

HOME EC. DEPARTMENT

Home Ec. Girls Do Their Part

Now doing their bit for the war effort are the third year home ec girls who are helping supply the Red Cross with clothing so urgently needed. They are in the midst of overall making for smaller children, and gaining valuable experience states Mrs. Rogers, for few of the girls realized the many problems connected with the making of these garments.

Why A Home Garden

(Condensation from "Food for Victory")

From the point of view of nutrition we need to consume many more vegetables, especially the green and leafy, so rich in minerals and vitamins. "We need to eat more of certain fruits and more tomatoes", says Claude R. Wickard, Secretary U. S. Department of Agriculture.

With the rapidly increasing costs of food supplies, we need to save all we can by producing as much of our food as possible at home; therefore, it is necessary to put forth every effort to produce an abundance of vegetables for home use.



CANNING BUDGET FOR A FAMILY OF FIVE

Vegetables	Quarts	
Beans-string		20
Beans-lima		5
Beets		10
Carrots		5
Corn		5
Greens		5
Okra		5
Peas-garden		10
Soup-mixtures		30
Tomatoes		60
Dried Vegetables	lbs.	50
Dried Fruit		40

War Demands Nourishing Foods

Vegetables are classed as one of nature's best health foods. They furnish valuable material for building and regulating the body and for promoting growth and health. Green vegetables, such as mustard, turnip, kale, spinach, green beans, and green peas, are especially important as sources of minerals, vitamins, and roughage.

Home Ec. Teacher Advises On Projects

More than ever Home Ec. students are urged to take home projects having direct bearing on the needs of today. Canning and victory gardens are stressed as summer projects, for in the near future a more abundant supply of home-grown foods will be vitally needed.

Conservation of clothing is also a timely project that can be taken at present.

FOR HEALTH EAT VEGETABLES

Everyone is having to economize today and having to learn new ideas about buying and preparing food. Though food is not as plentiful as it once was, it is more important now than ever for the American people to be well nourished. The food budget must be well balanced, even though there are food shortages, rations, and substitutes.

Vegetables have liberal amounts of iron for building red blood cells, and of calcium for building bones and teeth. They contain an abundance of Vitamin A needed to build up resistance to diseases and to prevent cold and night blindness.