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Economizing in Meal Planning

By Susan Z. Wilder
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Home Extension Work

It is an art to be able to prepare and serve the family three economical, properly balanced, and appetizing meals every day, manage the other home activities, take part in community affairs and not be worn out.

The food the homemaker prepares, the way she serves it, and the



Low Cost Breakfast for Five.—U. S. Department of Agriculture
Stewed apricots—pancakes, molasses—milk toast for young child—coffee, milk for children

atmosphere she allows to grow up in the home as the interest centers in the meals will determine very largely the family's happiness.

A breakfast of fruit, fresh, canned or dried, a cereal, preferably a whole cereal, toast, perhaps bacon and eggs with coffee and milk, well prepared, served attractively and on time will help the family members to undertake their work with keen, alert minds.

The amount of food eaten is determined by the activity of the individuals. If the father and boys labor outside all day, they will have to have three heavy meals. There need not be a great variety of food but the meals must be well balanced.

The heavy meal of the day may be served as breakfast, lunch or dinner. Generally breakfast is the lightest, and dinner, whether served at noon or evening, is the heaviest.

Follow Simple Rules In Meal Planning

Serve plain meals. Mashed potatoes, roast ham, kraut, graham bread, butter, apple sauce and milk make a plain meal.

Serve one dish meals. Meat-vegetable stew with dumplings requires only bread, butter and milk to provide a nourishing meal.

Serve well prepared foods. Boiled potatoes, cold slaw, bread and butter are commonly used foods that are most unpalatable unless carefully prepared.

Serve a food only one way at a meal. Boiled cabbage, kraut and cold slaw should not be served at the same meal.

Serve foods of different texture at a meal. Creamed meat, creamed potatoes, pudding with cream sauce are examples of the same-textured foods. Creamed meat, boiled potatoes with butter, and sponge cake are foods of different texture.

Serve light desserts and salads with heavy meals and heavy desserts and salads with light meals. Apple sauce with sugar cooky, or sherbet are light desserts. Pie, cake with whipped cream, fruit pudding are heavy desserts.

A raw fruit or vegetable served with a French dressing completes a meal when the main course is heavy. A rich salad is often served as the main course of a meal.

Prepare foods so as to develop the natural flavor. White, red, green, yellow vegetables have the delicate flavor and attractive appearance of the raw vegetable if correctly cooked.

Make the staple foods the main dishes of all meals. Out of season foods have no place in an economical dietary.

Secure variety in meals by preparing staple foods different ways. Post in the kitchen six to eight ways to prepare potatoes, cabbage, apples, berries, squash and meats.

Extend the flavor of the more expensive staple foods by combining them with cereal products. A small amount of meat combines well with dumplings, baking powder biscuits, noodles, rice and whole wheat.

Combine left overs so that they lose their identity. Left over meats may be used in omelets, salads, and souffles.

Combine flavors carefully. Salmon and chocolate should not be served at the same meal. Cottage cheese and onions combine well since one has a bland flavor and the other a strong flavor.

Prepare the greater part of the day's meals in the morning.

Plan meals ahead of time so that better combinations are prepared, a greater variety secured, the meals cost less because everything is used, more attractive dishes are made from left-overs and the marketing is done more economically.

Arrange Equipment and Supplies To Save Time

Arrange the large pieces of equipment, stove, sink, refrigerator, and kitchen cabinet together. Store the small equipment at the place of use.

Use few utensils in preparation.

Stack utensils as work is finished and wash them while preparing the meal if time permits.

Store staple food supplies at place of preparation.

Bring the canned products that will be used in a week's meals to the preparation center at the beginning of the week.

Use Time Saving Methods In Serving

Serve meals near the preparation center.

Serve the main course of meat, potatoes, vegetable, salad, and relish onto the dinner plates in the kitchen. If arranged carefully and quickly the food is attractive and palatable. Extra dishes of food may be placed on the table.

Use a hand tray or wheel tray to carry foods and dishes to and from the table if the meal is served some distance from the stove.

Have everything on the table when the meal is announced.

Serve meals on time.

Interest the family in helping to serve the meal and clear the table.



Low Cost Luncheon or Supper for Family of Five
—U. S. Bureau of Home Economics

Puree of split peas, croutons
Raw carrot and cabbage salad
Sandwich

Apple sauce
Bread, butter
Tea

Milk for children

Have An Emergency Meal Plan

A file of tested recipes that can be quickly prepared.

Plain cake or gingerbread may be served with whipped cream, butter, or fruit, as upside down cake.

Corn bread—spoon corn bread may be served with butter, syrup, or jelly.

Baking powder biscuit may be served with butter, as dumplings, top of meat pie, shortcake or nut bread.

One dish meal may include—creamed, escalloped or baked fish, meat or vegetable combinations.

Instant frosting—Boiled fondant, prepared and stored ahead of time, or powered sugar combined with egg or milk, may be used plain, or with fruit.

Cake filling—Figs and raisins can be ground, made into a paste and stored. They will keep for some time. They can be used alone or combined with fondant or whipped cream.

Tested menu suggestions.

Canned products, meats, fruits, and vegetables conveniently placed.

Family Food Guide*

Every meal—Milk for children, bread for all.

Every Day	Two to Four Times a Week
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, poultry or cheese
A fruit or additional vegetable	
Milk for all	

Breakfast	Dinner	Lunch or Supper
Sliced oranges Cream of wheat Hot muffins, butter Milk, coffee	Brown gravy Mashed potatoes Baked onions Graham bread, butter Milk, coffee or tea	Cottage cheese with onion Raw carrot salad Graham rolls, butter Apricot sauce Milk
Baked prune sauce Oatmeal with milk Toast, butter Poached eggs Milk, coffee	Soup Escalloped tomatoes Baked potatoes Apricot jam Bread, butter Raw carrot sticks with salt Milk, coffee, tea	Soup with vegetables Toasted soda crackers, butter Dried peach sauce Milk
Orange juice Whole wheat with milk Graham toast Milk, coffee	Clear soup Hash Brown buttered potatoes Buttered string beans Spoon corn bread Maple syrup, butter Milk, coffee, tea	Baked apple with cream Chipped beef on baking powder biscuit Milk
Stewed dried peaches Cracked wheat, milk Jam Bran muffins, butter Milk, coffee	Vegetable meat soup Tomato sauce Cocoanut custard Bread, butter Milk, coffee, tea	Baked beans Boston brown bread, butter Apple sauce Milk
Apple sauce Scrambled egg Whole wheat toast, butter Milk, coffee	Italian hamburger Browned potatoes Raw cabbage onion salad whole wheat nut raisin bread-pudding, cream Milk, coffee, tea	Creamed cheese Tomato over toast Fig filled cookies Milk

* The "Family Food Guide to Low Cost Balanced Diet" is recommended by the United States Bureau of Home Economics and is the basis for the two weeks' menus. More meat is allowed than called for in the guide. The menus could be cut in this regard and still be well balanced economical meals.

Breakfast—Continued	Dinner—Continued	Lunch or Supper—Continued
Oatmeal Dried apricot sauce Eggs on toast Butter Milk, coffee	Clear soup Beef loaf with stewed tomatoes Boiled potatoes Turnip greens Minced pie Milk, coffee, tea	Raw carrot gelatin salad Strawberry turnovers with cream Milk
Orange juice Graham toast, butter, syrup Ham omelet Milk, coffee	Baked cheese potatoes Buttered rutabagas Cucumber relish Bread, butter Milk, coffee, tea	Baked beans Corn bread and butter Rhubarb sauce Sugar cookies Milk
Prune sauce Bran muffins Butter, jell Milk, coffee	Corned beef Boiled potatoes Buttered carrots Pickles Graham bread, butter Peach sauce Milk, coffee	Tomato juice Creamed eggs on toast Chocolate pudding Milk, tea
Whole wheat and milk Graham toast, butter Orange jell Milk, coffee	Fish and tomato over toast Cole slaw Cucumber pickles Ice cream, angel food cake Milk, coffee, tea	Toasted cheese sandwiches with tomato sauce Apple sauce Filled cookies Milk
Sausage Bran muffins with butter Plum jam Milk, coffee	Pot roast Cranberry relish Tomato sauce Raw carrot salad Bread, butter Milk, coffee, tea	Mush and milk Cranberry sauce Drop cakes Milk
Prune sauce Fried mush, syrup, butter Crisp bacon Milk, coffee	Spare ribs Boiled potatoes browned in butter Turnip greens Bread, butter Cream cocoanut pudding Milk, coffee, tea	Escalloped tomatoes with meat flavor Baked beans Baking powder nut bread, butter Milk
Toasted corn bread Baked apple Butter, jam Milk, coffee	Hamburger with onions Baked potatoes Lettuce salad Graham bread, butter Rice raisin pudding Milk, coffee, tea	French fried toast, syrup, butter Rhubarb sauce Milk
Cream of wheat Orange juice Poached eggs on toast Milk, coffee	Pork hocks Kraut with dumplings Escalloped tomatoes Graham bread, butter Salad Milk, coffee	Baked beans with tomato sauce Brown bread, butter Raisin sauce and nut cookies Milk
Tomato juice Oatmeal with bran, cream Buttered cinnamon toast Milk, coffee	Spanish noodles Stuffed baked potatoes Buttered peas Bread, butter Milk, tea, coffee	Waffles Scrambled eggs with bacon Syrup Apple sauce Milk, coffee

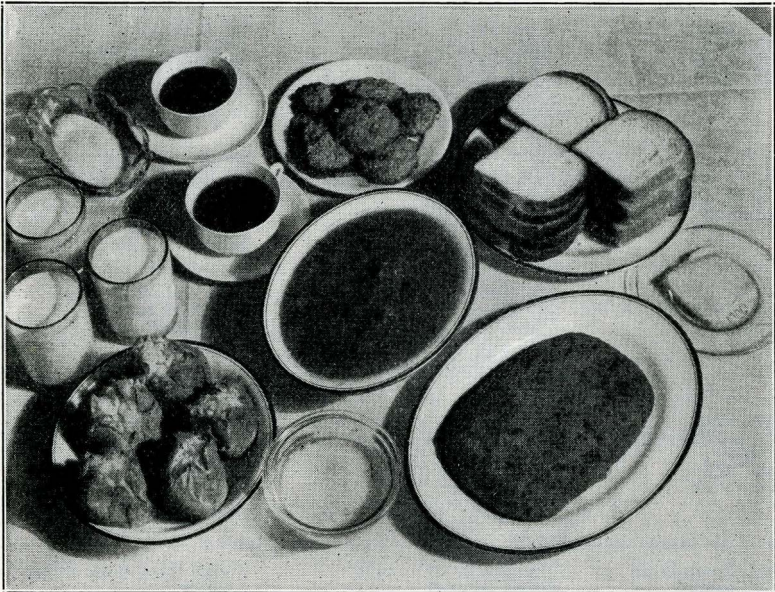
The following recipes are inexpensive, easy to make, nutritious, and satisfying. Home produced products are used generously in them. Every homemaker will have most of the ingredients on hand and will not need to make a special trip to the store before trying them out.

POT ROAST WITH VEGETABLES

2 lb. meat	2 c. carrots
2 c. rutabaga	2 c. cabbage
2 c. potato	2 c. onion
1 t. salt	

Brown the meat. Add one quart of water and simmer four hours. Add vegetables a half hour before removal from the stove. Serve the meat and vegetable on same platter.

MENU: Pot roast with vegetables, rice, raisin pudding and cream, bread, butter, milk, coffee.



Low Cost Dinner for Five.—U. S. Department of Agriculture.

Baked salmon loaf, eggless sauce	Bread and butter
Baked potatoes	Oatmeal cookies
Stewed tomatoes	Tea, milk for children

MEAT-VEGETABLE PIE

6 c. beef	1 c. onion
2 c. potatoes	4 c. stock
2 c. carrots	1 t. salt

Cut meat into small pieces, cover with water and cook tender. Thicken with 1 T of flour to a cup of liquid. The meat and vegetables are put in a greased baking dish and covered with a rich biscuit dough. The dish may be lined with the dough or with mashed potatoes. The meat and vegetable may be cooked and then served over toast or hot biscuit.

Baking Powder Biscuit:	4 t. baking powder
2 c. flour	2 T. fat
$\frac{3}{8}$ c. liquid	$\frac{1}{2}$ t. salt

Sift the dry ingredients. Cut in the fat. Add the liquid. Place the dough on a floured board. Roll and cut into biscuit.

MENU: Meat vegetable pie, with hot biscuit, peach sauce, milk, coffee.

ITALIAN HAMBURGER

2 c. noodles	4 c. hamburger
2 c. tomato	½ c. onions
¼ c. fat	2 t. Worcestershire sauce
1 t. salt	or catsup, pepper

Brown the onions in the fat. Combine ingredients. Cook 20 minutes.

Noodles:	¼ t. salt
1 egg	Flour

Beat the egg, add the salt and flour enough to make a stiff dough. Roll the dough thin and dry. Roll and cut into one-eighth inch strips. Unroll and dry.

MENU: Italian hamburger, bread, butter, jelly tarts, milk and coffee.

FISH AND TOMATO

2 c. tomato	2 T. butter
2 c. fish	2 T. flour
1 t. salt	

Cream butter and flour and add mixture to other ingredients. Bring to a boil. Serve over toast.

MENU: Fish and tomato over toast, apple dumplings with cream, milk, coffee.

ESCALLOPED TOMATOES

6 c. tomatoes	2 T. butter
1 c. onion	1 t. salt
2 c. buttered bread crumbs	

Alternate vegetables and bread crumbs in a baking dish. Top with crumbs.

MENU: Escalloped tomatoes, cold slaw, sweet rolls, butter, milk, coffee.

BAKED POTATOES

6 potatoes	6 strips bacon
½ c. cream or milk	½ t. salt

Select potatoes with clear, smooth skin, wash thoroughly. Bake. Remove a part of the center and whip the potato with cream. Add the bacon, salt and pepper. Pile the potato lightly in the shell. Return potatoes to the oven to brown. Crisp salt pork, cracklings, meat, sausage, fish and cheese may be used in place of bacon. Cut holes in potato with apple corer, insert sausage. Bake. Raw potatoes may be peeled, rolled in flour, baked in the oven an hour basting every 15 minutes with butter. Potatoes may be boiled with skins on, peeled and browned in a skillet with butter.

MENU: Fancy baked potato, Italian hamburger, kraut, bread, butter, prune sauce, milk, coffee.

CABBAGE SHORTCAKE

6 c. cabbage, chopped	½ t. salt
2 T. flour	water
2 T. butter	

Cook the cabbage until tender in an open kettle. Cream the butter, flour, and salt. Add the mixture to the hot cabbage. Split baking powder biscuit, and butter. Serve the cabbage over the biscuit.

MENU: Cabbage shortcake, rhubarb, dumplings with cream and sugar, milk and coffee.

BEAN SOUP

Soak one cup dried beans over night. Cook until tender. Thicken two quarts soup with two tablespoons each of butter and flour, creamed.

A cup of milk, ½ cup of chopped onions and ½ cup of ground meat may be added to a quart of bean soup.

MENU: Bean soup, crisp corn bread, butter sweet tomato sauce, milk, coffee.

TOMATO SOUP

1 quart thick tomato pulp	2 c. corn
1 c. onion, chopped	1 c. water
3 T. sugar	1 t. salt

Combine ingredients. Cook until onion is tender. The soup may be served thick or thinned with whole or skimmed milk. Add ¼ t. soda to a cup of tomato pulp.

MENU: Tomato soup, hot graham muffins, butter, jell, raw carrot gelatin, salad, milk, coffee.

SOUTHERN CORN BREAD

3 c. cornmeal	1 egg
1½ c. sour milk	1 T. melted fat
¾ t. soda	3 T. sugar
1 t. salt	

Combine ingredients and beat. Bake in greased pan in hot oven. Serve hot. Left over corn bread may be toasted and served with butter.

MENU: Beans boiled with meat, southern corn bread, butter, apple sauce, milk, coffee.

SPOON CORN BREAD

3 egg yolks	1 c. cornmeal
3 whites	1 t. baking powder
2 c. milk	2 c. rice, cooked
1 t. salt	

Add cornmeal gradually to hot milk in double boiler. Add other ingredients. Fold in beaten egg white last. Bake 40 minutes. The baked product is soft.

MENU: Spoon corn bread, crisp bacon, butter, syrup, peach sauce, milk.

CORN CHOWDER

4 c. potatoes, boiled	2 c. corn
2 c. milk	$\frac{1}{2}$ c. salt pork or bacon or hamburger
$\frac{1}{2}$ c. onion	1 t. salt

Fry the salt pork with the onions. Combine all ingredients. Bring to boil. Serve chowder plain or over toast.

MENU: Corn chowder, prune sauce, graham toast, milk.

MEAT LOAF

5 pounds ground meat	$\frac{1}{2}$ t. allspice
$\frac{1}{2}$ c. chopped onion	$\frac{1}{2}$ t. cloves
$\frac{1}{2}$ c. toasted bread crumbs	3 t. sage
1 c. meat stock	2 eggs
3 t. salt	1 package gelatin

Dissolve the gelatin in a small amount of cold water. Mix ingredients thoroughly. Bake in a greased pan.

MENU: Meat loaf, cabbage salad, bread, butter, upside down prune cake, milk, coffee.

BEEF HASH

6 c. chopped beef, cooked	1 c. beef broth
1 t. salt	2 T. fat
1 c. chopped onion	

Combine ingredients. Brown in a greased skillet or bake in the oven. One-half cup of crisp bacon, salt pork, or corned beef, improves the flavor of the hash.

MENU: Hash, graham bread and butter, tomato sauce, milk, coffee.

SPANISH NOODLES

2 c. noodles	$1\frac{1}{2}$ c. tomato sauce
2 c. lean pork, diced	$\frac{1}{2}$ pound cheese

Fry the pork in butter. Alternate layers of noodles, tomato sauce and pork and cheese in a greased baking dish. Top with buttered bread crumbs. Bake 30 minutes.

MENU: Spanish noodles, boiled potatoes, ginger bread, butter, milk, coffee.

SALT PORK GRAVY

Cut the pork in small pieces and fry until brown. Pour off the fat except three tablespoons. Add three tablespoons of flour and three cups of milk. Bring to a boil. Serve over potato, rice, toast or baking powder biscuit.

MEAT DRESSING WITH GRAVY

2 c. bread crumbs	2 T. fat
1 c. milk	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. onion	Pepper
$\frac{1}{2}$ c. meat	

Combine ingredients. Pack in a greased baking dish. Bake 30 minutes. Serve with gravy.

PERFECTION ESCALLOPED APPLES

Fill a greased baking dish with sliced apples. Add a cup of water. Cover with a mixture of one cup of flour, one cup of sugar, one-half cup of butter. Cinnamon may be added if desired. Bake 45 minutes. Serve with cream.

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