

FOOD & HEALTH



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Courtesy of the Misses Allen, Deerfield, Mass.

BAKING IN THE OLD BRICK OVEN.

THE HOME-MAKING SERIES

FOOD AND HEALTH

AN ELEMENTARY TEXTBOOK OF HOME MAKING

BY

HELEN KINNE

PROFESSOR OF HOUSEHOLD ARTS EDUCATION, TEACHERS COLLEGE
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MANAGEMENT" AND "SHELTER AND CLOTHING"



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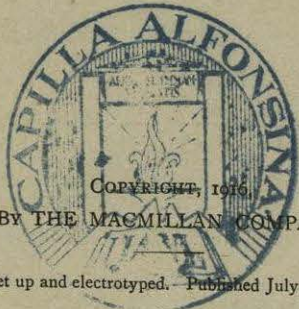
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PREFACE

THIS volume, like its companion, *Clothing and Health*, is intended for use in the elementary schools in those sections of the country where the home life is of the type described. It is hoped that both volumes will be used by the home people as well as by the school children. This volume treats largely of food problems, including something of raising food and of selling it, in addition to the preparation of food at school and at home. Such topics as the water supply, disposal of waste, and other sanitary matters are woven in with the lessons on nutrition and cookery. There are a number of simple recipes, all of which have been carefully tested, and some of which have been taken from *Foods and Household Management*, Kinne-Cooley. The authors again acknowledge their indebtedness to Mrs. Lincoln, Miss Farmer, and Miss Barrows. Several recipes are adapted from *Just How*, a key to the cook books, by Mrs. A. D. T. Whitney; and others are original and have been contributed by other friends. A number are borrowed from *Home Economics Recipes* by Miss Mary Beals Vail, now of Mills College, California, formerly of Teachers College, Columbia University. Professor Van Arsdale, Miss Bertha E. Shapleigh, Miss Mary McCormick, Miss Mary E. Pillsbury, all of Teachers College, Columbia University, and several of their students kindly assisted

PREFACE

in arranging for photographs. Indeed, the authors are indebted to the members of the staff of the School of Practical Arts for their friendliness and inspiration.

The volume is greatly enriched by pictures and notes culled from the bulletins issued by the New York State College of Agriculture at Cornell University; and the authors are glad to aid thus in extending beyond the boundaries of New York State the valuable work accomplished by Miss Martha Van Rensselaer and other members of the University staff.

The picture of the Pleasant Valley School is adapted from a photograph of a school in Mendocino Co., California, kindly furnished by Mrs. Anna Porterfield, County Superintendent. Several illustrations have been adapted from cuts in bulletins published by the Ohio State University.

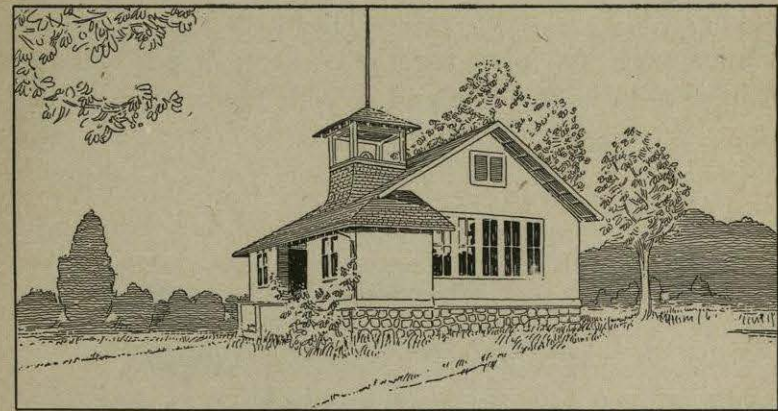
The pamphlets published by the Government Bureaus at Washington, D.C., are, also, a source of interesting and accurate information for all the citizens of the country.

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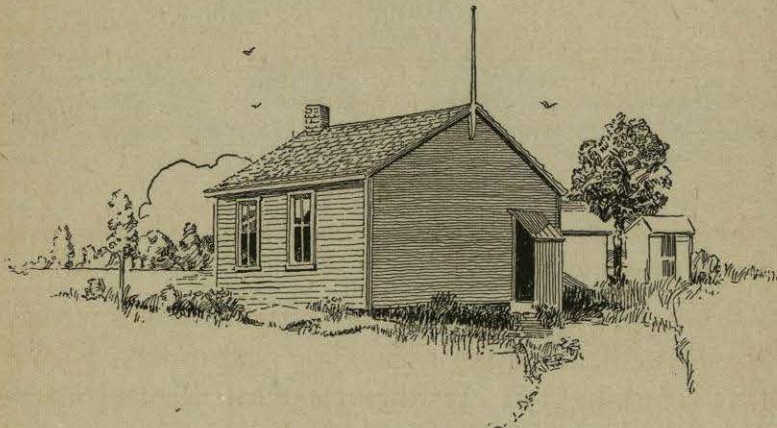


THE PLEASANT VALLEY SCHOOL

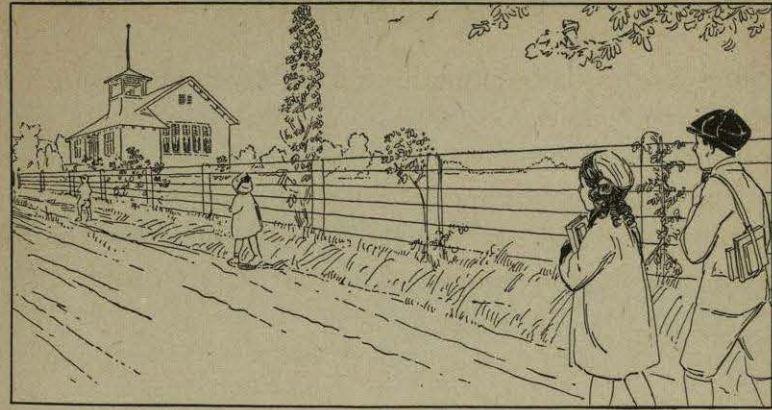
THIS is a story of the way in which the mothers and fathers, the teacher and pupils, and their friends in the township work together to make the broad valley in which they live truly a Pleasant Valley. The new school stands where the little red schoolhouse was built for those who are now grandmothers and grandfathers, when the town was first settled. The old building had become too small for all the young folk, but everybody loved the place; and it was not until a fire had destroyed it that money was voted for larger and better housing for the school girls and boys.

This small book can describe only a part of every-

thing that is being done in and for the school, and for the home people, too ; for you know that no town can prosper and no country can be great unless the homes are healthful and happy, where all the members of every family work and play together. Do you not want to help, too, in your home and in your home town ?



Little red schoolhouse.



CHAPTER I

INTRODUCTORY

WHAT are some of the important facts about food and sanitation that a girl may learn, useful to herself and in her home ?

When the cool weather of autumn comes again, Marjorie Allen and her friends are glad to have school days returning, too ; for then there are so many interesting things to talk over, to think about, and to do with the other pupils. There are the teacher to be welcomed and the new schoolbooks with their new subjects to be studied. The girls in and about Pleasant Valley have a club for sociability and for work. This is the time of year for them to be making plans for the winter. What time, then, or what reason is there for studying such a commonplace matter as food ?

“ We all know enough about food,” some school-girl is saying, “ and mother does the cooking anyway ; so why bother about it in school ? ”