Heart-H
 "No man liveth unto himself alone."

Some Suggested Community Needs.	My Community needs (check x)	Assisted With	
		As a Club	As an Indivi- dual
1. Shrubby planted on school grounds. _____			
2. Shrubby planted on church grounds. _____			
3. Children cared for at home demon- stration club meetings. _____			
4. Children cared for at other adult meetings. _____			
5. Sponsor loan library. _____			
6. Community center established. _____			
7. Stage community "Get-to-gether meeting." _____			
8. Cheer "shut-ins." _____			
9. Make or distribute clothing for needy. _____			
10. Furnish food for needy. _____			
11. Furnish milk for baby. _____			
12. Furnish food for pellagra patients. _____			
13. Take flowers to church. _____			
14. Take flowers to community gatherings. _____			
15. Sponsor flower show. _____			
16. Promote community spirit by:			
(1) Exhibits _____			
(2) Tours _____			
(3) Home talent plays _____			
(4) Recreational programs _____			
17. Any other needs. _____			
18. _____			
19. _____			
20. _____			

Choice for Club Community Service for next year, based on needs and interest
 and what we are able to do. _____

"The gift without the giver is bare."

HOME CONVENIENCES

1. What change have you made in your kitchen to give greater efficiency in work? -----

2. What piece of equipment have you added that makes preparation or service of food easier? -----

3. What other changes or additions? -----

HOSPITALITY

1. Have you practiced social courtesies with your family and guests?
Yes_____. No_____.
2. Have you entertained at a party? Yes_____. No_____. If so, state type of party and refreshments served -----

3. Any other social activity. -----

MISCELLANEOUS

1. I hereby state that this is an accurate statement of my Home Maker's project:
----- (Name) ----- (Address)
2. Number of years in club work_____. Age_____.
3. Other activities. -----

4. A statement of something I would like to obtain from my club work next year. -----

THE CLUB PLEDGE

I PLEDGE:

*My Head to clearer thinking;
My Heart to greater loyalty;
My Hands to larger service; and
My Health to better living for
My Club, my Community, and my Country.*

THE CLUB MOTTO:

"To Make the Best Better."