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How Much Shall I Buy?

By MARGARET L. MARNETTE

MOST every recipe calls for definite amounts of materials, and yet how very few recipes give anything like definite amounts to buy for that particular food under making.

There have been a great many stories written about brides who bought "two or three pounds of pork chops, and a pint of gravy," but the home economics student is not going to be numbered among those. How much to buy is becoming as important as what kind to buy.

Of course there are still many people who no doubt judge accurately by looking at a food. But such a quality comes only with years of experience. Also this is often inaccurate since many foods change in bulk when cooked. Rice and beans swell and cabbage and most of the greens shrink. If a definite amount is known to serve (depending on the appetites!) of a definite number of people, then the amount needed to be purchased can usually be reckoned.

Since many foods now come in packages, usually pound sizes, another problem is to be reckoned with. There is an old saying, "A pint's a pound, the world around." Such is not the case, for many articles differ considerably in weight. For instance if a recipe calls for a cup of raisins, the housewife should know how many raisins she needs to buy. Not only is this necessary for food intended for immediate consumption, but food such as staples can be purchased in approximate amounts for a month's supply and there will not be so much chance of running out of some necessary staple.

There are many foods that are served by count, or that is to say that one grape-fruit will serve two people, one baked apple serves one person, and one baked potato will serve one person. But when fruits or vegetables are to be cooked up, such as applesauce, which would require one and one-half to two pounds for six people, or potatoes which would require about two and one-half pounds for serving six people with boiled potatoes, then the housewife must know what weight to buy.

Celery and cabbage are an exception

to the rule that vegetable are weighed as purchased. There is some waste to celery, a part of the outer stalks may be used for creaming or soup, the inner stalks only are eaten. Cabbage represents another problem. The outer leaves are chiefly waste, while if boiled cabbage is to be served, from two to four pounds is necessary for six people. The larger head will naturally leave some cabbage over. The cole slaw, one and one-third pounds are about correct for serving six portions.

There is more waste to fish as it is bought by the pound than any other food. Most fish is purchased with the head left on, and must be cleaned and have the bones removed before it is reckoned as ready for cooking. For this reason it seems that a more generous amount of fish needs to be purchased than for meat. A four-pound haddock should serve six people, depending on the method of serving. For simple fried haddock, the four-pound fish will be satisfactory for six, otherwise five pounds should be bought.

Before one can determine the amount of meat necessary to purchase, one should know something about the relative amounts of shrinkage from cooking meats. Hamburg suffers the greatest loss in cooking with about six ounces per pound, pork chops lose approximately four ounces when cooked, while lamb loses only about one and one-fourth ounces. Some loss must also be accounted to trimming the meat. A pork loin chop will lose almost 50 percent in trimming while a round beef steak will lose only 38 percent. Calculating the amount per serving as one-fourth pound, three pounds of pork loin chops will serve six people. For a pot roast of beef, three pounds is about the right weight for serving six portions.

Some meat, such as liver or hamburger meat, has no waste, one-fourth pound per serving or one and one-half pounds is sufficient.

When oysters are to be served, the occasion will have something to do with the amount needed. One pint of oysters with other ingredients will serve six portions of scalloped oysters for lunch, but one quart should be pur-

chased for making the dish a main one for dinner.

In purchasing coffee, the fineness with which it is ground will cause a slight variation in the number of cups which it will make. One pound will make from 48 to 56 cups, allowing two tablespoons of coffee for each cup.

Lettuce will vary somewhat with the head. About 31 edible leaves to a head of three-fourths of a pound is the average. The head will make six good servings of salad and allow a few leaves for garnishing. Of course, the amount will depend more upon the type of salad to be made.

Salt crackers, those which are two and an eighth inch square, run about 30 to one-fourth pound. It is usually best to buy crackers by the box, since if the box is kept closed, they do not dry out.

Following is a short table of approximate weights for the servings.

Quantities needed for serving six portions:

CEREALS

Corn meal— $\frac{1}{4}$ cups
Macaroni (with sauce)— $1\frac{3}{4}$ cups
Rolled oats—2 cups
Steamed rice—1 cup
Flour: Unsifted bread, 1 lb.— $3\frac{3}{4}$ cups
Sifted bread, 1 lb.—4 cups
Unsifted pastry, 1 lb.— $3\frac{3}{4}$ cups
Sifted pastry, 1 lb.— $4\frac{1}{4}$ cups

VEGETABLES

Cauliflower— $3\frac{3}{4}$ pounds
Peas—6 pounds unshelled
Potatoes (French fried)— $1\frac{1}{2}$ pounds scalloped) mfwp
(Scalloped)— $2\frac{1}{4}$ pounds
(Mashed)— $2\frac{1}{2}$ pounds
String beans—2 pounds
Sweet potatoes (candied)—3 pounds

MISCELLANEOUS

Butter, lb.—2 cups
Bacon, 1 lb.—40 slices (thin)
Cheese, $\frac{1}{4}$ lb.—1 cup finely cut
Chocolate, 1 ounce—1 square
Corn syrup, 11 ounces—1 cup
Milk, evaporated, 9 ounces, 1 cup
Mayonnaise, 8 ounces—1 cup and 1 tablespoon

Get up your pep, girls, get up your pep,
Work up a rep, girls, work up a rep;
Lots of fresh air and plenty of vim.
The Game for the Game's Sake,
You don't have to win.