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Time Savers In Feeding The Family

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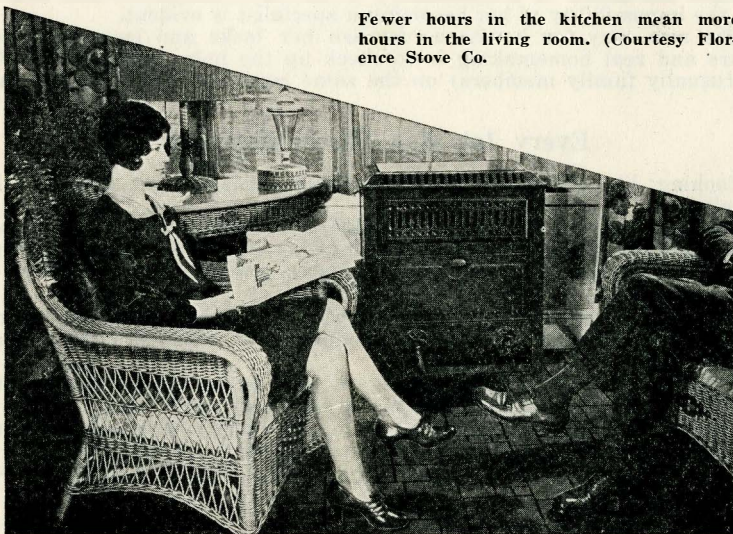
South Dakota State College

Feeding the family, including the preparation of food, cleaning away and washing of dishes, consumes about 47 percent of the time spent on homemaking activities by the average South Dakota homemaker. This is nearly as much time as is spent on all other tasks and does not include time spent in planning, purchasing, butchering or other work which has been included under miscellaneous. The average working day is nine hours and twenty-seven minutes. Seven hours and twenty-five minutes are spent on homemaking activities, and one hour and forty-two minutes on outside work. The time spent on homemaking activities is distributed as follows: Three hours, forty minutes on feeding the family; one hour, forty-two minutes on care of clothing including washing, ironing, mending and sewing; one hour, thirty minutes on care of the house including cleaning, getting water and care of fires; and fifty-three minutes on miscellaneous, care of family, planning and keeping accounts.

These facts are secured from a South Dakota homemakers' time study covering 100 homes(just completed but not yet published) by Grace Wasson, Home Economics, Research Purnell, State College. The Bureau of Home Economics cooperated in the study.

The total time spent on planning homemaking activities is exceedingly small when the bigness of the job is considered. This suggests that more time in planning might be a help in reducing the time spent in other work.

Fewer hours in the kitchen mean more hours in the living room. (Courtesy Florence Stove Co.)



The most outstanding time problem is in connection with feeding the family as revealed by Miss Wasson's study. It might be made the point of major attack in shortening the time and decreasing labor.

There are two major ways of increasing the efficiency—either reducing the time through simplifying the task, or reducing the amount of physical work.

In this connection the following questions can be raised: Is the homemaker familiar with the underlying principles of management? Is the homemaker using all approved methods of saving time?

It is not the intention of this circular to answer these question in detail, but rather to point out to homemakers that time can be saved by study and application.

Need For Efficiency Study

In business, keen competition has compelled a close study of methods of work and the careful elimination of waste in the use of time, materials and money. Business people have learned that it pays to check carefully on what seem to be trifles in elimination of waste motions and minutes. This has not been done to any degree in homemaking. Until homemakers do they will be bankrupt for time.

When business concerns decide to institute principles and methods of efficiency into the factory an efficiency expert goes in to study the plant, the equipment, the cost, the schedule of work and the results, in order to determine if:

There are needless jobs.

There are needless repetitions.

The equipment is labor saving and well arranged.

The best methods of work are used.

The workers are skillful.

One department is doing the work of another.

The schedule is well planned.

The results or output are satisfactory.

The whole aim of such a study is to find the one best way of doing the various tasks.

Since the duties of a homemaker include approximately 1300 activities, the impossibility of her becoming a specialist is evident.

The sure way for her to accomplish her tasks and leave time for leisure and real homemaking is to check up the home plant and workers (usually family members) on the same points as listed for the factory.

Every Job Has Three Elements

Cooking, like every other job, has three elements—get ready, do it, and clean up.

Getting Ready—Use the best possible tools arranged in the best possible way. By tools are meant everything that is used in connection with the task. Having tools in convenient places gives a chance to make a prompt start.

In large institutions a cook does not waste his time and his employers' money by hunting and assembling his equipment for he has it all located in convenient places for his use.

Homemakers should learn to regard and devise means which save labor and time as legitimate investments for family well being.

The first step towards reducing time and energy in connection with feeding the family is to provide a compact and well arranged kitchen.

There are two main processes in connection with the kitchen work, subdivided as follows:

I. Preparing Food:

Collect—Raw materials from storage, refrigerator, pantry or cellar.

Prepare—At working surface where mixing is done.

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Cook-At cooking surfaces, stove.

Serve-On table or tray and finally to dining table.

II. Cleaning Away:

Remove-Soiled dishes and utensils from dining room.

Scrape-At right of sink.

Put away-In cupboards and shelves near by.

The step saving method of kitchen arrangement requires separate surfaces for each process with the needed tools conveniently provided. This concentrates the working processes at centers. The centers should be arranged in the same sequence as the work to be done. This will materially lessen the number of steps, which means a saving of time and energy.

In Brown and Butte counties the groups of women that have made a detailed study of kitchen arrangement for efficiency and put the above principles into practice have discovered that they can save from a fourth to three-fourths the distance traveled in connection with the kitchen work.

Studies have shown that the time spent on actual preparation is nearly constant. The time spent in assembling materials and utensils (getting ready) and cleaning away varies considerably. It follows that one of the first steps in efficient kitchen work is efficient grouping of utensils and materials.

For more detailed information on kitchen arrangement, see Extension Circular 277, "The Modern Kitchen—A Step Saver," and U. S. Department of Agriculture bulletin, number 607.

Doing It.—By the one best way is meant doing a task in the quickest possible time with the least waste of energy and getting satisfying results. To do this means experimenting. Find out what for you is the one best way of doing all your various tasks, then school yourself in the habit of doing them that way. You may become a champion doing it the way you have become accustomed to, providing it is a good way. Why is a champion? The answer is habit.

An efficiency expert has said, "The waste from needless, ill directed, and ineffective motions is greater than all other waste combined. But while we can see and feel the waste of material things, the waste from unnecessary motions is neglected because they leave no visible, tangible traces behind them." Henry Ford has said, "Business is largely a matter of motions; reduce the number of motions and you reduce the cost". Reduce the number of motions and you also reduce the time.

Cleaning Up.—When you come to get ready to do the task again or use tools for another job, time will be saved if tools have been properly put away. A thorough cleaning up, rearranging of tools is a part of the job already done and does not form a part of tomorrow's job.

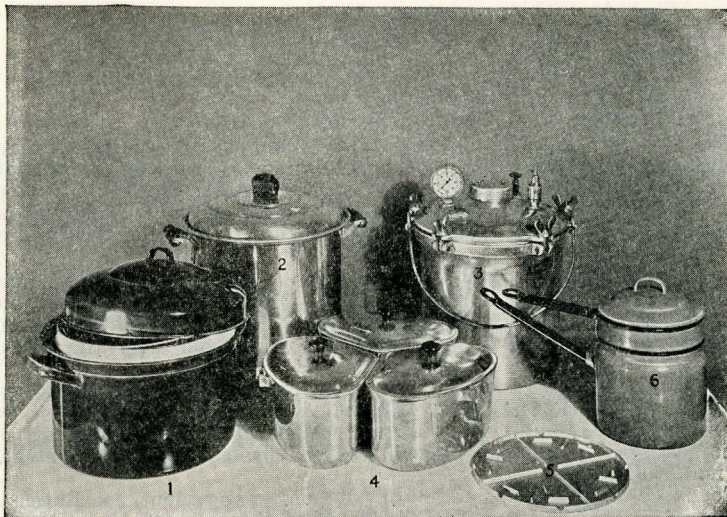
Hot water will do most of the work of tea towels, better, quicker, and best of all cleaner. If the dishes are placed in a dish drainer and scalded with boiling water they will dry quickly by themselves and be sterilized as well as washed. Only glasses and silver need be polished by a dry cloth.

Factors in Kitchen Efficiency

After the kitchen has been properly arranged from a timesaving standpoint the homemaker can save time by making a study and applying the understanding of food values; by following cooking methods that are well planned; by using utensils, fuels and devices that save time and effort.

Knowing Food Values.—Cooking often results in feeding the family without adequately nourishing it. Such cooking is often in accordance

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These utensils save fuel. 1. Steamer, 2. Waterless Cooker, 3. Steam Pressure Cooker, 4. Triplicate Pans, 5. Hot Plate, 6. Double Boiler. (Courtesy Florence Stove Co.)

with the wishes or tastes of the family members who do not understand foods needs and are chiefly interested in satisfying the sense of taste.

An essential step toward simpler and easier cooking is understanding food values. When the homemaker knows that well-cooked, simple, balanced meals will serve the family better than elaborate ones she will not spend unnecessary time in making complicated dishes or many kinds at the same meal.

Planning In Advance.—Meals planned in advance are important factors in saving time and securing balanced meals. Planning in advance has the following definite advantages:

1. Cooking can be done for more than one meal at a time. For example boiled potatoes may be planned for dinner and creamed potatoes for tomorrow's dinner. There is considerable difference between deliberate planning for two or three meals and just using "left-overs."

2. Food preparation can be done in advance of the actual meal when one has to be in the kitchen anyway. For example, deviled eggs for supper can just as well be cooked and prepared in connection with breakfast. If hot bread is planned for breakfast or for supper mix the dry ingredients with the shortening and leave in the ice box ready to add the egg and milk just before baking.

It is just as easy and takes no more time to make enough pie crust for three pies than it does for one. Then the extra crust may be covered and kept in the ice box for a week or longer, using it when desired.

Mayonnaise by the quart can be made in the same length of time as a cupful. Put in glass jar and keep in ice box where it will be ready for use whenever needed.

Many foods may be entirely prepared for frying in the morning, even to rolling in egg and crumbs and kept in the refrigerator until needed. Just before time to serve fry quickly in hot deep fat. Croquettes of all kinds can be put on the table in a very short time by this method.

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While the breakfast dishes are being done the advance cooking of the lunch can take place by making the custard or other desserts. Again while in the kitchen washing the lunch dishes the supper or dinner can be gotten under way. A plan that many successful housewives follow is to prepare meat in the pan for cooking, possibly giving it some advance cooking. Prepare vegetables for cooking or salad and cook or prepare dessert. This reduces the time necessary to spend in the kitchen for the evening meal preparation to the minimum and reduces the number of dishes to wash considerably. If such plans are made and carried out it will permit more "time off."

3. Reduce the time and effort in running down into the cellar and out into the garden. Knowing in advance what is needed for the next two or three meals will save the heels a lot.

Using Few Cooking Methods For a Meal.—One common way of wasting time is using several different cooking methods in the preparation of a single meal, e.g. a meal consisting of soup, fried meat, a boiled vegetable and baked dessert. Why not combine all into the New England boiled dinner? Using a number of different cooking methods at the same times complicates the serving and is more time consuming for all processes.

Scheduling Tasks.—A household schedule is a big factor in saving time. The first thing to do in making a schedule is to follow the principle which any executive follows, namely, use the head first and with pencil and paper write down the few absolute conditions around which the schedule must center.

Plan what you are going to do, do it, and then rest. Every schedule or work-plan has two objects:

1. The order of work:

The sequence of work is most important and must be determined first. A principal reason for so many "nerves" and much useless effort is to be found in the lack of order in the work plan.

2. The time of work:

The time at which a task is done comes second and can be decided only after the order is arranged and provided for.

Do not make any rule or plan based upon exceptions. The fact that even the best "limited" express has to stop unexpectedly for accidents or because other trains are not living up to their schedule does not interfere with the careful working out of a schedule under ordinary normal circumstances.

An attempt at least to work and follow a schedule gives a grip on one's self that is most helpful and encouraging. It makes you know what must be done and sets the problem before you in a certain number of hours, days, or weeks in which to do it.

Standardized work anywhere relaxes the nervous strain and gives the worker a feeling of relief that working hit and miss never permits.

Time Saving Suggestions

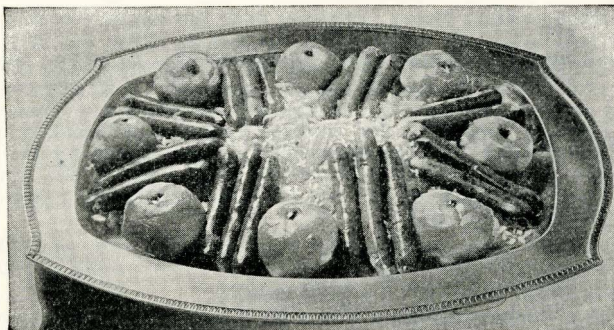
Shorts Cuts:—

1. Keep flour and cooking fat mixed in proper proportions for white sauce, mix equal measure of fat and flour, (the amount needed for about a week for making white sauce, gravies etc.) and keep in refrigerator. (2 tb. fat and 2 tb. flour average amount used for 1 cup liquid). It is very simple to remove from glass jar or container the amount needed to make white sauce by dropping mixture into hot liquid and stirring until completely blended.

2. If cocoa is used often keep cocoa and sugar combined in proper proportions for beverage making.

3. Drop biscuits are much quicker to make than to roll or cut biscuits and there is

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Serving several foods on one dish saves time in many ways. (Sauerkraut, sausages, and baked apples.)

less cleaning up. Simply increase the liquid and drop dough by the spoonful into greased baking dish, then bake.

4. Yeast dough for rolls may be kept in refrigerator for several days to be used as needed.

5. Keep dry bread for bread crumbs. When thoroughly dry run through food chopper with mouth of chopper covered with paper bag. This helps keep the floor clean. Keep crumbs in covered container.

6. To save time in making custards scald milk before adding to eggs. This will almost cut baking time in half.

7. In summer when vegetables are plentiful can as assortment for use later in soup. What a relief on wash day to be able to open a can of mixed carrots, celery, peas and tomatoes directly into the soup kettle.

8. To measure fat with least effort partially fill measuring cup with cold water, add shortening until water level reaches the top, then pour off water, e.g. to measure $\frac{1}{3}$ cup fill cup $\frac{2}{3}$ full of water.

9. Lining pans with wax paper simplifies removal of cakes and also saves time in washing pans.

10. For small family where cake seems to last forever, use part of butter for cup cakes and part for small cake to be used immediately. Cup cakes may be served as dessert with fruit or sauce or hollowed out and filled with cream mixture.

11. To save rolling and cutting of cookies, form dough into loaf or bar and cut off slices to bake. Dough may be kept in refrigerator and used as needed or may be cut and baked all at once.

12. Cookies baked in a sheet and cut after baking also save time.

13. When making a covered pie, an extra shell or individual small shell may be baked and kept in a cool dry place for use a day or two later with cream filling.

14. A rapid way of cutting shortening into flour is to use an empty baking powder can with holes punched in bottom and using the edge of can as cutting knife. This is also a quick way to cut potatoes for American fries.

15. When making cream pies prepare extra filling to use as pudding for children who have not reached pie eating stage.

16. During shortcake season the thoroughly blended materials (flour, sugar, salt, baking powder and shortening) may be kept in a covered container in refrigerator all ready to add the milk and bake. Thus a fresh shortcake can be prepared and served warm for dinner in a very few minutes especially if berries have been prepared before hand.

17. Plum puddings may be made in quantities and baked in small containers, such as coffee and baking powder cans and kept covered in a cool place ready for heating and serving as desired. It is a comfort to know that there is a reserve dessert when unexpected company arrives.

18. Choose kitchen equipment which conserves motion and time. Check up on small pieces as egg beaters, dish drains.

19. To wash sticky and greasy pans and dishes and knives fill with cold water and add washing soda or any good washing powder; put on stove and let boil up, pour out water and wash. All grease or bits of food are removed in this way without scraping or handling.

20. Molasses will not stick to cup if fat or water is measured first.

21. Trays are great step savers. They can be used to carry dishes to and from the dining room and pantry, from ice box to table or cellar to kitchen.

22. Share family responsibilities. A good executive details minor duties to others. A wise mother saves times by training each member of the family in some housekeeping responsibility.

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23. Make use of pencil and pad for memorandum. A pencil and pad in the kitchen and one upstairs gives opportunity to record a good idea, a future plan, a market order, a menu or a reminder. They save time in being referred to at an instant's notice.

24. Family bulletin board. Many families have used this with success. Chores for each child for the week are posted. This relieves mother of constant reminding.

25. Promptness: Too much time is lost in carelessness with regard to appearance at meals. The homemaker would do well to practice promptness and insist on it in others.

"A well organized kitchen and a knowledge of food values and kitchen technique is reflected in the perfection of the meals served as well as in the poise and good health of the homemaker."

One Dish Meals

A one dish meal is a meal in which the main dish includes sufficient variety in nutrients so that by adding bread and butter with salad, fruit, sauce or a simple dessert no other food is needed.

Ham and Vegetables

Green beans, sliced ham and potatoes may be boiled together to good advantage. Prepare beans for cooking, put in deep kettle and cover with water. Place ham slices over beans and cover with whole potatoes. Cover tightly and cook until tender.

Scalloped Salmon And Peas

Alternate layers of cracker or bread crumbs, salmon flaked with fork, and canned peas in a baking dish. Pour over all hot milk seasoned with butter, salt and pepper, and to which an egg well beaten is added. Bake until brown and firmly set.

Rise Creole

2 large onions	1/4 c. butter
1 thin slice ham	2 c. cooked rice
2 large green peppers.	salt and pepper.
(may be omitted)	1 pint tomatoes

Cut onion, peppers and ham very fine and fry; add butter if not enough fat fries out from ham; season and add rice and tomatoes and bake for 30 minutes in moderate oven.

Mock Chicken Pie

One can of peas, four carrots cut in pieces, six potatoes cut in cubes. Cook in liquid from can of peas till half done. One can of tuna fish, creamed, using a pint of milk. Mix all together; season and pour into a deep baking dish; cover with a rich biscuit dough and bake until brown.

Potatoes Baked With Sausage

Prepare potatoes as for baking. Cut one or two holes through them with a corer and stuff with link or bulk sausage. Place on a pie tin or dripping pan in a hot oven. Bake until tender and serve at once.

Meat Cakes DeLuxe

Season hamburger with salt, pepper, and chopped parsley. To each pound of meat add 1/2 pound raw chopped potatoes. Bind mixture together with egg and milk and form into small balls, about size of walnut. Sear well in hot fat. Remove from fire, place in greased baking dish or casserole, and add medium thick tomato sauce seasoned with chopped onion. (Sauce should not cover meat, but should come about half way up.) Cook in moderate oven (350 degrees) about 30 minutes. The sauce should not cook all away.

Cottage Pie

2 c. mashed potatoes	1 tsp. salt
1 egg	2 c. left over meat ground
2 c. gravy	1 small onion (chopped)
1 tb. green pepper (chopped)	1-8 tsp. pepper.

Combine meat, gravy and seasoning in oiled baking dish. Add well beaten egg to potatoes and place on top of meat mixture. Bake until potatoes are browned and mixture is thoroughly heated.

Hot Tamale Pie

1 1/4 c. cornmeal	1 1/4 c. tomatoes
1 1/2 tb. salt	1/8 tsp. cayenne pepper
1 small onion	4 cups of boiling water.
2/3 lb. hamburger steak	

Make a mush by stirring the cornmeal and 1 tsp. salt into the boiling water. Cook in a double boiler or over water for 45 minutes. Brown onion in the fat, add the steak, and stir until the red color disappears. Add pepper, tomato and remaining salt. Grease a baking dish, put in a layer of cornmeal mush, add the seasoned meat and cover with mush. Bake 30 minutes.

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Rice and Steak
(Creole Style)

1 lb. round steak or cheaper cut of beef	½ cup. grated cheese
¼ teasp. pepper or cayenne	1c. fresh or canned tomatoes
2 c. boiled rice	2 tb. salt.

Cut steak into 1-inch cubes, brown thoroughly in fat from the meat; add rice and tomatoes. Season; cook the meat until tender, add cheese, stir until melted. Serve on toast.

Casserole of Liver

1 pound sliced calves liver	1 small onion
2 tb. fat	2 c. potatoes
1 c. carrots	celery
salt and pepper	flour

Boil vegetables; thicken stock with flour, wash liver, dredge with flour; sprinkle with salt. Add slices of liver to hot fat; brown both sides. Place on top of vegetables in casserole. Bake 40 minutes.

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