

June, 1920    Extension Bulletin    Series 1, No. 169-A

Colorado Agricultural College  
EXTENSION SERVICE

Fort Collins, Colorado

H. T. FRENCH, Director

The Supplementary Hot  
Dish in the Rural  
School

By  
MIRIAM M. HAYNES

State Leader Home Demonstration Agents



CO-OPERATIVE EXTENSION SERVICE IN AGRICULTURE AND  
HOME ECONOMICS—COLORADO AGRICULTURAL  
COLLEGE AND U. S. DEPARTMENT OF  
AGRICULTURE CO-OPERATING

Published in the furtherance of the act of May 8, 1914

# Colorado Agricultural College

FORT COLLINS, COLORADO

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## The Supplementary Hot Dish In the Rural School

Much interest is being shown in the movement to provide some form of hot food to supplement the cold lunch that the child attending rural school must carry from home.

In our country there are between five and six million under-nourished school children.

It is fair to expect that a large percentage of these are found in the rural school.

The advantages of the hot lunch may be summed up as follows:

1. The health of the children will be improved, for the one hot dish makes all the rest of the lunch taste better and aids digestion.

2. The child will be more alert mentally.

3. School attendance will be raised.

4. Table manners will be improved.

5. Useful knowledge of home work will be obtained.

6. The hot lunch will bring about closer co-operation between home and school.

The main purpose of this noon-day lunch is to make the children more nearly physically fit; therefore arrangements must be such that all the children may share equally in the luncheon dish. The increase in the school budget incident to the introduction of school lunches will eventually decrease the cost of education. There will be fewer failures and fewer children repeating grades.

In many schools a woman "close by" is hired to prepare the hot food for lunch. This arrangement has been very satisfactory. We must remember that the rural school teacher is too often overburdened and it is desirable that she be relieved if possible. Where a woman cannot be secured to take care of the preparation of the hot dish, the teacher can work out this problem with the co-operation of the school-board, patrons and pupils.

### **EQUIPMENT FOR THE RURAL SCHOOL LUNCH**

The equipment for the noon-day lunch will vary with the type of school. The individual equipment, bowl, cup and saucer, etc., may be brought from home. Less confusion will result, however, where all the equipment is owned by the school, and the noon lunch is established as a part of the school system. In some cases the equipment is purchased thru

money made at school entertainments, or the equipment may be donated by school patrons. A cupboard for the necessary materials and cooking equipment may be built into the lower part of a kitchen table if a kitchen cabinet is not available. The top of the table may be covered with white oil cloth. A drop-leaf table could be made by the older boys, and a one-compartment fireless cooker will aid materially in decreasing the labor involved in preparing the lunch. The equipment listed below is planned for a class of twenty-four. By adding more serving dishes, it may be made to serve double that number.

### EQUIPMENT FOR RURAL SCHOOL

1 Kerosene stove (2 burners)	1 Can opener
1 Portable oven	2 Baking dishes, 3 qt.
1 Aluminum or granite kettle, 6 qt.	1 Teakettle <sup>1</sup>
1 Sauce pan, 2 qt.	1 Waterpail
1 Double boiler, 6 qt.	2 Trays <sup>2</sup>
4 White enameled bowls	6 Dish towels
2 2-qt.	2 Dish cloths
1 5-qt.	2 Dish pans
1 ½-qt.	1 Dish drainer <sup>4</sup>
1 Ladle, long handle, holding 1 cup	24 Cups and saucers
4 Spoons—2 tea and 2 tablespoons	24 Soup bowls
3 Knives—1 butcher, 2 paring	24 Serving plates
2 Forks—1 small, 1 large	24 Soup spoons
1 Strainer	24 Tea spoons
1 Colander	24 Forks
1 Wooden spoon	1 qt. measure
1 Measuring cup	1 Asbestos mat
1 Wire potato masher	1 Dover egg-beater
1 Scrubbing brush	1 Fireless cooker (home made)

<sup>1</sup>Not absolutely necessary.

For supply containers, baking powder or coffee tins, fruit jars, jelly glasses, or tin cracker boxes may be procured.

The flat surface on top the heating stove may be used to start the lunch work until more equipment can be secured.

### HOW TO OBTAIN SUPPLIES

The method of obtaining the food material for the noon-day meal must be worked out by the individual community. Parents who are interested should get together and discuss plans best suited to their community. Then they should secure the interest of the local teacher, school-board, and county superintendent of schools.

In general, it is better for each child to pay for the individual lunch served, enough to cover the cost of material. In certain instances the cost may be defrayed by the school or by a local organization. Possibly the necessary food material may be brought from home by the pupils, each home in turn being responsible.

If the latter method is adopted it will be necessary for each mother to know some time in advance on just what day she is expected to furnish the material in order that she may make her plans accordingly.

The method adopted must be such that every child will receive his share of the food furnished. In the country homes it frequently happens that food is more abundant than pennies and the child who cannot pay for his lunch in money may be made uncomfortable. For this reason the first method suggested is least desirable. It must not be forgotten that children are quite as sensitive, if not more so, than adults, and under no condition should the child who has little be made unhappy because he is unable to co-operate in the same way as the other children.

### TYPES OF FOOD THAT ACCEPTABLY SUPPLEMENT THE COLD LUNCH

Fortunately milk, one of the foods which makes the lunch that the child brings from home more nearly complete or well balanced, is most available in the country. However, it is not easily transported in the lunch boxes. Therefore the supplementary dish in the rural school in general should be made largely of milk.

The following foods are suggested for the hot dishes during a four-week period. All of these are so simple in their preparation that pupils of the upper classes may do all the work involved with little instruction from the teacher.

#### THE SUPPLEMENTARY HOT DISH

Week	Monday	Tuesday	Wednesday	Thursday	Friday
I	Cocoa with whipped cream	Cream of bean soup	Fish or corn chowder	Cream of celery soup	Scalloped corn
II	Cream of potato soup	Scalloped rice and cheese	Scalloped potato	Vegetable soup with dumplings, macaroni, or rice	Creamed dried beef
III	Cream of corn soup	Cream of chicken soup	Cocoa	Boiled beans	Oatmeal with dates or raisins
IV	Cream of tomato soup	Cocoa	Cream of pea soup	Creamed salmon on crackers	Cocoa

The menus are so arranged that on Mondays dishes which require the least time to prepare are served. On other days, in

certain cases, it may be desirable to start the dish the afternoon before, as in the case of beans, which may be cooked all night in the fireless cooker.

The dishes suggested, besides those with milk as a basis, are of vegetables, canned or dried.

Have one food. Have it good, and plenty of it.

### **PREPARATION AND SERVING THE HOT LUNCH**

A committee on arrangements should be chosen, headed by the teacher or better a woman of the district who lives near enough the school and has leisure enough to give it some attention. The hot food is planned for the week on Friday preceding the time of serving, that each child can take a list home to his mother so she may better plan the box lunch.

Most of the preparation could be done before school and much of the actual cooking during the morning. Two of the older girls are chosen to procure the food and take over the cooking for the week, two to do the serving and two to wash the dishes and put them away. This method gives each girl an opportunity to attend to the various duties. The boys may be appointed to assist in serving and cleaning. At the close of the last recitation there should be fewer minutes for exercise and cleaning up before the food is served. Each child should place a paper napkin on his desk, set out his dishes and the box lunch brought from home. It is almost as important to teach children how to eat as well as to teach them what to eat.

Although a certain amount of discipline must be maintained during the lunch period there should be considerable freedom. It may be necessary to teach table manners, but this should be done in such a way as to make no one unhappy. Scientific investigations have taught us that a cheerful environment at meals materially aids digestion.

It is a common fault among children to eat too rapidly and to use water to wash down the improperly masticated food. Water may be taken freely with meals, but then between bites and not when food is in the mouth. A word from the teacher with an explanation of the effect of too rapid eating will do much toward forming good eating habits.

Each child should clean his desk, carry and arrange his dishes on the work table.

### **RECIPES**

**Measurements**—The dishes which follow are made on the basis of level measurements.

The flour should be sifted before measuring, piled lightly

into a standard measuring cup, and made level, without packing, with the straight edge of a knife.

3 tsp. are equivalent to 1 tbsp. (tablespoon: tbsp.), (teaspoon: tsp.).

16 tbsp. are equivalent to 1 cup (cup: c.).

2 c. are equivalent to 1 pint (pint: pt.).

The following recipes will serve twenty-four:

### Cocoa

$\frac{3}{4}$ c. cocoa	1 pt. water
$\frac{1}{2}$ c. sugar	$4\frac{1}{2}$ qt. milk

Scald milk in double boiler. Mix cocoa and sugar with water to a smooth paste and boil three to five minutes. Add paste to the hot milk and heat. Beat thoroughly with Dover egg beater and serve in hot cups.

### Cream of Bean Soup

3 c. dried beans (navy, lima or pinto)	$\frac{1}{2}$ c. flour
2 qt. water	$\frac{1}{2}$ c. fat
$\frac{1}{2}$ tsp. cooking soda	3 qt. milk
1 medium sized onion	$\frac{1}{4}$ tsp. pepper
	$1\frac{1}{2}$ tsp. salt

Pick over and wash beans and soak over night in cold water; drain, add boiling water and soda. Cook until very tender. Pour off soda water and add fresh hot water. Rub water and beans through a strainer, saving water to be used in soup. Heat all but one pint of milk in double boiler. Melt fat, add onion and flour, and heat until it bubbles all over. Add the one pint of milk, which has been reserved, and cook until it thickens. Combine heated milk, bean pulp, water, and thickened milk. Reheat, season, strain if necessary and serve.

### Scalloped Corn

4 cans corn (8 cups)	$\frac{1}{2}$ c. butter, melted
4 c. milk	1 tsp. pepper
2 tsp. salt	4 c. bread crumbs

Mix the corn, milk and seasonings. Grease a dripping pan or casserole. Add layer of corn, mixed with melted butter. Repeat until all the corn and crumbs are used. Sprinkle crumbs over the top. Bake in a moderate oven until firm and well browned.

### Cream of Potato Soup

12 medium sized potatoes	$3\frac{1}{2}$ qt. milk
1 medium sized onion	$\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. fat (beef drippings or butter)	2 tsp. salt
	$\frac{1}{4}$ tsp. pepper

Pare potatoes very thin and cut into small cubes and cook in boiling salted water until done. Drain and mash, saving

potato water. Heat all but one pint of milk in double boiler with potato water. Melt fat, add onion cut in thin slices, and flour. When this bubbles add the one pint of milk which has been reserved and cook until slightly thickened, stirring constantly. Then add mashed potato, heated milk and potato water. Season and serve hot. If not free from lumps the soup should be strained before serving. Two tbsp. of finely chopped parsley added just before serving adds greatly to the attractiveness of the soup.

### Scalloped Rice and Cheese

3 c. rice	$\frac{3}{4}$ c. flour
3 qt. boiling water	1 tsp. salt
2 qt. milk	1 pound cheese
$\frac{3}{4}$ c. fat (butter or other fat)	2 c. bread crumbs

Pick over and wash rice thoroughly in cold water. Put salt in the water placed in the upper part of the double boiler directly over flame; add rice gradually to the boiling water. Place the upper part of double boiler over lower part and continue cooking about two hours until rice is soft.

While rice is cooking prepare the other ingredients as follows:

1. Bread crumbs. Melt  $\frac{1}{4}$  c. of fat in saucepan, add bread crumbs and stir.

2. Cheese. Put cheese through meat grinder, grate or cut in very fine pieces.

3. White sauce. Scald all but one cup of the milk. Melt  $\frac{1}{3}$  c. fat in sauce pan, add flour and the one cup of cold milk. Cook over flame, stirring constantly. When slightly thickened, add the heated milk gradually.

When rice is soft arrange it with white sauce and cheese in layers in oiled baking dishes. Sprinkle over bread crumbs and cook in moderate oven until mixture is thoroughly hot and crumbs are browned.

Macaroni, spaghetti and hominy may be similarly prepared.

### Scalloped Potato

16 medium sized potatoes	$\frac{1}{2}$ c. fat (beef drippings or butter)
$\frac{1}{2}$ c. flour	
2 tsp. salt	$1\frac{1}{2}$ qt. milk

Scrub, pare and cut four potatoes in  $\frac{1}{4}$ -inch slices. Put a layer in oiled baking dish, sprinkle with salt, dredge with flour and dot with butter; repeat until dish is filled. There should not be more than three layers. Use second dish, if necessary. Pour over milk so that it may be seen through top layer. Bake one and one-half hours or until the potatoes are soft.

### Vegetable Soup

6 lbs. shin of beef	2 sprigs parsley
3 qts. cold water	Carrot, turnip, onion,
$\frac{1}{2}$ tsp. pepper	celery, $\frac{1}{2}$ cup each,
1 tbsp. salt	cut into dice

Wipe beef and cut the lean meat in inch cubes. Brown one-third of meat in hot frying pan in marrow from marrow-bone. Put remaining two-thirds with bone and fat in soup kettle, add water, and let stand for thirty minutes. Place on back of range, add browned meat, and heat gradually to the boiling point. As scum rises it should be removed. Cover, and cook slowly six hours, keeping below boiling-point during cooking. Add vegetables and seasonings, cook one and one-half hours, strain, and serve as quickly as possible.

### Cream of Chicken Soup

1 chicken	2 $\frac{1}{2}$ qts. milk
2 qts. boiling water	4 tbsp. chicken fat
1 small onion	1 tsp. salt
1 c. celery, diced	1 c. carrots

Clean and cut up the chicken. Place onion, celery, carrots, salt and chicken in kettle. Cover with boiling water and cook slowly 4 to 6 hours, until chicken is very tender and meat falls from the bones. When cold, skim off fat and take out chicken. Remove bones and cut meat into small cubes. Melt chicken fat in saucepan until bubbling ceases; add flour (mix thoroughly), add 1 c. of chicken liquor, cook until slightly thickened, stirring constantly; combine with remainder of chicken liquor and hot milk. Add chicken meat and cook until thoroughly hot.

The yolks of three eggs may be added just before serving. Beat eggs, add small amount of cold milk ( $\frac{1}{2}$  c.) and pour this gradually into the hot soup, stirring quickly. Serve immediately, otherwise the eggs will be overcooked.

### Oatmeal with Dates or Raisins

6 c. rolled oats	1 tsp. salt
1 $\frac{1}{2}$ qts. water	1 lb. dates, raisins, dried
1 $\frac{1}{2}$ qts. milk	figs or prunes

Heat milk, water and salt in the upper part of a double boiler, directly over flame. When boiling sprinkle in rolled oats; allow this to boil three minutes, without stirring; wash dried fruit, and cut into small pieces. Add these to the oatmeal. Place upper part of double boiler over lower part, cover, and cook two and one-half to three hours. Do not stir. Serve with milk.

Rice, cornmeal, hominy grits or any breakfast cereal may be similarly prepared. The amount of water used varies: For

1 c. cornmeal use 1 qt. water; for 1 c. rice used 1 qt. water; for 1 c. hominy use  $1\frac{1}{2}$  qts. water.

### Cream of Tomato Soup

6 c. (3 pts.) tomatoes	$\frac{1}{2}$ c. fat (butter or beef drippings)
$\frac{1}{2}$ tsp. cooking soda	$\frac{1}{2}$ c. flour
1 tsp. salt	$3\frac{1}{2}$ qts. milk
1 small onion	$\frac{1}{4}$ tsp. pepper

Cook tomatoes until soft, rub through strainer and add soda, dissolved in a very little water. Heat all but one pint of milk in a double boiler. Melt fat, add onion and flour. When this bubbles, add the one pint of milk which has been reserved and cook until thickened. Add this to milk in double boiler. Just before serving combine hot milk mixture with the hot strained tomato juice, season, strain and serve.

### Creamed Salmon on Crackers

3 cans (6 c.) salmon	$\frac{1}{2}$ c. oil from salmon
1 qt. water	$\frac{1}{2}$ c. flour
2 small onions	3 qts. milk

Open cans and pour off oil. Remove skin and bones from salmon. Put fish and water in saucepan and cook slowly until fish falls apart. Heat milk with exception of one pint in double boiler. Cook salmon oil until it ceases to bubble, add onion, cut in thin slices, then flour; cook until well mixed, then add the one pint of cold milk and heat until slightly thickened, stirring constantly; add this to remainder of milk, fish and water and cook until thick and thoroughly blended.

### Dried Beef and Gravy

2 c. dried beef, sliced thin	4 tbsp. flour
4 c. milk	1 tsp. salt
8 tbsp. butter or drip- pings	Pepper

Remove the skin and separate the dried beef into pieces. Place some fat in a skillet, when it is hot add the dried beef and warm thoroughly until the edges curl. Make a white sauce of the last five ingredients by melting the fat, adding the flour plus the seasonings and gradually the milk. Stir and cook thoroughly. Add the sauce to the beef, reheat and serve.

Variations—Cooked macaroni, rice, or hard cooked egg may be added to the white sauce.

### References:

- Farmers' Bul. No. 712—School Lunches.  
Farmers' Bul. No. 808—How to Select Foods.

Farmers' Bul. No. 817—Cereal Foods.

Farmers' Bul. No. 824—Protein Foods.

U. S. Dept. of Labor (Children's Bureau)—What is Malnutrition?

The above bulletins and further help may be secured from the Home Economics Department, Extension Division, of the Colorado Agricultural College. Many helpful suggestions were taken from the Food Administration bulletin on School Lunches, by Doctor Amy L. Daniels of the Iowa State University.