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Economizing in Meal Planning

Susan Z. Wilder

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Economizing in Meal Planning

By Susan Z. Wilder
Extension Nutritionist and Supervisor
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 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. Applesauce with sugar-cookie, 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
- Milk for children
- Apple sauce
- Bread, butter
- Tea

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 Day**—Milk for children, bread for all.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Dinner</th>
<th>Lunch or Supper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced oranges</td>
<td>Brown gravy</td>
<td>Cottage cheese with onion</td>
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<tr>
<td>Cream of wheat</td>
<td>Mashed potatoes</td>
<td>Raw carrot salad</td>
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<tr>
<td>Hot muffins, butter</td>
<td>Baked onions</td>
<td>Graham rolls, butter</td>
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<tr>
<td>Milk, coffee</td>
<td>Graham bread, butter</td>
<td>Apricot sauce</td>
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<thead>
<tr>
<th>Baked prune sauce</th>
<th>Soup</th>
<th>Soup with vegetables</th>
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</thead>
<tbody>
<tr>
<td>Oatmeal with milk</td>
<td>Escallop potatoes</td>
<td>Toasted soda crackers, butter</td>
</tr>
<tr>
<td>Toast, butter</td>
<td>Baked potatoes</td>
<td>Dried peach sauce</td>
</tr>
<tr>
<td>Poached eggs</td>
<td>Apricot jam</td>
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<td>Milk, coffee</td>
<td>Bread, butter</td>
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<tr>
<td>Milk, coffee</td>
<td>Raw carrot sticks with salt</td>
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<thead>
<tr>
<th>Orange juice</th>
<th>Clear soup</th>
<th>Baked apple with cream</th>
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<tbody>
<tr>
<td>Whole wheat with milk</td>
<td>Hash</td>
<td>Chipped beef on baking</td>
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<td>Graham toast</td>
<td>Brown buttered potatoes</td>
<td>powder biscuit</td>
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<td>Buttered string beans</td>
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<tr>
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<td>Spoon corn bread</td>
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<tr>
<td>Milk, coffee</td>
<td>Maple syrup, butter</td>
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<table>
<thead>
<tr>
<th>Stewed dried peaches</th>
<th>Vegetable meat soup</th>
<th>Baked beans</th>
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<tbody>
<tr>
<td>Cracked wheat, milk</td>
<td>Tomato sauce</td>
<td>Boston brown bread, butter</td>
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<td>Jam</td>
<td>Cocosnaut custard</td>
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<tr>
<td>Bran muffins, butter</td>
<td>Bread, butter</td>
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<tr>
<td>Milk, coffee</td>
<td>Milk, coffee</td>
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<thead>
<tr>
<th>Apple sauce</th>
<th>Italian hamburger</th>
<th>Creamed cheese</th>
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<tbody>
<tr>
<td>Scrambled egg</td>
<td>Browned potatoes</td>
<td>Tomato over toast</td>
</tr>
<tr>
<td>Whole wheat toast, butter</td>
<td>Raw cabbage onion salad whole wheat nut raisin bread pudding, cream</td>
<td>Pig filled cookies</td>
</tr>
<tr>
<td>Milk, coffee</td>
<td>Milk, coffee, tea</td>
<td>Milk</td>
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</tbody>
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* 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.
<table>
<thead>
<tr>
<th>Breakfast—Continued</th>
<th>Dinner—Continued</th>
<th>Lunch or Supper—Continued</th>
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<tbody>
<tr>
<td>Oatmeal</td>
<td>Clear soup</td>
<td>Raw carrot gelatin salad</td>
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<tr>
<td>Dried apricot sauce</td>
<td>Beef loaf with stewed tomatoes</td>
<td>Strawberry turnovers with cream</td>
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<tr>
<td>Eggs on toast</td>
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<tr>
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<td>Turnip greens</td>
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<tr>
<td>Orange juice</td>
<td>Baked cheese potatoes</td>
<td>Baked beans</td>
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<tr>
<td>Graham toast, butter, syrup</td>
<td>Buttered rutabagas</td>
<td>Corn bread and butter</td>
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<tr>
<td>Ham omelet</td>
<td>Cucumber relish</td>
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<td>Bread, butter</td>
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<td></td>
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<td>Prune sauce</td>
<td>Corned beef</td>
<td>Tomato juice</td>
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<td>Bran muffins</td>
<td>Boiled potatoes</td>
<td>Creamed eggs on toast</td>
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<td>Butter, jell</td>
<td>Buttered carrots</td>
<td>Chocolate pudding</td>
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<td>Pickles</td>
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<tr>
<td></td>
<td>Graham bread, butter</td>
<td>Peach sauce</td>
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<td>Milk, coffee</td>
<td>Milk</td>
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<tr>
<td>Whole wheat and milk</td>
<td>Fish and tomato over toast</td>
<td>Toasted cheese sandwiches with tomato sauce</td>
</tr>
<tr>
<td>Graham toast, butter</td>
<td>Cole slaw</td>
<td>Apple sauce</td>
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<tr>
<td>Orange jell</td>
<td>Cucumber pickles</td>
<td>Filled cookies</td>
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<tr>
<td>Milk, coffee</td>
<td>Ice cream, angel food cake</td>
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<tr>
<td>Sausage</td>
<td>Pot roast</td>
<td>Mush and milk</td>
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<tr>
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<td>Cranberry relish</td>
<td>Cranberry sauce</td>
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<tr>
<td>Plum jam</td>
<td>Tomato sauce</td>
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<tr>
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<td>Prune sauce</td>
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<tr>
<td>Fried mush, syrup, butter</td>
<td>Spare ribs</td>
<td>Escallopeds tomatoes with meat flavor</td>
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<tr>
<td>Crisp bacon</td>
<td>Boiled potatoes browned in butter</td>
<td>Baked beans</td>
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<tr>
<td>Milk, coffee</td>
<td>Turnip greens</td>
<td>Baking powder nut bread, butter</td>
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<td></td>
<td>Bread, butter</td>
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<td></td>
<td>Cream coconut pudding</td>
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<tr>
<td>Baked apple</td>
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<td>Butter, jam</td>
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<td>Rice raisin pudding</td>
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<tr>
<td>Cream of wheat</td>
<td>Pork hocks</td>
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<tr>
<td>Orange juice</td>
<td>Kraut with dumplings</td>
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<tr>
<td>Poached eggs on toast</td>
<td>Escallopeds tomatoes</td>
<td>Raisin sauce and nut cookies</td>
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<td>Tomato juice</td>
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<tr>
<td>Oatmeal with bran, cream</td>
<td>Stuffed baked potatoes</td>
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<td>Buttered cinnamon toast</td>
<td>Buttered peas</td>
<td>Syrup</td>
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<td></td>
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<td>Apple sauce</td>
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<td>Milk, tea, coffee</td>
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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. rutabaga
- 2 c. potato
- 1 t. salt
- 2 c. carrots
- 2 c. cabbage
- 2 c. onion

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.

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

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

**MEAT-VEGETABLE PIE**

- 6 c. beef
- 2 c. potatoes
- 2 c. carrots
- 1 c. onion
- 1 c. stock
- 1 t. salt
- 1 t. baking powder
- 2 T. fat
- ½ c. liquid
- ½ 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
- ½ c. liquid
- ½ 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.
ECONOMIZING IN MEAL PLANNING

ITALIAN HAMBURGER

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

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

Noodles:
1 egg
1/4 t. salt

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
1 c. onion
2 c. bread crumbs
2 T. butter
1/2 t. salt

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
1/2 c. cream or milk
1/2 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
2 T. flour
2 T. butter
1/2 t. salt

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, 1/4 cup of chopped onions and 1/4 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
1 c. onion, chopped
3 T. sugar
2 c. corn
1 c. water
1 t. salt

Combine ingredients. Cook until onion is tender. The soup may be served thick or thinned with whole or skimmed milk. Add 1/4 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 1/2 c. sour milk
1/2 t. soda
1 t. salt
1 egg
1 T. melted fat
3 T. sugar

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 1 1/2 c. salt pork or bacon or hamburger
3/4 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 1/4 t. allspice
1/2 c. chopped onion 1/4 t. cloves
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 1/2 c. tomato sauce
2 c. lean pork, diced 1/2 pound cheese

Fry the pork in butter. Alternate layers of noodles, tomato sauce and pork and cheese in a greased baking dish. 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 1/2 t. salt
1/2 c. onion Pepper
1/2 c. meat


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.