



# HOME MAKING HINTS For The RURAL HOUSEWIFE



## Planning Family Meals In Advance

By MISS SALLIE BROOKS  
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"What shall we eat," or "what shall we have for dinner," is certainly not a new idea, but what is new, is planning the day's menu or the year's food supply on the basis of the family's nutritional needs.

The health of the family and the proper growth and development of the children are largely dependent upon food, and these factors—health and the proper development of children—have much to do with the happiness of the family.

In planning meals it is wise for the homemaker to take a day as a unit and then, day by day, plan the meals for a week at a time. By this planning ahead of time, effort in preparation can often be saved and variety secured more easily than if one meal is planned at a time. Although she may have changes to make in the menus during the week, she will still find such planning profitable for it will give her some leisure time and then too, she will have the satisfaction of knowing that that her family is being well fed.

### Daily Food Essentials

Home demonstration club women find that a list of daily food essentials posted in their kitchen is a great help to them in planning their menus from a nutritional standpoint. Here is the list:

- One quart milk for each child.
- One pint for each adult.
- 5 servings vegetables:
  - One starchy vegetable, as potatoes
  - One leafy vegetable, as collards—turnip greens.
  - One other vegetable, as beets, onions.
- Eggs—1 daily
  - 1 serving lean meat—pork, mutton, beef, poultry, or fish.
  - 2 servings of whole grain products, which may be a breakfast cereal—as oat meal, cracked or whole wheat, and as bread made from flour or meal in which the bran is retained.
  - 2 tablespoons butter in addition to other fats in the food.
  - 1 serving sweets.
  - 6-8 glasses water.
  - 2 servings of fruits—fresh, canned or dried. Be sure to include each day, a raw fruit, or a new vegetable or canned tomato.

### Milk Heads List

She knows that milk should head the list because of its importance in the diet. Some of this milk may be drunk as a beverage, and some may be used in preparing other dishes as cream soups, puddings, ice cream. Milk supplies the calcium or lime necessary for normal bone and tooth development and for proper growth and nutrition. It also contains protein which is necessary for body maintenance and repair, and the fat of milk is a good source of vitamin A, the vitamin

necessary for normal growth and as a protection against respiratory diseases and eye trouble. Therefore, in order to protect against colds this winter, see that your family gets plenty of whole milk and butter.

The home demonstration club women are working on winter gardens so as to have fresh vegetables in their winter menus. Vegetables like milk and minerals and vitamins and should be used freely, and the children should be taught early to eat vegetables.

### Fruit Is Palatable

Most people enjoy fruit and do not need to be urged to eat it daily. Generous amounts of fruits are necessary in the diet and should not be considered an expensive luxury to be used only occasionally. Fruits may be eaten raw—which is a factor of safety in the diet as heat tends to destroy vitamin C, the vitamin which protects against scurvy. Then fruits contain valuable minerals and acids which are essential to body well-being.

Cereal products in various forms make up a large part of the day's food and are the important sources of energy in the diet. However, let's not fall down on the whole cereals twice a day and eat only the more highly milled ones, for it is the bran which contains the minerals.

Fats are used in the diet in various ways. Besides having high fuel value or energy-giving qualities, they are of service in making other foods palatable.

### The Protein Foods

Meats, eggs, fish, poultry, cheese, are termed the protein foods which build and repair body tissues. Eggs once a day, then other protein foods once a day are sufficient for good nutrition.

Sugar and sweets have a legitimate place in the diet and a simple dessert served at the end of a meal is quite all right provided other necessary foods are not crowded out.

When preparing meals the homemaker should also consider other factors, as color in food, for if color is used wisely it adds interest and thereby stimulates digestive juices which aid in digestion. The yellow and green foods contain more vitamins—the substance in foods which are known to promote growth and health, assist in regulating body processes and prevent certain diseases. Then, flavor in foods is another factor to be considered as contrasting flavors are relished for example, tomatoes with leafy vegetables and meat. Then still another factor is texture. Therefore see that soft foods and crisp foods are included in the day's menu.

However, it isn't so much how we utilize the daily requirements of food for the body, providing the menus are balanced; but that we do use them. You know the family may have an abundance of well cooked food, yet be starving for the proper elements, therefore see that milk, eggs, vegetables, fruits, lean meat, whole grain products, butter and a simple sweet are included in your daily diet.

## Styles For Fall And Winter



For cold and wintry days when warm frocks are the only thing one can think about, we recommend the three attractive models sketched. These are good examples of the practical and smart styles which are shown in the new fall and winter catalogue compiled by this newspaper. Clever designs for the home-maker, for misses, for children,—new frocks worn by movie stars and photographs of said stars wearing said frocks—all are shown in this booklet and all are obtainable as patterns.

Pattern 8663 makes a good all-around frock for any and every occasion. It can be made up in various attractive combinations of color and fabric. Available in sizes 12 to 20; 30 to 38. Size 14 requires 4 1-4 yards 39 inch material with 1-2 yard contrasting.

The clever school-girl frock, pattern 8657 is deservedly popular with the smart young miss, whether it is made up in plaid or any other fabric. Available in sizes 8 to 16 years. Size 10 requires 2 1-2 yards of 39 inch material with 1-3 yard contrasting with long sleeves, and 2 3-8 yards with short sleeves.

Pattern 8662 is designed to flatter and slenderize the larger figure, by means of its clever cutting. Available in sizes 36 to 50. Size 38 requires 4 3-4 yards of 35 inch fabric with 1-2 yard contrasting.

Each of these patterns is 15c. The new 32 page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—25c.). You can order the book separately for 15c. Address Pattern Department, State Farmer Section, Fletcher, N. C.

## Putting The House In Winter Garb

By MAMIE N. WISNANT  
Extension Specialist in Home Management, N. C. State College.

With the coming of winter we rush into the house shivering and wish it looked more inviting than it does. All right, let's see if we can't make it look warmer, more cheerful, and attractive at little or no cash outlay.

Naturally, we think first of the heating problem. Heaters must be hauled out of garages or out buildings, freshened up with new finishes, and put up in the most useful and attractive ways possible after the regular routine of getting the floors and walls fresh and clean. Open fire places are cheerful and romantic, but we are fast discovering that more than three - fourths of the heat produced goes up the chimney. Jacketed heaters are real improvements for those who have planned and saved carefully for that purpose. They are very satisfactory and economical. If you are interested, see your home demonstration agent about them.

### Placing The Rugs

Now that the heaters have taken off the chill, let's place the rugs next. In the living room we want a nice large fabric rug with deep, rich color tones, and interesting, conventional designs. We will avoid the delicate colors and realistic designs of animals and flowers which are not good according to our outstanding authorities, and we might add a small home-made rug, or two at reading or work centers if the colors and designs blend well with the large rug.

If we are not yet satisfied with our large 9 x 12 rug, we will begin now to clean and save every kind of fabric or rag that is not wearable any more, such as old woolen coats, suits, dresses, overalls, etc., and then we will have them made into a durable rug, just as soon as we can save enough rags and money, which shouldn't take so very long. We will also have fabric rugs in the bedrooms.

### Linoleum Too Cold

Linoleum is too very cold and uninviting in living rooms and bedrooms for winter. We will put that in the kitchen and in the bath. If we don't have enough small rugs we will begin immediately to make what we need of old stockings tops or burlap bagging that is still firm and strong enough to justify its use in a rug.

Now, let's don't clutter up our clean floors and rugs with chips and dirt off the wood. We will prevent that by placing a wood box or basket and a chip bucket near the fireplace or heater. These may be made very attractive. Just recently at one of our county fairs, there was a very attractive chip bucket made from a wooden candy bucket. It was painted a very pretty green with a hand painted design on one side. Those who are not artistically inclined can find suitable designs on magazine covers, paste them on and shellac them. Wood baskets or boxes may be covered or painted and made into attractive and useful seats. These prevent not

only scarred baseboards, chips, and dirt scattered over the floor, but also embarrassment when unexpected guests call.

### Fixing The Windows

Next, we want to give our windows that cozy, cheerful appearance. To do so, we will unpack press, and put up the draperies that have been laid away during the hot summer months. If they are much worn and faded, we may be lucky enough to get fresh new ones in one of the lovely patterns of glazed chintz, cretonne, cotton damask, rayon, or printed linen. We will select those with warm colors such as red, orange, rust, or rose if the living room has cold northern exposure, otherwise, we might select something in the new blue-greens. Of course, we will have to be guided, too, by the colors in our rugs. They must blend, not fight each other.

We now come to the chief secret of living room comfort; namely, the seating arrangement. Let's ask ourselves: Do we have enough chairs for the family's and guests' comfort? And of course, we have a nice davenport, settee, or sofa placed where it will serve the largest number of people, with end-tables and sufficient light. Father and husband must have a very comfortable chair with a foot stool and good light in his favorite corner where he can smoke and read with real pleasure.

Lighting in the living room is very important. There should be enough outlets where we have electric power to accommodate table and floor lamps well shaded with cream or beige to give soft, mellow light for reading. The new student lamp is best for the children's study center.

Family fireside games are coming into prominence and provide wholesome recreation and amusement for not only the children in the home but also for all ages. I would suggest that the families interested write the State Extension Department, State College Station, Raleigh, for further information on home-made games.

For our bedrooms we must unpack the blankets and comforts in sufficient numbers to be used for each bed and pack our clean summer clothes in their place. We will freshen up the old curtains and perhaps add new ones in the guest room. Every effort should be made to add the masculine touch in the boy's bedroom and the feminine air in the girl's room. They will appreciate having some say so in the selection and arrangement of furnishings for their rooms, too.

The kitchen is the housewife's workshop where she spends about 70 per cent of her waking hours. Surely that justifies some thought, money, and time in making our kitchen sunny, cheerful and attractive. Let's freshen up the walls with light color and gaily in the curtains. Gingham or other wash material is smart, and inexpensive. If possible, we will change the old worn linoleum for a new one in conservative color and pattern.

## Mrs. Redfean Given Award For Her Distinguished Work

In recognition of the service she has rendered to her home people as home agent during the past 22 years, Mrs. Rosalind Redfean, of Anson County, has been presented with an award for distinguished service to Southern Agriculture.

The award was given by the Epsilon Sigma Phi, national honorary extension fraternity, during the annual meeting of the association of Lead Grant Colleges and universities in Washington.

Mrs. Redfean entered home demonstration work after talking with Mrs. Jane S. McKimmon at the National Corn Exposition held in Columbia, S. C., in the winter of 1913-13. The following April, Mrs. McKimmon appointed Mrs. Redfean to have charge of the tomato canning clubs in Anson County and her services have been uninterrupted since that date.

## Dr. McKimmon Is Honored By National Extension Official

Dr. Jane S. McKimmon, assistant director of agricultural extension at State College and in charge of home demonstration activities in this State since 1911, has been referred to in a recently released extension publication from Washington as a great leader in her field.

The publication commenting on Dr. McKimmon's work in extension service circular 222, "Home Demonstration Work Comes of Age." The bulletin was prepared by Grace E. Fryntinger, senior home economist of the Washington office, and on page

8 says, "An example of the pioneer women in home demonstration work, and one who, while holding fast to the best traditions of the past, is in the foreground in modern thought and practice, is Jane S. McKimmon of North Carolina, who has held that appointment continuously since November 24, 1911. Gracious in manner, keen in intellect, and dynamic in action, she continues her work as a devoted friend of farm women and a creative educator."

### HIGH QUALITY EXHIBITS

"Never before have 4-B club boys at the state fair exhibited products of higher quality than were exhibited this year, a fact borne out by records of their winnings," says Dan Lewis, acting state boys club agent in S. Carolina.

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