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A Few Fine Points in Meal Planning

Beth Bailey
Iowa State College

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many bricks because there are so many windows!"

In fact, there are so many things I might like to tell you of. There is the shower in the basement to step into when a swim in the lake is over. Yet it is after all only the experience of one student following up her work in "house."

I am asked frequently about the \$5,000 limit. The addition of the 10'x36' porch and the fact that we needed our house while war prices were still prevalent caused us to pass that limit somewhat. Yet, I still feel and have been assured by contractors that it could easily have been observed when the house was planned.

The accompanying article has been written by Miss Beth Crowley, a former Iowa State College girl, who is now an instructor in the house planning course at Iowa State College.

It is a real experience story, in which she tells the circumstances and facts that made the house which she planned while in college an actual structure.

The house has been built at her home in Storm Lake, Iowa.

It has been a source of great satisfaction to me to know that the structure I now call "home" is an idea, a plan marked out by myself for my family. But what pleases me more is to know that it is the product of the mark I started while a student at Iowa State and to know that it has met the approval of contractors and architects. It has made possible for my mother, a home that is compact, comfortable, containing everything she wanted in the line of conveniences and labor saving devices. All this is a result of my course in house planning while attending Iowa State.

A Few Fine Points in Meal Planning

By BETH BAILEY, Associate Professor of Home Economics

DOES the problem of meal planning end when the housewife has decided how much of the family allowance may be spent for food and has insured the health of her family by providing plenty of milk, a variety of vegetables, fruits once or twice a day, enough fat and sugars to furnish fuel for the body and eggs, cheese or meat for the constant repair of tissues?

This is far from true. A dozen or more other factors enter into the successful menu.

Variety is surely the spice of meal planning. Nothing is so deadening to the appetite as repetition from day to day throught the year. Many housewives are so hackneyed in their habits of cooking that there is a sameness of flavor of foods in every meal.

One should not use the same food more than once in the course of the meal, as tomato soup, scalloped tomatoes, and tomato salad, or pineapple in fruit cocktail, in salad, and in dessert. With such a splendid variety of foods as is now common due to modern transportation and storage, there is little excuse for monotonous menus.

One housewife turned the searchlight on her meals and was shocked to find the vegetables consisted of only potatoes, peas, corn and tomatoes, the meat was steak, pot roast, stew, meat loaf and chops, the desserts were pie, cornstarch pudding, sauce and cake. No wonder she grew tired of "cooking." One can not call that "meal planning." It is just "cooking." If the family shows a fondness for chocolate pie, one must not err by making it so often that it fails to cause a thrill at its appearance. It is not too much to ask this variety.

In order to prevent monotony attention may be called to these "Do Nots:"

Do not serve the same vegetable twice in one week. Potatoes are, of course, an exception to this rule. So are lettuce and fresh vegetables with a short season, as garden peas, tomatoes, asparagus, etc.

Do not serve the same dessert more than once in two weeks. Fresh berries and fruits are again an exception, as their season is so short. But cornstarch pudding and apple pie, we have always with us.

Do not repeat the same meat cooked in the same way in one week or even two weeks. Even porterhouse steak can become uninteresting if served regularly twice a week.

It is also important that there be a good balance between soft and solid foods. For illustration note this meal:

Tomato soup

Creamed beef in baked potato cases
Buttered Peas Bread Butter
Jelly Roll with Lemon Sauce

It becomes a failure if we serve instead scalloped potatoes, peas in their liquid, and soft custard for dessert.

Again, note this menu:

Roast Beef, Gravy, Dressing, Mashed Potatoes
Creamed Carrots
Soft Custard Salt Wafers

It is ruined if boiled potatoes, no gravy glazed sweet potatoes, and bread pudding for dessert are served.

A balance should be kept between sweet and sour flavors in one meal. Acid whets the appetite and calls out the digestive fluids. This is our reason for serving acid fruits for breakfast and as a fruit course at dinner. Sweet has the opposite effect. It dulls the appetite and is served at the close of a meal. If one ate chocolate cornstarch pudding as a first course, one would not care for the

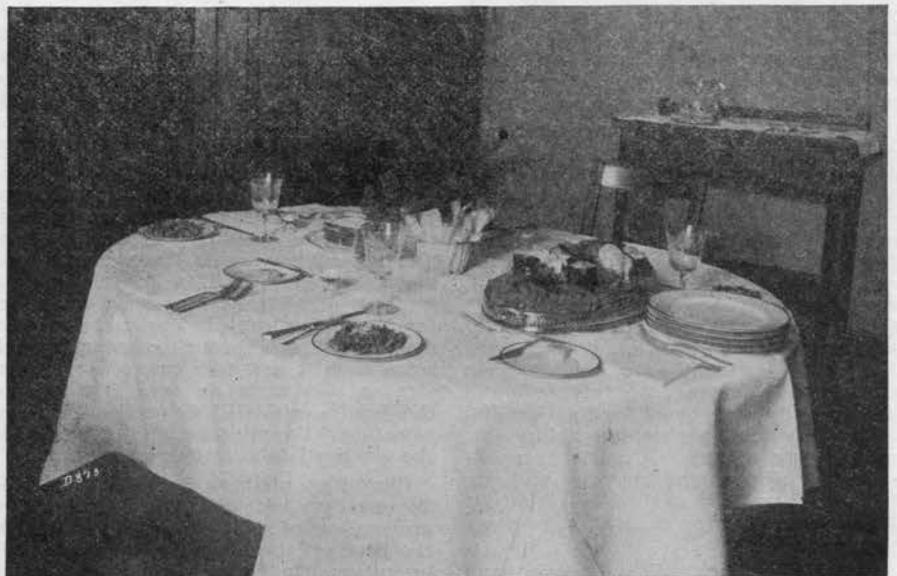
food in the main course. A meal may provide plenty of fuel, but if it lacks sweets, one is apt to feel hungry. For this reason, it is wise to serve a sweet dessert whether it be a fruit, pudding, candy, jam or in another form.

It is not well to serve all hot nor all cold foods. Even in hot weather, one hot dish is desirable.

One should guard against serving in one meal several foods difficult to digest, as pork chops, fried potatoes and mince pie. It is too great a test on the good functioning of the digestive organs to so load the system with rich food.

Do not serve two strong flavored foods in one course. If a food of pronounced flavor is used, the rest of the meal must be planned about it. One can not imagine eating sardines, onions, and codfish in one meal.

An application of the need for variety is shown in the use of leftovers. In the first place, a housewife should avoid having too many leftovers. 'Tis better to have a few well cooked foods that may be eaten at one meal. If one wishes, one may deliberately plan to have leftover rice, potatoes, meat, etc., but these should reappear in a new form and preferably



A Few Well Cooked, Attractively Served Dishes are Better Than Many Less Pleasing

not on the same day. There are twenty or more ways of using up leftover roast beef. It need not always make its second appearance sliced cold or in hash.

Do not attempt too elaborate a menu without help. A few well cooked, attractively served dishes are far more desirable than many less pleasing ones.

One should never let the flavor or quality of the food suffer because of attempting to make it "fancy." Good cooking is always prerequisite to success. On the other hand, no thoughtful housewife can

afford to overlook the importance of the appearance of the food. The sight of good food creates an appetite and affects the atmosphere at the table.

We agree that we want principle of art applied in the furnishing of our homes and in the designing of our clothes. It is just as important to recognize the principles of art at our tables. Color in food adds much to the pleasure of eating. One need not serve in one meal, foods that clash in color as tomatoes, beets, and grape jelly. A little thought in combina-

tion of our foods makes even the ordinary meal interesting in color.

From this, we see that menu making is a science and an art. A wise selection insures the foods so necessary for the family health at a cost within a reasonable allowance. Conscious effort makes possible enough variety to prevent monotonous meals. Combine with this wise selection and conscious effort a feeling for color and arrangement and we have successful meals. The health and happiness of the family is the reward.

Choosing the Right Picture for the Right Place

By JOANNA HANSEN, Head of Applied Arts Department of Iowa State College

"The world is so full of a number of things,
I'm sure we should all be as happy as kings."

ROBERT Louis Stevenson must have had pictures in mind for one thing. The world is full of them. Among these are the treasured books of childhood; magazine covers and illustrations; photographs, engravings and etchings. But most important of all are the pictures painted by the best artists and the fine reproductions of their work.

The world is so full of pictures that we must have a general knowledge of a great many of them in order that we may select wisely a few of the best examples.

There are a number of important factors to consider in the selection of pictures.

A picture must be purchased for a particular room and for a certain space, in order that it may be appropriate in subject, size and shape.

Since many people have access to the living room pictures for this room should make a general appeal. Family portraits, (unless by famous artists) and photographs are more suitable for private rooms. If they are poor in execution they may well be discarded, altogether. If badly framed, they may be improved by reframing in simple unostentatious frames. A photo of one's father and mother or near relative may be framed in an artistic simple frame, that will look well on the desk of a private room.

A dining room is also a formal room, and any picture chosen must be appropriate to the particular style of room. Studies of dead game, birds or fish are not conducive to a good appetite. If the room is old colonial in style, and has figured wallpaper, no pictures need be used. An Italian room with tapestry wall covering would also look better without pictures, unless the room is very large. In a modern colonial dining room with plain walls, some fine color reproductions from the old masters or from colonial life would be suitable. An English dining room might appropriately have several hunting scenes. A modern breakfast room with painted furniture and gay and attractive hangings could carry out its scheme by having several modern art color prints.

A general or family library may have pictures that express some interesting character or some writer or place connected with these subjects. If the lib-



"The Torn Hat" by Sully is Most Appropriate for a Boy's Room

rary is used as a study, the pictures may relate to the work of the individual.

Pictures for the sleeping rooms may show greater freedom in their choice. The personal taste of the occupant will no doubt determine the pictures chosen. Landscapes or figure compositions, Japanese prints or Madonna's are often used. If however, the room and furniture are of a particular period or style, the pictures may conform to the same period.

The pictures found in the average boy's and girl's room are frequently magazine covers, clippings, or Sunday supplement illustrations. There can be as much care exercised in the choice and framing of pictures for these rooms as for the living room. The taste for the finest art comes through constant association with it and this cannot be emphasized at too early an age. The age of the boy or girl will determine the best selection. Over-decoration of walls is the usual mistake in these rooms.

Charming pictures suitable for the nursery may be chosen from the best reproductions of child-life as interpreted by the best artists as well as by modern illustrators. In general, pictures that tell a story or that show some interesting phase of animal or child life appeal most to little children.

Whatever the subject of the picture chosen for a particular room or place, it must be worthy and express an ideal, rather than the mediocre or commonplace. It may be the ideal in nature—a landscape or a marine; it may be an interesting phase of life or a man's achievement; it may be an interpretation of some poem, legend, or story from literature; of some historical event; of some strong or interesting personage; or some phase of science or religion. Many of the finest pictures ever painted are religious in character. A number of these are better adapted to churches, picture galleries and museums, but many of them are appropriate for homes and schools. Pictures that express sadness, fear pain or discomfort are not conducive to happiness and cheerfulness. We need to be happy in both home and in school, during work, or play.

Whatever the subject, it must be satisfying. It may be restful, and comforting; elevating and up-lifting, inspiring or beautiful.

A fine picture usually conforms to the accepted standards of composition in line, mass and color. If well composed it will not violate the fundamental art principles of proportion, rhythm, subordination, balance, and unity.

It may be an indication of the taste or personality of the owner or express an ideal which the owner is striving to reach. Pictures as well as music, if well chosen may raise one's standards of taste to such a degree that poor art will make no appeal.

Well chosen pictures are suitable to the age and the development of the individuals for whom they are intended. There are some subjects however that are suitable for both adults and children. Among these are the pictures of child-life by Reynolds, Murillo and others. The Madonna of the Chair by Raphael is one example. It not only delights a child, but it is admired by adults, since it shows better than any other picture, mother love.

The list of pictures that follow is grouped under the rooms for which they seem most appropriate. This is merely a suggestive arrangement. Some might be changed, and many added, but the arrangement may be of some assistance, in the matter of selection. Small prints of most of the subjects may be purchased from picture firms for several cents each. By studying small prints a knowledge and appreciation may be obtained, which will be of great assistance in a wise choice of pictures for the home.