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The "Why" and "How" of Meal Planning

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The "Why" and "How" of Meal Planning

By BETH BAILEY, Associate Professor of Home Economics

Fruits Must Have A Place in the Daily Dietary

C IS EASILY DESTROYED BY HEAT EXCEPT IN ACID SOLUTION. GOOD SOURCES OF C ARE TOMATOES, AND UNCOOKED GREENS, ORANGE AND LEMON JUICE, FRESH FRUIT, RAW CABBAGE AND RAW MILK. ITS ABSENCE IS SHOWN IN SKIN DISEASES.

We may say then that to avoid any dangers due to shortage of these protective foods, the diet must contain milk, fresh vegetables, leafy greens, eggs, butter fat, and whole cereals. Canned vegetables may lose much of their value as sources of vitamins due to the high pressure cooking, especially if one does not use the liquid in which they are canned.

One notices that the diet which is restricted to a very low expenditure of money is apt to be low in minerals and vitamins; since fresh fruit, green vegetables, and eggs are among the most costly foods. Milk must not be considered expensive at even sixteen cents per quart because of its supply of fuel, tissue builder, calcium and vitamin A.

This general review of body needs holds for the normal adult. In many families, one or more members is in need of special foods to remedy specific ills, so the family meals must be substituted with others supplying the necessary constituents.

Then, too, in families where there are growing children, the meal planner must provide plenty of tissue builders of the easily assimilated sort and a generous supply of fuel foods for the ever active bodies. For the growing child one must provide a goodly supply of foods rich in...
mineral and vitamins. In the delicate and intricate weaving of new body cells it is of the utmost importance that not one of the vital constituents be omitted. There is no one perfect food. No vegetable or fruit can be used to the exclusion of all others. A variety of all the many fruits and vegetables is essential not only for appetites sake, but for the actual needs of the body.

A good balance between fat, sugar, and protein is to be desired. Excessive sugar from the stomach causing distress from gas. Fat retards stomach digestion. Therefore in a meal rich in fat and sugar, the action of the stomach is delayed until fermentation takes place. This is apt to happen after a holiday dinner. Then one has “heart burn” or indigestion.

Excessive use of meat tends to intestinal disorders due to increased bacterial action. Meat is of such pleasing flavor that one must guard against the excessive use of meat to the exclusion of all the essential vegetables, fruits, and dark breads.

It is not expected that every meal of the day will contain all of the desired food stuffs in the proper amounts, but the day’s meals or the week’s meals can be considered as a unit. Surely in the course of a week the meals can have a good balance of starch, sugar, whole cereals, fat, milk, milk products, eggs, meat, and a variety of vegetables and fruits.

Taber in “Business of the Household” gives the following as a satisfactory amount of food per day for a man at moderate work:

| Vegetables and fruits, rich diet 2¼ lbs. | to plain diet 1½ lbs. |
| Meat, rich diet 8 oz. | to plain diet 6 oz. |
| Meat, eggs, cheese, rich diet 14 oz. | to plain diet 6 oz., 2 oz. less for each added ½ pint of milk. |
| Cereals, rich diet 8 oz. | to plain diet 16 oz. |

Sweets, rich diet 3 oz. to plain diet 1½ oz.
Fats, rich diet 3 oz. to plain diet 1½ oz.

Another way of determining the proper balance is by a study of the bills for one month.
1. One-fourth to one-third of the money for bread, cereals, macaroni and rice.
2. One-third to one-half quarts milk per person per day.
3. Spend as much for vegetables and fruits together as for milk.
4. Spend no more for meat and eggs than for vegetables and fruits.
5. Decrease the meat as the milk is increased.

In 1918 a survey in Massachusetts gave these figures which are low for present prices.

For a family of four on $10.00 per week the average amount spent for different kinds of food was:
- $2.50 for grain products.
- $2.00 for milk.
- $2.00 for meat, eggs, fish.
- $2.00 for fruit and vegetables.
- $1.50 for fat, sugar and miscellaneous.

It is often by a study of monthly totals of the different classes of foods that the housewife can best check on her wisdom in buying and the adequateness of the meals for her family.

Fresh Leafy Green Vegetables Are A Source of Iron, Cellulose and Some of the Vitamines

Confessions of a Trained Aunt
By EDA LORD MURPHY

I have only been an aunt two and one-half years. The first year and a half were easy—it is after the darling begins to talk that we suffer most. I just ache to recount all her mother writes me. At times when my ardor has overcome my better judgment my friends have shown such sweet and obvious efforts to smile and to be interested in baby talk that I’ve reformed (in spots).

Several of my friends have deceived me into believing they have a genuine interest in Janet. They even go so far in their friendship for me as to ask, “What’s the latest baby news?” If it is one of my homesick days I jump at a chance to tell them of her extraordinary vocabulary and Hibernian imagination; the lovely quality of her voice when she calls her father and mother by their first names or speaks in tenderness of her grandmother who is gone. Her affectionate ways—her coquetry at two, her intensity of grief or joy, her social grace, her fearlessness (she went swimming on her second birthday and adored being ducked) her dramatic instinct, her sense of humor—who wouldn’t love to talk about such charms.

I know so many aunts who buy clothes and toys and fairly support their nieces that it seemed as tho I ought to do something. So I offered to take care of her a week while the little mother went on a motor trip. And if they didn’t accept my offer! So one morning while we were chasing the neighbor’s chickens the roadster went off with the gay young parents.

I “majored” that week in the “Care and Feeding of Infants.” I lived by the clock. My preference for sleeping late and for a nap after luncheon were relinquished for a schedule like the following.

Crack of dawn! Awakened by a tiny voice calling my name in two tones, one high and one low. What I thought would be a stern command to turn over and go to sleep would collapse into abject adoration when I saw those pink cheeks, smiling eyes and arms outstretched.

Breakfast at seven and all was right.