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Your School Lunch

Susan Z. Wilder

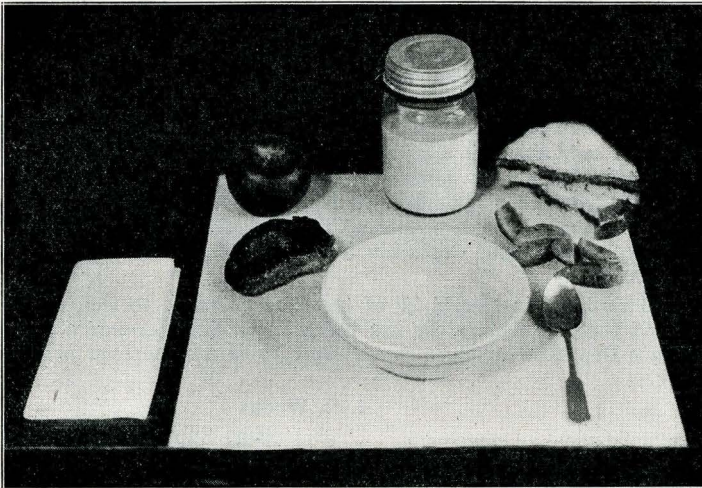
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Your School Lunch



A well-balanced school lunch.

**SOUTH DAKOTA STATE COLLEGE
EXTENSION SERVICE
Brookings, S. D.**

To Teachers of South Dakota:

The hot lunch has a place in the rural and village schools.

There are health reasons which more than justify the hot lunches. Financial conditions in many areas this year increase the need for hot lunches. Under-nourished children may be materially assisted through properly prepared hot lunches.

Not only can such a school activity be justified on the basis of health, but on character as well. A properly organized lunch period provides a splendid situation in which to teach courtesy, manners, and cleanliness. These qualities are developed through practicing desirable habits day by day during the lunch hour.

This bulletin should be of inestimable value to the interested teacher. While the hot lunch is not a requirement, the State Department urges that it be carried on wherever possible.

I. D. Weeks

State Superintendent

Your School Lunch

By Susan Z. Wilder

**Extension Nutritionist and Supervisor
Home Extension Work**

Boys and girls of fine physique are always admired. They are well, alert and eager to do their work and play. You want to be like them. Eating the right kind of food every day will do more than anything else to help attain that desire. You can make a start by studying these foods at school at lunch time.

Not all boys and girls make a fine appearance. Reports from 1600 homes in South Dakota indicate that 20 per cent of the boys and girls in these homes have had repair work done on their teeth, that 21 per cent have poorly developed teeth, that 43 per cent under four years have teeth that show signs of decay. Every dentist and doctor consulted at the time said that right food habits are important factors in maintaining good health and teeth.

You are growing rapidly. You are very active. In order to meet the severe tax which this growth and activity make on your strength and to keep your body in health you must have nourishing food.

A recent report showed a shortage of important foods in the average boy's and girl's diet. Among these were milk, raw vegetables and fruit. The report also indicated that 89 per cent of the rural school pupils eat a cold lunch at school.

If you use more fruits, vegetables and milk in the school lunch you may be able to prevent these poor health conditions. If there are boys and girls who are not up to the best standards of health they may be helped through serving one hot dish at noon. If there are boys and girls in the school whose parents are unable to give them these foods you may be able to work out a plan with the teacher and parents so that milk can be furnished them.

You will enjoy the hot lunch at school. It will be fun on cold, stormy days to prepare and serve one hot dish. The food brought from home will taste better because there is a hot food to eat with it. You will be interested in taking turns on the committees. You will learn how to cook simple food, to serve it and to keep records. You will also learn facts about table etiquette, and right food habits at the discussion periods. You will have an opportunity to offer suggestions to improve the school lunch. While you learn some of these things at home you will enjoy studying them with others at school. You will find also that your mother will be interested in your hot lunch project because there will be recipes and suggestions that you can carry home to her. When you explain what foods you are supposed to have in your school lunch and why, she will be interested in preparing them for you. In schools where the hot lunch has been served the boys and girls are more satisfied with their lunches, are happier and do better work.

It will be necessary to interest your parents, the school board, perhaps other organizations like the P. T. A., the American Legion and prominent individuals in the community in the hot school lunch project in order to make it a success. It may be necessary to give these people a public demonstration on the hot lunch. At this meeting the different methods of carrying on the hot lunch will be discussed and the one that fits into your locality will be adopted. Perhaps as a part of the plan the boys will need to make cupboards out of boxes or put up shelves and the girls arrange the simple equipment for greatest convenience in doing the work.

Methods of Serving the Hot Lunch

The pint jar method: In this method your mother prepares the food at home and you bring it to school in a pint jar. The jar is marked and placed with others in a pan on a rack, with two inches of water. It is covered over with another pan. At 11:30 o'clock the pan is set on the heater or kerosene stove. At noon it is hot and ready to serve. The jars are delivered to each desk or the pupils come to the serving table for them.

Home preparation method: In this method your mother takes her turn with others and prepares one hot dish each day for a week. She delivers it to the school at noon. She may help to serve it or turn it over to a serving committee.

School preparation method: The boys and girls working in committees, plan the menus with the teacher, prepare and serve the food and keep simple records. After the menus are agreed upon the teacher posts them so that you can take them home. Your mother needs to see them so that she can plan the rest of your lunch more easily. The teacher also posts the committee assignments. The older boys and girls are in charge of each committee and are assisted by the younger pupils.

A variation of this method is where someone is hired to prepare one hot dish daily at the school house and take charge of the serving.

Very little equipment is needed to serve one hot dish unless there is a large number of pupils. The fourth method will require the greater amount because the preparation is done at the school house. The small equipment needed for this method might include a large double boiler, a measuring cup, two tablespoons, a paring and butcher knife, and dish washing equipment.

Bring a cup and spoon each day. If they are washed at home it will cut down the work at school.

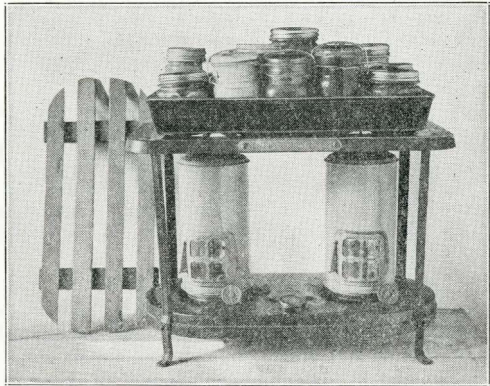
There should be a cupboard for the dishes, staple foods and the lunch boxes. The cupboard will need doors or a curtain. If the stove has a flat top it can be used for heating the food. Otherwise you will need a one or two burner kerosene stove.

Arrange a small table in front of the stove for preparation and serving.

The duties of your committees are as follows:

The preparation committee is responsible for: Planning the hot dish with the teacher, seeing that food materials are on hand, preparing the food before school and at recess, airing the room, getting everything ready for the pupils to wash, serving the food to the pupils at their desks or from the table cafeteria style.

The clean-up committee is responsible for: Collecting, washing and putting away the dishes, rinsing the dish towels, drying them outside and



Equipment for heating the pint jars of food brought from home. The rack is used under the jars.
Missouri Extension Service.

putting them away, disposing of the garbage, straightening up the room.

The record committee is responsible for: Keeping a record of the money paid and collected, the supplies bought or contributed by each family, figuring the individual cost, paying for any supplies that are bought.

Supplies, food and equipment, may be secured in different ways depending upon the method which is the least expensive and most convenient in your locality.

1. The parents may denote supplies.
2. The school may give an entertainment to raise funds.
3. The school board may purchase supplies.
4. A local organization may finance a part of all the lunches.
5. Each family may pay a small amount.

The Lunch Box

If a new lunch box is to be purchased you will want to know the points to look for in selecting it. The right kind will mean a more palatable lunch. The box should be of material that can be washed and scalded easily. It should be well ventilated otherwise the food will have a stale odor. A metal collapsible box is good. A tin pail with holes around the top will serve the purpose nicely. A paper box or sack is the least desirable since the lunch is likely not to look attractive or taste good.

Packing the Lunch

Place juicy foods in screw top jars. Wrap the fresh vegetables like cabbage, celery, raw carrot, onions, radishes in waxed paper or place them in small glass jars, in order to keep them fresh and to prevent the absorption of their odors by other foods.

Wrap the sandwiches, cake and meat separately in waxed paper to keep them in condition. Place the heavier packages in the bottom of the lunch box and fit each piece in carefully. Crushed paper (tissue is best) may be slipped in between packages to keep the foods in place. The thermos bottle or pint jar is filled last. It must be carried separately unless it fits into a compartment of the lunch box.

Problems in Planning the School Lunch

You will want to consider the following when planning your school lunch with your mother:

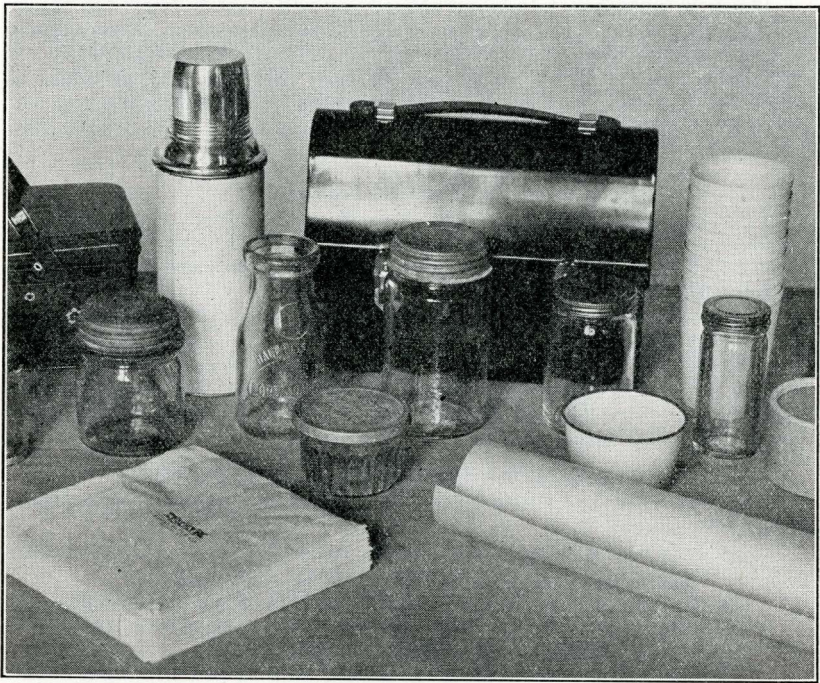
1. The school lunch must supply three food needs—that of body regulating, body building, and energy maintenance.
2. The school lunch must include enough food to satisfy your hunger. It must be easily digested so that you can do your afternoon work unmindful of what you have eaten.
3. The school lunch must be attractive so that you will want to eat it. If the liquid foods are packed in jars and the sandwiches and sweets wrapped separately, the individual flavors will be retained and the food will look palatable.
4. The school lunch must contain foods of different texture and flavors that combine well. This means crisp, dry and moist foods in the same lunch.
5. The school lunch must furnish a surprise; stuffed fruit, tiny cakes, nut cookies. Your mother will supply these if you ask her to plan them.

Foods to Include

Surely you want to know everything you can about the food you should include every day in your lunch. You need milk. You may use it raw or cooked. Creamed and scalloped dishes, soups, cocoa, spiced milk, malted

milk, milk and cereal and custards are some of the ways in which you can increase the daily amount of milk in your diet. If milk is not served in the hot lunch at school you can carry it in the thermos bottle or pint jar.

You need vegetables every day. They increase the vitamin and mineral content of the diet. By careful planning they may be included in the school lunch. They may be raw or cooked. They not only increase the food value but give variety to the food eaten. Cooked vegetables, buttered, creamed, stewed and escalloped may be carried to school in pint jars. The following vegetables may be chopped and used in salads or sandwich fillings: Lettuce, cabbage, carrots, celery, cucumbers, onions, parsley, tomatoes, radishes, turnips and rutabagas. A number of these may be served whole or in strips with salt. Chopped onion, green onion tops, cabbage, lettuce or tomatoes are excellent with cream.



Supplies that help to make the school lunch attractive and palatable.
Missouri Extension Serv:ce.

Fruits—you have always liked fruits. They are valuable in the diet because they furnish minerals and vitamins also. Their color adds to the attractiveness and palatability of the lunch. When possible use fresh fruits such as apples, oranges, grapes and tomatoes in the lunch. The dried fruits, raisins, dates, prunes, figs, peaches may be served whole or ground for sandwich, cookie or cake filling. Dried fruit sauce may be used in place of fresh fruit sometimes. Canned fruits too will give variety to the lunch. The juicy fruits may be carried in sealed jars in the lunch box.

Dessert—A dessert is not necessary but it does improve the school lunch. Sugar, chocolate nut, oatmeal rocks, cakes, frosted in different

ways, stuffed dried fruits, puddings, custards, gelatine, cooked fruits are examples of simple desserts.

Your school lunch should include a protein food such as meat, fish, eggs or cheese; a vegetable, preferably raw as lettuce, cabbage, carrot, tomato or celery; a fruit, preferably raw as orange, apple, raisins; a cereal as bread, and milk, preferably as a part of a hot dish.

You will be interested in talking over these school lunch menus with your friends and your mother. Which of these foods come under the above classification?

Cabbage sandwich	Chicken sandwich	Ham sandwich
Apple	Tomato juice	Peanut butter sandwich
	Sugar Cooky	Raw carrot strips
	Milk (hot)	Dates
Prune sandwich	Dried beef sandwich	Cheese sandwich
Cream potato soup (hot)		Tomato sandwich
Cabbage nut salad		Milk with rice (hot)
Cup cake		Canned peach sauce
		Sponge cake
Two sliced beef sandwiches		Creamed chicken (hot)
Cream tomato soup (hot)		Bread and butter
Plum sauce	Vanilla Wafers	Baked custard
		Celery
		Raisins

A Suggested Month's Menu for One Hot Dish a Day

Which of these foods contain milk? Can milk be added to the others? Canned foods can be used in place of fresh foods in these hot dishes.

Day	First Week	Second Week	Third Week	Fourth Week
Monday	Hot milk	Corn chowder	Escalloped tomatoes	Potato chowder
Tuesday	Tomato with rice	Potato soup	Corn soup	Hot tomato juice
Wednesday	Baked potato	Creamed cabbage	Vegetable chowder	Rice with milk
Thursday	Cocoa	Soup stock with rice	Escalloped potatoes	Chicken soup
Friday	Buttered carrots	Creamed eggs	Baked bean soup	Cracked wheat raisins and milk

Sandwiches

You will like these different sandwich fillings. You will think of others. Salad dressing or thick cream is used to combine the ingredients. For sandwiches always use at least 24 hours old bread. Cream the butter until it is soft. Spread the bread with butter to the edge. Cut the bread with a sharp knife so the edges of the sandwiches are neat. Cut the sandwiches in convenient sizes for handling. Prepare the filling so it will hold the sandwich together or use tooth-picks through the bread. Never use runny fillings in sandwiches.

Generally the lunch is improved in attractiveness and nutritive value by the use of rye, graham, raisin and fancy breads as cinnamon or orange rolls, nut bread. Crisp cabbage leaves may be used in any sandwich combination.

EGG

Hard cooked eggs and fine chopped pickle.
 Hard cooked eggs and ground ham.
 Scrambled eggs with crisp bacon.
 Scrambled eggs with crisp fat pork.
 Scrambled eggs with chopped beef.
 Scrambled eggs may be combined with chopped celery, pickle, olive, green pepper, pimento.

CHEESE

Cottage or American cream cheese combines well with different foods for sandwiches.

Cottage cheese with pickle or olives.
 Cottage cheese with apricots or peaches.
 Cottage cheese with tomato and crisp bacon.
 Cottage cheese with jelly or jam.
 Cottage cheese with ground dates, figs, prunes or raisins.
 Cottage cheese with ground nuts.
 Cottage cheese with cooked green beans, tomato, green pepper.
 Cottage cheese with fine chopped carrot, celery, cucumber.
 Cottage cheese with pickles, olives.
 Cottage cheese with chopped, drained canned pineapple, peaches, apricots.

CARROTS

Ground raw carrot with nuts.
 Ground raw carrot with bacon.
 Ground carrot, ham and celery.
 Ground carrot, nuts, raisins.
 Ground carrot, cabbage and nuts.

OTHER VEGETABLES

Chopped tomato or cucumber alone or with onion.
 Chopped cabbage, onion and nuts.
 Green pepper, onion and bacon.



School lunches are neatly arranged on the individual desks.

Colorado Extension Service

MEAT

Ground cooked meat such as bacon, ham, beef, chicken, liver, dried or corned beef may be moistened with cream salad dressing, gravy, soup stock or butter and used alone or combined with a small amount of pickle or olives.

Meat may be combined with cooked vegetables such as green beans, peas, baked beans, carrots or raw vegetables, as cucumbers, celery, carrots, and green peppers.

Thin sliced meat loaf of any variety makes excellent sandwich fillings.

Fish, fine chopped celery, olives.

Chicken salad as sandwich filling.

Liver paste sandwich (1 cup cooked, ground liver; $\frac{1}{2}$ cup chopped onion; $\frac{1}{4}$ cup crisp bacon; 2 tablespoons water; $\frac{1}{2}$ teaspoon salt).

SWEET

Cocoanut, ground nuts and raisins.

Honey with chopped nuts.

Honey with peanut butter.

Jam with peanut butter.

Cooking Vegetables

You will like vegetables if you learn to cook and serve them so as to develop their natural flavor. Strong flavored vegetables are cooked in a large amount of water in an open kettle in order to improve their flavor and to keep the original color. Most other vegetables are cooked in a small amount of water in a covered kettle. Green vegetables are cooked in a small amount of water in an open kettle in order to keep their color.

Table for White Sauce

	Milk	Flour	Fat	Salt
Thin (soups, milk toast)	1 c.	1 T.	1 T.	$\frac{1}{2}$ t.
Medium (escaloped and creamed dishes—gravy)	1 c.	2 T.	1 T.	$\frac{1}{2}$ t.

Cream the fat and flour and add it to the hot milk in a double boiler. Add the salt. Cook fifteen minutes. These sauces are used in different food combinations.

Cream soup—Mash or chop vegetables. Add $1\frac{1}{2}$ cups of vegetables to two cups of thin white sauce. Serve four with $\frac{3}{4}$ cup each.

One-half cup of fine ground ham, beef, veal, chicken, fish or grated cheese may be substituted for $\frac{1}{2}$ cup of vegetables or meat only may be used in place of the vegetables.

Tomato soup—Add 2 cups of tomato pulp to four cups of thin white sauce. Serve immediately. Serve six with one cup each.

Creamed soups may be served hot with crackers or over buttered toast.

Escaloped dishes—

- 4 c. of diced vegetables
- 1 c. medium white sauce
- 1 c. buttered bread crumbs

In a greased baking dish alternate layers of cooked vegetables and white sauce. Top with buttered crumbs. Bake 20 minutes in a moderate oven. Serve 6 with $\frac{3}{4}$ -cup each.

For buttered crumbs combine three tablespoons of melted butter with one cup of dry bread crumbs.

Creamed dishes—Add $\frac{1}{2}$ cup of diced cooked vegetables, baked beans or diced browned bacon or salt pork, cheese, eggs to one cup of medium white sauce. Serve two with $\frac{3}{4}$ -cup each.

- | | |
|-----------------------------------|------------------------------|
| Chowders — 4 c. milk | 6 crackers |
| 1 c. vegetables | 1 onion chopped |
| 1 c. meat, fish or corn, | $\frac{1}{2}$ c. cooked rice |
| 4 slices bacon or salt pork diced | 1 t. salt |

Fry the bacon. Brown the onion in the fat. Combine the ingredients. Serve hot. Serve 15 with $\frac{1}{2}$ -cup each.

Buttered vegetables—Cook the vegetables until tender. Pour hot melted butter over them. Allow one tablespoon of butter to a cup of diced vegetables.

Foundation soup stock—Select a shin bone of beef or knuckle of veal with a small amount of meat. Saw the bone into pieces so the marrow is exposed. Cover with salted water and simmer slowly until the meat is tender. Strain. For soup use one cup of stock to two tablespoons of cooked whole cereal or one-half cup of diced meat or vegetable.

To can the soup stock fill glass jars to one-half inch of the top with the boiling hot liquid, seal and process four hours in the hot water bath or leave unsealed and process one hour at fifteen pounds pressure in the steam pressure cooker. Seal.

Chopped vegetables, meat and cereal may be added to the stock before canning.

Canned vegetables or meats may be used in any of the above recipes.

Milk drinks—Serve straws with hot or cold milk drinks. Serve milk hot or ice cold, never lukewarm.

Hot milk—Bring milk to the boiling point in a double boiler. One tablespoon butter or crisp bacon and one-fourth teaspoon salt may be added to every cup. Hot milk may be served as a drink or over buttered toast or crackers.

Cocoa—Cook 1 cup of cocoa, 1 cup of sugar and 2 cups of water to a thick syrup in a double boiler. Store in glass jars. Use 1 tablespoon of the syrup to a cup of hot milk for cocoa.

Baked potatoes.—Scrub potatoes clean. Bake. Cut a slit in the top. Add a piece of butter, salt and pepper.

Dried Fruit Paste—

- 2 c. ground dried fruit
- $\frac{1}{2}$ c. water
- $\frac{1}{2}$ c. sugar
- $\frac{1}{2}$ t. salt

Combine ingredients. Heat through. Use the dried fruit paste as a sandwich, cake or cooky filling.

Cracked Wheat with Raisins—

- 1 c. cracked wheat
- 4 c. water
- 1 t. salt
- 4 c. raisins

Combine the first three ingredients and cook them in a double boiler until thick, add the raisins. Stir often. Serves 8 with $\frac{3}{4}$ -cup each.

Rice Pudding—

- 4 qts. milk
- $1\frac{1}{2}$ c. sugar
- $1\frac{1}{2}$ c. rice
- 1 t. salt

Combine ingredients. Bake slowly in a greased pan until creamy. Stir frequently. Serves 12.

Grainola—

- 3 c. rolled oats
- 3 c. whole wheat flour
- 3 c. white flour
- 3 c. corn meal
- 2 T. salt
- 5 T. sugar
- 1 to 2 quarts of whole milk.

Combine the ingredients into a stiff dough. Roll thin and prick the surface. Bake until brown. Grind and serve with cream and sugar. When the grainola is partially baked it may be scored into two-inch squares. When baked the squares are broken and served hot or cold with butter. The dough may be run through the meat grinder and then baked.

Preparation and Serving

1. Wash hands before starting the food preparation.
2. Read the recipe.
3. Collect all utensils and food materials on the table before starting preparation.
4. Measure accurately. Combine ingredients carefully according to instructions.
5. Keep the table clean and picked up while preparing food.
6. Set away the extra food supplies as soon as they are used.
7. Dispose of the garbage and wash the preparation dishes before serving so that the table will be clear.
8. Light the fire and start the oven sufficiently early to get the best results.
9. Air the room before serving the food.
10. Clear the desks of everything.
11. Ask each pupil to arrange napkins, food and dishes in order on the desk, see cover page illustration.

Washing Dishes

At a signal from the teacher dishes are taken to the serving table where the housekeepers take charge of them.

1. Rinse the cups.
2. Wipe the bowls or plates with paper.
3. Stack similar dishes together.
4. Arrange pan with drainer to the left, dish pan with hot suds center and dishes above. Have the cupboard within reach to the left.
5. Take up dish in left hand, wash it with cloth in the right hand and place it in the pan to the left.
6. Wash glasses, silver, china and then pans.
7. Rinse dishes with boiling water.
8. Wipe dishes and place them directly in stacks in the cupboard.
9. Wash the table.
10. Wash dish cloth and towels in fresh suds, rinse and dry them outside, fold and put away.

You enjoy other people and want them to like you. One of the best ways to interest others in you is to avoid doing the little things that make others uncomfortable.

Some of the eating and dining room habits that every gentleman and lady should practice are:

Use the napkin lightly to remove bits of food from the lips.

Do not wipe the silver with the napkin.

Always keep food neatly arranged on the plate.

Do not soak up food from the plate.

Use the knife to cut food and not to carry food to the mouth.

Use the butter knife and not individual knife when helping yourself to butter.

Place spoon on saucer or at side of plate when not in use.

Carry the cup by the handle, not by the bowl.

Drink the liquid from the cup, not from the saucer.

Bread should not be spread on the table.

Bread should not be speared with a fork.

Avoid talking with your mouth full of food.

Take small bites of food. Eat from small slices of bread or cake. Break slices of bread into smaller pieces.

Eat food slowly and without making a noise.

Taste every food served even though it is new.

Never make remarks about the food being served. Eat it or let it alone.

Be careful not to take too much food onto the plate.

Ask for a second helping if there is plenty but not a third.

Do not touch the food in the dish when passing it.

Pass food that is near at hand without waiting for a guest to ask for it. Turn the head away and cover the mouth and nose if necessary to cough or sneeze.

Ask to be excused if a noticeable blunder is made, or it is necessary to leave the table, or another guest is inconvenienced.

Forget personal appearance while at the table. Arranging the hair, using rouge, cleaning finger nails or adjusting any part of clothing while eating shows poor taste.

Sit quietly and erect with the feet on the floor during the meal. Sitting sideways, resting one elbow on the desk, crossing the knees, twisting the feet about the legs of the desk, making motions with the silver are bad habits which make others uncomfortable.

The secret is to make one's self inconspicuous, agreeable and thoughtful always of the comforts of others.

Program Discussion Topics

It will be interesting to discuss one or more of the following topics at least once a week at the school during the noon hour. The program committee can make a selection of three to five topics and write them on the

board the day before so that you can think about them ahead of time. Perhaps the teacher will assign a regular place on the board for the school lunch topics. In a number of places these topics could be presented as demonstrations.

Packing an attractive lunch
What to include in a school lunch.
The essential points to think of in selecting a lunch box.
Different ways to serve milk in the school lunch.
Ways to serve fruit in the school lunch.
Ways to serve vegetables in the school lunch.
The hot dish I like.
How to make a thin white sauce.
How to use a white sauce.
The kind of foods to include in a well planned school lunch.
The main problems to think of in planning a school lunch.
Foods to include in a week's hot school lunch.
Name five good food habits.
Illustrate five points in table etiquette.
Set out an attractive school lunch.
Why is each type of food included in the above lunch.
How are vegetables cooked and why.
Making a cream soup.
Making an escalloped dish.
How to make a foundation soup stock.
How to prepare buttered vegetables.
How to prepare creamed vegetables.
How to make a medium white sauce.
How to can soup stock.
Why vegetables are a good food.
Why fruits are a good food.
Why milk is a good food.
What part of the day's diet should the school lunch furnish.
Give a good egg, meat, sweet and vegetable sandwich filling.
Points to keep in mind in making sandwiches.
How to prepare and serve an attractive baked potato.
The kinds of bread that will give variety to the sandwich.
What raw fruits can be served in the school lunch.
Ways to include raw vegetables.
Raw vegetables I like.
Give the recipe for a four cereal breakfast food.
How to make a dried fruit paste.
How to make cocoa.
Preparing dishes for washing.
Arranging dishes for washing to save motions and time.
The equipment for good dishwashing.
Care of the dish towels.
How to improve the serving of the hot dish.
Points to think of in food preparation.
How to keep the cupboard attractive.
How to help mother plan the school lunch.
How to keep the odors of food separate in the school lunch.
How to pack the school lunch so that it will carry in good condition.

Extension Service
South Dakota State College of Agriculture and Mechanic Arts
Brookings, South Dakota

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