

South Dakota State University  
**Open PRAIRIE: Open Public Research Access Institutional  
Repository and Information Exchange**

---

Cooperative Extension Circulars: 1917-1950

SDSU Extension

---

9-1922

## Food Clubs: Object, Basis of Achievements and General Suggestions

M. Dolve

Follow this and additional works at: [http://openprairie.sdstate.edu/extension\\_circ](http://openprairie.sdstate.edu/extension_circ)

 Part of the [Agriculture Commons](#)

---

### Recommended Citation

Dolve, M., "Food Clubs: Object, Basis of Achievements and General Suggestions" (1922). *Cooperative Extension Circulars: 1917-1950*. Paper 50.  
[http://openprairie.sdstate.edu/extension\\_circ/50](http://openprairie.sdstate.edu/extension_circ/50)

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Cooperative Extension Circulars: 1917-1950 by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact [michael.biondo@sdstate.edu](mailto:michael.biondo@sdstate.edu).

Extension Circular No. 50

September 1922.

FOOD CLUBS

Object, Basis of Achievement and General Suggestions

by

Mary A. Dolve,  
Extension Specialist in Foods.

EXTENSION SERVICE,  
South Dakota State College,  
W. F. Kunlich, Director.  
Brookings, S. Dak.

Cooperative Extension Work in Agriculture  
and Home Economics, South Dakota State  
College and United States Department of  
Agriculture Cooperating.

THE FOOD CLUBS.

The object of the food clubs is to give Domestic Science training to girls, especially those so situated that they are unable to receive this training in connection with their regular school work.

The four year's food club project aims to teach boys and girls, first, the best methods of food preparation and food preservation and thereby encouraging the boys and girls to assist with this work in the homes. Second, it affords an opportunity for the boys and girls to learn something of the close relationship of food and health and consequently will stimulate the effort to develop good food habits not only of the club members themselves but also of the entire family. To prepare food in the best way is not only an art but a science as well. Knowing how to cook so that the foods taste well is important but knowing how to cook so that they are most easily digested and what to cook so that the body may be nourished completely is even more important. Third, it teaches the importance of personal cleanliness as well as that of the kitchen and equipment when working with food.

The practice work will be done at home in connection with the regular food work of the family. This will have a tendency to dignify the home work and encourage the girl to take up definite responsibilities in connection with this work of the home.

All the members should meet at least once a month as a club. At this time the problems for the next month will be gone over by the club leader and circulars given out containing recipes and other information which the girls should have in carrying on the project. The club meetings should also include a fun program, for "All work and no play makes Jack a dull boy."

Rules for Food Clubs

- 1: Any junior 10 to 18 years inclusive may enter.
2. A club shall consist of not less than five members and a local leader.
3. Each member will receive circulars at each monthly meeting, published by the Extension Service, State College, Brookings.
4. Each member does her work, follows instructions, keeps a record and makes reports.
5. At the close of the project each member will give their final report and record of achievement to the local leader who in turn sends all club records to the Home Extension Agent or County Extension Agent.
6. Each member makes an exhibit as is required for the year in which they are enrolled on the achievement day, county fair, or State Fair.

Work Required

## FIRST YEAR

1. Quick bread.

Batters, muffins, gingerbread, cake, etc.,	6 bakings.
Doughs, baking powder biscuits, short cake, nut bread, etc.	6 bakings.
Pack school lunch or make sandwiches	6 times.
Keep food score card	1 month
Take care of table service	12 meals
Can: Vegetables,	12 quarts
Fruits	12 quarts.
Prepare milk drinks or desserts	10 times.
Make final report at end of year.	

2. Exhibit on achievement day, county fair, or State Fair.

Muffins, gems,	$\frac{1}{2}$ dozen.
Baking powder biscuits, nut bread, etc.	$\frac{1}{2}$ doz. or 1 loaf.
Packed School lunch	
Canned vegetables	3 quarts
Canned fruits	3 quarts

3. Possible demonstrations for local, county or State Fairs.

Making of quick breads

Packing of school lunch

Table service

Canning

Preparation of milk drinks

Preparation of milk desserts.

SECOND YEAR-

1. Work required

Prepare vegetables, including 5 varieties at least 3 different ways.	6 times.
Prepare cereals	4 times.
Prepare eggs other than frying	6 times.
Plan and prepare breakfast menus	3 times
Prepare fruits, as salads, desserts, etc	6 times.

Prepare bread or rolls 6 times

Work out fruit and vegetable budget for your family.

Can, Vegetables, 35 quarts  
Fruit, 25 quarts

Make final report at end of year.

2. Exhibit at Achievement day, County Fair or State Fair.

Canned vegetables 10 quarts

Canned fruits 10 quarts

Fruit and vegetable budget for family

Bread 1 loaf

Posters showing good breakfasts.

3. Possible demonstrations for local, county or State Fairs.

Preparation of greens for the table.

Making of salads.

Bread making

Fruit and vegetable budget for winter

Cleaning of silver ware.

THIRD YEAR.

1. Work required

Prepare meat,  
tough cuts, 3 times.  
tender cuts, 3 times.

Plan and prepare breakfast 6 times.

Plan and prepare lunch or supper, 12 times.

Plan and prepare dinner, 6 times.

Plan garden for your family

Make jelly 12 glasses

Can meat 12 quarts

Keep food score card 1 week

Make final report at end of year.

4.

2. Exhibit at achievement day, County Fair or State Fair.  
Day's menus- (By posters or other ways you see fit.)  
Jelly collection of six glasses.  
Canned meat 1 quart

3. Possible demonstrations for local, county or State Fairs.  
Meat cookery  
Meal planning  
Jelly making  
Jelly making  
Meat or canning in tin cans.

#### FOURTH YEAR.

1. Work required.

Plan, prepare and serve 3 dinners or luncheons for special days, or when entertaining company.

Make the candy for Christmas.

Keep the food score card for the family for one month.

Make a study of your own kitchen with suggestions as to improvement, such as rearrangement of fixtures, finish of walls and floor, equipment, etc.

Prepare frozen dishes 3 times.

Make jelly or preserves 18 glasses

Make pickles 6 pints

Write story, essay or talk bringing out the bearing food has on health and what you have gotten out of Club work.

Make final report at end of year.

Basis of achievement for each year,

a. Exhibit,	30
b. Completing the project	35
c. Work done in excess of requirement	10
d. Written record of achievement	10
e. All reports	<u>15</u>
Total	100

### GENERAL SUGGESTIONS FOR FOOD WORKERS.

When food is prepared and served the worker should observe the following suggestions because if it is known that the food has been carelessly handled it not only becomes unappetizing but is not safe to the health of those who may eat it.

1. Wash the hands with soap and water thoroly and be sure finger nails are clean.  
Wash hands each time it is necessary to touch anything that is not clean; if a hand towel is kept in convenient place, this practice will soon become a habit.
2. Keep the hair held back in some way so that you need not touch it or risk having hairs fall into the food.
3. Wear clean clothes, (wash dresses, at least a clean apron.)
4. Never taste food from the stirring spoon and then put the spoon back into the food! Use another spoon for tasting, and put food from stirring spoon into it.
5. Keep kitchen and stove orderly and clean at all times.
6. See that all utensils to be used are clean and free from dust.

#### To Prepare for Work.

1. Read all recipes and directions through carefully before beginning to work.
2. Have all utensils and material ready before you begin.
3. Use no more dishes than necessary. Measure dry ingredients first; then use the same cups, spoons, etc. for the wet ingredients.
4. Keep things cleared up as you work, putting dishes to soak, or washing them at once if there is time.
5. Have the heat ready by the time you need it. Very often the right heat for cooking is more important than the recipe used.
6. Combine ingredients in such a way as to save time and extra work.
7. It is a waste and inexcusable to make food unpalatable by burning it.
8. Make "save" your slogan. Save time, save energy, save fuel, save food. To get the habit means careful planning and doing your best all the time.

#### Object in Cooking Foods.

Food is cooked to develop new flavors, to improve the appearance, to make it more digestable and to kill bacteria.

Methods of cookings: There eight general methods of cooking food:

1. Boiling, cooking in boiling water.
2. Simmering, cooking in water below boiling point.
3. Stewing, cooking slowly in small amount of water.
4. Steaming, cooking in steam from boiling water.

5. Broiling, cooking in direct contact with fire.
6. Frying, cooking in enough hot fat to cover.
7. Sauteing, cooking in small amount of fat.
8. Baking and roasting, cooking in an oven.

#### Abbreviations and Measurements used.

ts.---teaspoon.  
tb.---tablespoon

c.---cup  
lb.---pound.

pt.---pint.  
qt.---quart.

3ts. equals, 1 tb.  
16tb. equals 1 C.  
2C. equals 1 pt.  
1pt. equals 1 lb.

4 C. white flour equals 1 lb.  
2 C. granulated sugar equals  
1 lb.  
2 C. butter equals 1 lb.

#### Measuring.

The accurate measuring of ingredients in food preparation is of great importance. This is especially true in baked products where a leavening agent is used. For accuracy in measuring it is well to have a measuring cup divided into quarters and thirds. Also a measuring spoon which consists of a set of spoons fastened together, a tablespoon, teaspoon, half a teaspoon, and a quarter of a teaspoon.

#### 1. To measure dry materials.

##### a. Cupful.

Sift the material first, fill the cup with a spoon or scoop, being careful not to shake the material down, level it off with the dull edge of a knife or spatula.

##### b. Spoonful.

Fill the spoon by dipping it into the material, lift it and level it off with the dull edge of a knife.

##### c. Part spoonful.

Fill a spoon and divide the material with a knife lengthwise to measure one-half spoonful, (fig. 1) Divide half spoonful crosswise to measure a quarter spoonful; (fig. 2) and a quarter spoonful crosswise to make an eighth spoonful, (fig. 3)

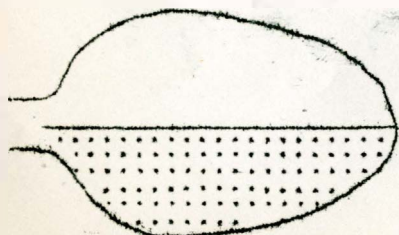


Fig. 1

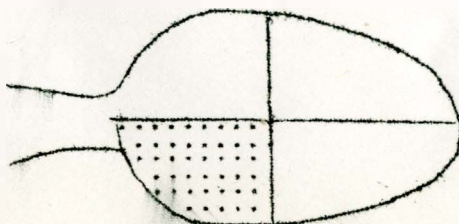


Fig. 2

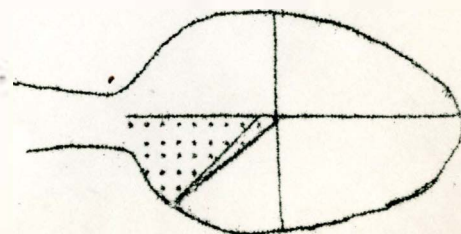


Fig. 3



## 2. To measure fats.

To measure butter, lard and other solid fats, pack solidly in cup or spoon and level off with a knife. Make divisions for part measurements same as for dry ingredients.

To combine ingredients.

Next to measuring comes care of combining.

1. SIFTING or putting material through a fine mesh, is used to lighten flour that has been packed down, to remove coarse portions, or to mix thoroly several dry ingredients.
2. STIRRING is done with a spoon and is a round and round motion, widening the circles until all is blended. Used for mixing a liquid and dry ingredient.
3. BEATING with a spoon or beater of the spoon type is an over-and-over motion, the spoon being lifted from the mixture for the backward stroke. This is used for increasing the smoothness of the mixture after the first stirring, and for beating in air. It needs a strong free motion of the forearm. Beating is also accomplished by the rotary motion of a mechanical beater like the Dover beater.
4. CUTTING with a knife or knives is used for combining shortening with flour in biscuit and pastry where the shortening should not be softened. For cutting use a knife in each hand with the same motion as if cutting with a knife and fork. In this way the fat is cut into small pieces and is distributed through the flour.
5. CUTTING AND FOLDING is the delicate process of mixing lightly beaten egg with a liquid or semi-liquid without losing the air. The material is cut lengthwise with a rotary motion carrying it down and up again, folding in the beaten egg.
6. RUBBING is used for combining a dry ingredient with a semi-liquid substance like butter.
7. CREAMING is a term used for rubbing of butter until it becomes soft and creamy. A spoon should be used and not the hand.

To Prepare Pans.

The cups or pans are prepared by warming and greasing. Use a bit of soft paper or brush for greasing the pan and ordinarily an inexpensive fat. If you use a brush for greasing the pans be sure that you keep it clean. For some preparations it is advisable to dust greased pan with flour!

## 1. To test oven:

See that the oven is ready and at the right temperature before the material is ready to be placed in it. A loaf should be baked at a lower temperature than biscuit or muffin.

- a. For loaves 380° Fahrenheit, a moderate oven. Place a piece of white paper, glazed paper preferred, in the oven. At the end of five minutes it should be a delicate brown.
- b. For biscuits, muffins, and small cakes, 425° to 450°, a hot oven. Place a piece of white paper, glazed preferred, in the oven. At the end of five minutes it should be a deep golden brown.
- c. Rolls and biscuits containing fruit and nuts must have a slower oven to prevent sugar and fruit from burning. Test with paper. Use a moderate oven.

## 2. Four stages of baking:

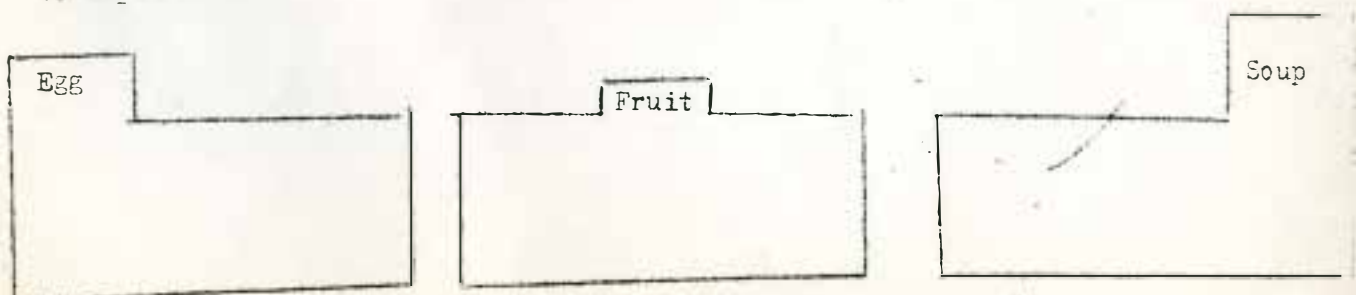
- a. The rising of the product.
- b. The forming of the crust on the outside.
- c. The baking of the interior, starting to brown, browning continued.
- d. The shrinking away from the pans.

## 3. Precaution concerning ovens.

Many ovens bake unevenly, and the pans must be shifted. This should be done with care and not before the third stage of the baking. It is often well to cool off the oven the latter part of the time. An oven that is too hot may be cooled by a pan of water. Paper may be laid over the top of cake if the browning has been too rapid. These are all makeshifts, and indicate a poor oven or poor management of the fire. Keep the oven door closed for the first ten minutes of baking and always close the oven door gently.

## Recipe File.

One of our problems will be to compile a set of recipes in such a form that when a certain recipe is wanted it can be found quickly. For your recipe file find a stout box which will hold cards 6 x 4 inches or 8 x 5 inches set on edge together with index cards. The index cards may be cut from card board so that the name stands up higher than the recipe cards for example:



Then all egg recipes are slipped back of index card marked "Eggs", etc. These filing sets may be purchased or made at home as suggested above.

Index sheets may be marked as follows with others added when needed:

beverages	cereals	frozen desserts	table decorations
bread, (quick)	cheese	fruit	vegetables
bread, (yeast)	desserts	gelatine	miscellaneous
cakes	eggs	meats	
candy	fish	soup	

Ask club members, friends and relatives for their favorite recipes. Copy those on the recipe cards and place back of proper index card.

When one of these recipes are tried and you find that you like it mark it in the upper right hand corner "good" if it is not found to be desirable discard it otherwise you may accumulate a large file but of no special value.

FOOD CLUB REFERENCES

Bulletins available at Extension Service, State College,  
Brookings, S. Dak., free of charge.

Preparation of Vegetables for the Table, Farmers' Bulletin #	256
Use of fruit as a food	293
Fresh Vegetables and Fruits as Conserverers of Other Staple Foods	871
Farm Home Conveniences	927
The Farm Kitchen as a Workshop	607
Baking in the Home	1136
Milk and Its Uses in the Home	1207
Home Made Fireless Cookers & Their Use	771
Sugar and Its Value as Food	535
How to Make Cottage cheese	850
Milk and Milk Products - recipes	Extension Division
Cheese and Its Economical Uses in the Diet	Farmers' Bulletin 487
Beans	339
House Ants-Kinds and Methods of Control	740
Food for Young Children	717
Farm Household Accounts	954
Principles of Nutrition and Nutritive Value of Food	142
A Week's Food for an Average Family	1228
How to Select Foods I	808
How to Select Foods II	817
How to Select Foods III	824
School Lunches	712
Rice as a Food	1195

Economical Use of Meat in the Home	Farmers' Bulletin	391
House-cleaning Made Easier	" "	1108
Care of Food in the Home	" "	375

Extension Circulars

Meat Cooking

Meat Cuts and Canning

The Hot Lunch for Rural Schools

Canned Meat Preparations-Meat Substitute Dishes

Egg Cooking

Cereal Foods

Milk and Milk Dishes

Fruits and Vegetables

Meal Planning

Community Dinner

Dining Room Service and Etiquette

Books Which Would Be Good for Reference or For Clubs to Own

Cook Books:

Practical Cookery and the Etiquette and Service of the Table-Department of Food Economics and Nutrition, K. S. A. C.  
Price - \$1.25

Boston Cooking School Cook Book - Fannie M. Farmer (Little, Brown & Company, Publishers.) Price - \$2.50

Foods and Household Management, Kinne & Cooley

Text Book of Cooking, Greer (Allyn & Bacon Publishing Co.)  
Price - \$1.60

Table Service, Lucy Allen (Little, Brown & Co., Publishers)  
Price - \$1.25

Food and Health by Kinne & Cooley

Theory and Practice of Cookery, William and Fisher

The American County Girl-Crow-Frederick Slobes & Co. N. Y.

FOOD CLUB CAP AND APRON

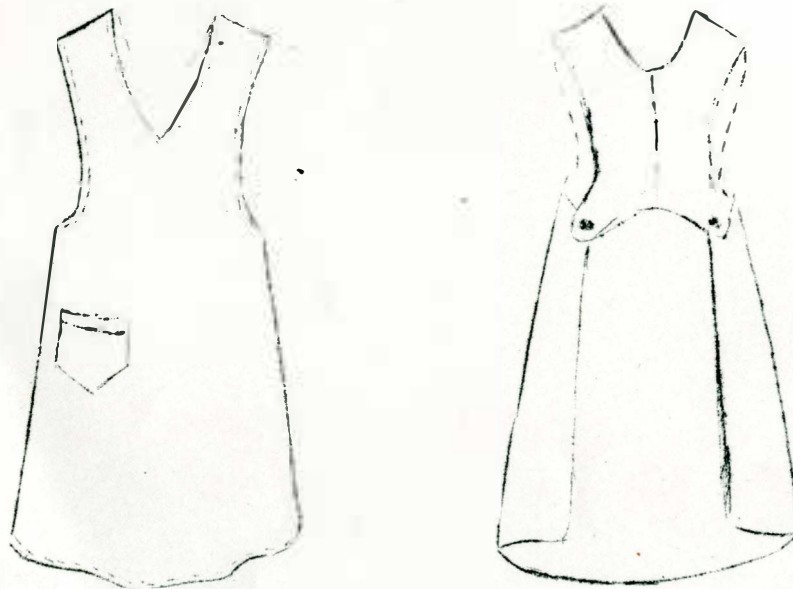
by

Azalea Linfield

Extension Specialist in Clothing.

I. APRON.

Commercial patterns may be used for this apron as it may be cut from the design without using a pattern.



Material--White cotton sheeting, cambric, Indian head, or muslin. One bolt, 1/2 inch bias tape, two buttons, white thread.

Amount--Front length plus length of back.

Directions--for construction--If a pattern is used, study carefully and adjust to wearer.

- a. Pinning and Basting. Pin all the pattern on the material, then cut. Note whether or not seam allowance is made. Baste on side pieces if material is too narrow.
- b. Seams and Finishes. The only seam is the one down the back. Use a fell seam. If the material is too narrow and side seams are necessary, use fell seams. Reinforce the ends of the straps for the button-holes by basting on an extra thickness of material, 2 inches, on the end of the strap and baste

one inch facing on the front side to reinforce for sewing on the button. Bind the neck, armholes, sides, and bottom with bias tape. This may be basted on, then stitched or the machine binder may be used.

- Putting on the Pocket. Hem the pocket. Turn a  $1/4$  inch hem, turning to the wrong side. Put the apron on, pin the pocket in place. Baste, then stitch. The pocket should be stitched.

## II. CAP.

Material--Same as apron.

### Cutting--

1. Cut one band 5 inches wide and 26 inches long. This band around head.
2. Cut second band 5 inches wide and twelve inches long. This band goes over top of head.

### Making--

#### Band No. 1.

1. Fold band No. 1 thru center lengthwise making it  $2\frac{1}{2}$  in. wide.
2. Measure and mark with pin 12 in. from each end toward center.
3. Baste ends and side  $1/4$  in. from edge to these two pins. This leaves  $2\frac{1}{4}$  in. in center open to insert band which goes over top of head.
4. Stitch on machine just within line of basting. (Be sure to leave center open).
5. Turn band inside out and lay aside until band No. 2 is ready to be attached.

#### Band No. 2.

1. Fold band No. 2 thru center lengthwise, making it  $2\frac{1}{2}$  in. wide. Baste one end and side  $1/4$  inch from edge.
2. Stitch on machine just within line of basting.
3. Turn to right side.  
Putting bands together--Insert band No. 2 in open space in center of band No. 1,  $1/4$  inch and baste making edge of band No. 1 a straight line from end to end.
4. Stitch by machine  $1/4$  inch in from all sides.
5. Fit on head and fasten with snaps.

Note: Launder cap, starch stiff and iron glossy.