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MIDDLEBURG, N. C.

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EXTENSION MISCELLANEOUS PAMPHLET NO. 70

FOODS

for

**STRONG
BODIES**

EVERY DAY EAT THIS WAY:

1

MILK Three to four cups for children
Two cups or more for adults
Four cups or more for expectant
and nursing mothers

2

TOMATOES, ORANGES,
GRAPEFRUIT or OTHER At least one of these
raw FRUIT or VEGETABLE

3

GREEN or YELLOW
VEGETABLE One big helping or more

4

OTHER
VEGETABLES Two or more helpings
AND FRUITS

5

MEAT, POULTRY,
FISH, CHEESE, At least one helping of one of these
DRIED BEANS or PEAS

6

CEREALS
and BREAD At least two helpings of whole grain
or enriched

7

EGGS One each day or at least three or four
per week

8

SWEETS
and FATS In limited amounts to satisfy the
appetite

9

WATER Six to eight glasses

Foods for Strong Bodies

Milk — Eggs — Meat — Dried Beans and Peas

BY

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Is every member of your household strong and healthy? America needs us strong now as never before. It is the duty of everyone to know what foods we should eat every day to build muscle, bones and blood, and to keep us in good health.

FOOD FOR STRONG MUSCLES

1. What foods build strong muscles?
Milk, eggs, meat, cheese, dried beans and peas—these foods also help keep muscles in good repair.
2. Do milk, eggs, meat, dried beans and peas have any other value in the diet?
They help safeguard the health of the body. They are some of the “protective” foods rich in minerals and vitamins.
3. How does milk rank as a building food? How does it rank as a “protective” food?
Milk, besides being a muscle building food, is also the best single food for building strong bones and teeth because it is the richest source of calcium. Whole milk, cream and butter are rich in the vitamin so necessary for protecting our body against infections and for keeping our eyesight clear and keen.
4. Is cheese a valuable addition to the diet?
Yes, cheese being a milk product has about the same food value as milk.
5. Why should we have an egg every day or at least three or four every week?
Eggs furnish good muscle building and repair material for the body. Eggs are rich in iron, necessary for good red blood. Many people do not get enough iron in their diets.

6. What are some other good sources of iron besides eggs?
Lean meat, dried beans and peas are rich in iron, as well as good sources of the vitamin needed for steady nerves.
7. What meats are known as lean meats?
Beef, veal, lean pork (not fat pork), fish, lamb and poultry.
8. What dried beans are best for building muscle?
Soybeans have more food value than other dried beans and peas. Dried beans and peas, especially soybeans, should be used often in the diet when meat is scarce or high in price.
9. Do milk, eggs, meat, dried beans and peas contain any other food values?
Yes, they all contain some fat which furnishes heat and energy to our bodies.
10. What about the cooking of milk, eggs, meat, dried beans and peas?
These are protein foods; therefore, they should be cooked at low temperatures. High temperatures toughen all proteins.
11. How much of these foods should one eat each day?
Uncle Sam says eat the amounts given on the cover page.

RECIPES

Creamed Eggs

6 hard cooked eggs	6 pieces of toast
1 cup medium white sauce	Parsley

Method:

1. To hard cook eggs place them in a sauce pan (preferably on a rack).
2. Cover eggs with cold water.
3. Bring water slowly to boiling point.
4. Turn eggs once or twice as water heats so yolks will be in center when done.
5. Reduce heat and keep water at simmering point 10 to 15 minutes.
6. Remove eggs from sauce pan and place in cold water to cool.
7. Peel eggs and cut into halves. Reheat in the white sauce.
8. Serve on toast.
9. Season to taste with salt and pepper—Garnish with parsley.

Other Creamed Dishes: Chopped cooked vegetables, chicken, ham, fish, or beef may be creamed, using 2 cups with one cup of white sauce.

Medium White Sauce

2 tablespoons butter	1 cup milk
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt

Method:

1. Melt butter in sauce pan, add flour and salt. Stir until mixture is smooth.
2. Add milk, stirring all the time until mixture thickens.

Scalloped Potatoes

6 potatoes	Pepper
1 tablespoon flour	2 tablespoons butter
1 teaspoon salt	Milk

Method:

1. Peel potatoes and slice.
2. Place half of the sliced potatoes in a buttered baking dish.
3. Sprinkle with salt, pepper, and flour. Add butter.
4. Repeat.
5. Add milk until it may be seen through the top layer.
6. Cover and bake in a moderate oven until potatoes are almost done.
7. Remove cover and finish cooking.

Variations: Cooked meat such as smoked ham, canned beef, pork or sausage may be added between the layers of potatoes.

Scalloped Eggs and Ham

$\frac{1}{2}$ cup butter	1 cup bread crumbs
4 tablespoons flour	1 cup chopped cooked ham
2 cups milk	6 hard cooked eggs

Method:

1. Make a sauce using $\frac{1}{2}$ of the butter, all of the flour and milk.
2. Moisten the bread crumbs with the remaining butter.
3. Put a layer of buttered crumbs into a greased baking dish, cover with a layer of sauce, a layer of chopped ham and a layer of sliced eggs.
4. Repeat. Cover top with crumbs.
5. Bake in a moderate oven (350 degrees F.) until crumbs are brown.

Cheese Souffle

4 tablespoons butter	Dash of cayenne
4 tablespoons flour	$\frac{1}{2}$ pound cheese
$1\frac{1}{2}$ cups hot milk	(aged is better)
1 teaspoon salt	6 eggs

Method:

1. Make a sauce of butter, flour, milk and seasonings.
2. When sauce is thick and smooth, remove from fire and add thinly sliced or grated cheese.
3. Stir until cheese is melted.
4. Add beaten egg yolks and mix well.
5. Cool mixture and fold in stiffly beaten whites.
6. Pour into a 2-quart baking dish and bake $1\frac{1}{4}$ hours in a slow oven (315 degrees F.).
7. Serve at once.

Bean Loaf

2 cups cooked beans	2 tablespoons chopped
2 cups soft bread crumbs	onion
2 eggs	Salt to taste
1 tablespoon butter or	Milk—enough to make
bacon drippings	thin as a soft dough
$\frac{1}{4}$ teaspoon pepper	Parsley
	1 egg—hard cooked

Method:

1. Mash beans.
2. Mix all ingredients together.
3. Butter a baking pan and pack mixture in solidly.
4. Bake one hour or until firm throughout.

5. Turn out on a meat platter—garnish with parsley and hard cooked egg pressed through a sieve.
6. Serve in slices with tomato sauce.

Tomato Sauce

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	1 cup tomato juice

Method:

1. Melt butter in a sauce pan.
2. Add flour and stir to a smooth paste.
3. Add salt and tomato juice.
4. Stir as mixture cooks.
5. Cook to thickness of medium sauce.

Swiss Steak

2 pounds round steak	$1\frac{1}{2}$ teaspoons salt
3 tablespoons fat or melted suet	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup flour	$2\frac{1}{2}$ cups tomatoes or water
	1 onion

Method:

1. Mix flour, salt, and pepper and beat thoroughly into steak with edge of heavy plate.
2. Heat fat in frying pan.
3. Sear meat in hot fat—browning one side, then the other.
4. Add sliced onion.
5. Cover meat with tomato juice or water. Cover and simmer for an hour or until meat is tender enough to cut with a fork.
6. If gravy becomes too thick during the cooking time, add more hot liquid so there will be plenty of gravy.
7. Serve hot.

Meat Pie

1 quart canned meat	2 onions—medium sized
2 cups liquid	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	Pepper
2 tablespoons butter	

Method:

1. Make a gravy of butter, flour, and meat-liquid, or water.
2. Add salt and pepper.
3. Place meat and chopped onions in a baking dish or pan. Add gravy.
4. Cover with biscuit dough, in solid piece, cut in strips, or as biscuit.
5. Bake in hot oven (400°F.) for 30 minutes or until the covering is done.

Variations: Left-over vegetables such as garden peas, carrots, or potatoes may be added.

Baked Liver

1½ pounds liver	1 tablespoon flour
⅛ pound salt pork	1 teaspoon salt
1 large onion	¼ teaspoon pepper
	2 cups canned tomatoes

Method:

1. Use pork, beef, veal, or lamb liver.
2. Cut through tough covering on liver, making gashes two inches apart.
3. Cover with boiling water for 5 minutes to remove strong flavor. Drain.
4. Cut salt pork in thin slices and lay in gashes of the liver.
5. Slice onions crosswise to make rings. Place these rings in baking pan or casserole.
6. Place liver on onion rings in pan. Sprinkle with the flour, salt and pepper.
7. Pour tomatoes around the liver.
8. Cover and bake in a moderate oven (325°F.) until tender, from 1 to 2 hours, depending on kind of liver.

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