

BULLETIN NO. 32

1916

**Three Delicious Meals
Every Day For
The Farmer**

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TYPESETTING AND PRESSWORK
DONE BY STUDENTS OF THE TUSKEGEE NORMAL AND
INDUSTRIAL INSTITUTE, ALABAMA

THREE DELICIOUS MEALS EVERY DAY FOR THE FARMER

BY G. W. CARVER

As we learn more about ourselves and the relation of food to our well being, we cannot but agree with those who have made it a study that "the prosperity of the nation depends upon the health and morals of its citizens, and the health and morals of a people depend mainly upon the food they eat, and the homes in which they live."

As a rule, we are wasteful; we do not know how to save. Ignorance in the kitchen is one of the worst curses that ever afflicted humanity, and is directly or indirectly responsible for more deaths than all the armies combined. It sacrifices human life from the following angles:

1. A poor selection of food; that is, foodstuff lacking in the constituents necessary to build up the body and keep it healthy.

2. Bad combinations of food; that is, there are many foodstuffs good within themselves, but when combined with other material create an unnatural appetite; and quite frequently the body is unnourished, unduly stimulated, and as a result often leads to strong drink, bad morals, and bad manners.

3. Bad preparation of food. In this I think I make a conservative statement when I say that 75 per cent of those who are entrusted with this important charge are deficient. Here is the very hot-bed for indigestion, constipation, sour stomach, mal-nutrition, colic, and a host of other stomach troubles.

There is probably no other section of the country where farmers can live more cheaply, healthily, and happily than

here in the South, where choice vegetables of some kind can be had every day in the year, fresh from the garden.

It is, however, noticeable that the farmer as a rule is the most poorly fed of all classes of individuals, when he should be the best, for the reasons given below.

1. He can have the choicest beef, pork, mutton, milk, butter, eggs, poultry, etc., raised on his farm; and, handling it himself, he is sure it is clean, healthy, and wholesome.

2. He can supply his table bountifully with every fruit and vegetable that will grow in a temperate or sub-tropical climate (the list is too large to mention here) and all from his own garden, field, and orchard.

3. Fresh fruits and vegetables have a medicinal value, when wisely prepared and eaten every day will go a long way towards keeping us strong, vigorous, happy, and healthy, which means greater efficiency and the prolonging of our lives.

These menus will suggest to the thoughtful housewife an almost innumerable number of combinations just as nutritious, just as palatable, and just as economical, all of which can be home-grown, bearing in mind that the dietaries which follow must be viewed from two distinct angles to get their chief value.

First. Those who own their land or in other ways control all their farming activities should faithfully carry out the spirit of these dietaries, for the reasons already given above.

Second. The renter and those who must be advanced have much more of a complex problem to solve. They must co-operate with the landlord, and get him to assist in providing ways and means by which they can be carried out.

Careful statistics show that there are 112,000 Negro workers sick all the time, at an annual loss in earnings of \$45,000,000; and that there are 450,000 seriously ill all the time, which means 18 days a year for each Negro inhabitant, at an annual cost of \$75,000,000. It is also shown

further that much of the sickness and 45 per cent of all the deaths among Negroes are preventable.

Government experts sent out a few years ago to investigate the food of the Negro here in the South, almost invariably found it poor in quantity, often inferior in quality, and still more often most inferior in preparation. This was especially true among farmers.

Later investigations by Government experts as well as others tell us that the loathsome and dreaded disease known as Pellagra is alarmingly on the increase, and that it is due largely to an unbalanced ration; or, in other words, there is not variety enough in the diet; and that this terrible disease may be prevented and many cases cured by eating properly.

With the above facts before us it is very apparent that the efficiency of our laborers should be increased. A sick, worried, rest-broken person cannot do his best either in the quantity or quality of the service he attempts to render. From a purely economic point of view it is worth giving attention to. A person on a small salary can save but little if anything when someone in the family is sick almost constantly.

So therefore, let us stop deceiving ourselves further, and strike at the very root of the trouble, which is poor food. With proper management and a reasonably good season a farmer should not be advanced in full for food but the first year; every farmer who receives advances should show to his landlord that a good cow is half a family's living. From her the milk, cream and butter in the dietary is provided.

Twelve good hens and a rooster should furnish all the eggs and chickens needed. Two, three, or four hogs, according to the size of the family, will furnish all the meat, lard, sausage, etc., needed.

All the garden stuff could and should be raised on his farm. The corn meal and hominy should be made from his own corn.

The raising of his own wheat for flour is not at all impos-

sible; I feel sure it will be universally done within a few years right here in Alabama. Sugar cane for his syrup, the hay, corn, and oats for his stock all should be raised on his farm. Such other things as he needed might be gotten with the surplus eggs, butter, or a fowl or two occasionally.

If you carry out these suggestions you will be surprised how much healthier, happier, and how much more work you can do; and how quickly you will become self-supporting. And last, but not least, how readily your landlord will assist you in providing these necessities.

MONDAY (BREAKFAST)

Granulated toast, served with cream, sugar and peaches.
Strawberries.

Figs.

Blackberries.

Stewed pears, or fruit of some kind, either fresh or dried.

(This makes a delicious and inexpensive breakfast dish.)

Bacon and eggs.

Biscuit.

Coffee (made from velvet, cow peas or soy beans).

Butter.

Milk.

MONDAY (DINNER)

Vegetable soup (from chicken bones).

Cabbage or collards, boiled with bacon.

Sweet potatoes, baked.

Egg corn bread.

Sweet or sour milk.

Butter.

Blackberry pie.

MONDAY (SUPPER)

Light bread and butter.

Fruit, jelly, or jam of some kind.

Bacon puffs, served with syrup.

Tea.

Milk.

TUESDAY (BREAKFAST)

Stewed or fresh fruit, served with cream.
Egg omelet, served with ham.
Corn muffins.
Butter.
Syrup.
Milk.
Coffee.
Sliced tomatoes.

TUESDAY (DINNER)

Pea soup, with toasted bread (sippets).
Roast pork, with sweet or white potatoes.
Creamed onions.
Plain corn bread (dodger).
Fresh buttermilk.
Butter.
Bread pudding, served with cream.

TUESDAY (SUPPER)

Cold sliced ham (or cold meat of any kind).
Green-corn croquetts or fritters (canned corn or dried corn can be used).
Sliced tomatoes and onions.
White bread and corn pone.
Milk.
Tea.
Butter and syrup.

WEDNESDAY (BREAKFAST)

Granulated toast, with cream and fruit.
Home-made sausage or meat balls.
Batter cakes, with syrup.
Sliced tomatoes.
Milk.
Butter.
Coffee.

WEDNESDAY (DINNER)

Creamed peas.
Turnips or rutabagas, boiled with bacon.
Salad, made of shredded cabbage, lettuce, onion, tomatoes, cucum-

bers, green peppers (sweet), and parsley; garnish with hard boiled egg.

Corn batter bread.
Sweet and sour milk.
Butter.
Sliced sweet potato pie.

WEDNESDAY (SUPPER)

Ripe tomatoes, sliced, battered, and fried.
Creamed hash on toast.
White bread.
Butter and syrup.
Sweet milk.
Tea.
Peaches, with cream.
Plain molasses cookies or cake.

THURSDAY (BREAKFAST)

Baked apples or pears, served with cream and toast.
Liver, smothered in onions, with cream gravy.
Hot biscuit.
Butter.
Milk.
Coffee.
Fried mush, grits, or rice.

THURSDAY (DINNER)

Cream of tomato soup.
Roast beef, with sweet or white potatoes.
Succotash of lima beans and corn.
Fatty corn bread.
White bread.
Fresh buttermilk.
Peach, apple, or berry pie, served with cream.

THURSDAY (SUPPER)

Sweet potatoes, sliced and fried with minced meat.
White bread.
Lye hominy.
Sliced tomatoes.
Fruit, with cream.
Ginger bread.
Milk.
Tea.

FRIDAY (BREAKFAST)

Granulated toast, with fruit and cream.
Ham and eggs.
Corn or wheat muffins.
Milk.
Butter.
Coffee.

FRIDAY (DINNER)

A rich vegetable soup.
Peas boiled with bacon.
Egg corn bread.
Sliced cucumbers, onions, and tomatoes.
Sweet or sour milk.
Blackberry cobbler, served with cream.
Butter.

FRIDAY (SUPPER)

Bacon puffs, with syrup.
Tomatoes (breaded).
White bread and toast.
Milk.
Butter.
Cottage cheese (smear case, home-made).
Cookies.
Fruit or berries, with cream.
Tea.

SATURDAY (BREAKFAST)

Corn meal mush, served with cream and fruit.
Home made sausage.
Hot cakes with syrup.
Toast.
Milk.
Butter.
Coffee.

SATURDAY (DINNER)

Cream of tomato soup.
Roast pork, with peas.
Sweet potatoes, baked.
Beet pickles.
Plain corn bread.
Fruit or berry short-cake, served with cream.
Milk.
Butter.

SATURDAY (SUPPER)

Fried egg plant or tomatoes.
Baked peas (Alabama style).
Beet salad.
Syrup.
Butter.
Milk.
Tea.

SUNDAY (BREAKFAST)

Baked apples or pears, served with cream.
Breaded pork-chops, smothered in onions.
Hot rolls.
Syrup.
Butter.
Milk.
Coffee.

SUNDAY (DINNER)

Chicken pot pie.
Egg corn bread.
Boiled cabbage.
Mixed pickles.
String beans.
Fresh buttermilk.
Ice cream.
Cake.
Salted peanuts, pecans, walnuts, or hickory nuts.

SUNDAY (SUPPER)

Peeled tomatoes, stuffed with minced meat, served with salad dressing.
Nut sandwiches.
Fruit, served with cream.
Milk.
Tea.

EXPLANATORY

Granulated Toast

Granulated toast is simply toast made in the ordinary way, and when nicely browned it may be crushed with a rolling pin, run through a meat chopper, or ground in an ordinary coffee mill.

Save every scrap of bread regardless of how small or how dry it may be. It may be used in an almost endless variety of ways, such as stuffing for meats, game, poultry, fish, soups, puddings, escaloped

dishes, etc., etc. For frying egg plant, fish, oysters, etc., it is much better than crackers. The crumbs may be kept in jars or bags, and will be ready for use at once.

Bacon Puffs

Bacon puffs are made from the very fat portions of the bacon that was boiled with the vegetables. It is allowed to get cold, sliced very thin, and each slice dipped into a thick pancake batter, and fried a crisp golden brown.

It makes a very appetizing and satisfying dish when syrup is poured over it. In this way a very small piece of left-over meat can be made to serve a whole family.

Egg Omelet

A delicious plain omelet is made thus:

4 eggs.

$\frac{1}{2}$ teaspoon salt.

A dash of pepper.

2 tablespoons cold water.

$\frac{1}{2}$ teaspoon butter.

Separate the yolks from the whites. Beat yolks in a bowl until smooth and thick; add salt, pepper, and water.

Beat whites until stiff, dry, and light. Stir the whites into the yolks carefully, but do not beat.

Melt the butter in a smooth frying pan; turn in the mixture; cook slowly for a few minutes; put pan in a moderate oven to cook the top; when firm to the touch remove from oven; cut across the top; fold, and place on a hot platter. If carefully done the omelet will be light and puffy.

Cream of Tomato Soup

Take six medium sized tomatoes; peel; cook until tender; run through a colander; add pepper and salt to taste; return to the fire; when it comes to a boil add a scant half teaspoon of soda, a tablespoon of sugar, the same of butter; have on the stove boiling one quart of milk; stir into the boiling soup, now add $\frac{1}{2}$ pint of cream, and serve at once, with small squares (sippets) of toasted bread.

Alabama Baked Peas (Delicious)

Soak the required amount of peas over night, or parboil until the hulls can be rubbed off, after hulling; put in a small piece of fat pork; boil the peas until about half-done; pour into baking dish; season to taste with butter, pepper, and salt; put one heaping table-

spoon of sugar to every quart of peas; put in oven; cook slowly until well done and brown; serve hot or cold.

Creamed Peas (Very Fine)

Hull the same as for Alabama baked; just cover with water; cook slowly until thoroughly done; pass through a colander; season to taste with salt and pepper; add a heaping teaspoon of brown sugar or two of syrup to every pint of peas; now add $\frac{1}{2}$ teacup of cream, and a small lump of butter if not rich enough; whip until light; mound up, and serve hot like mashed potatoes.

Nut Sandwiches

Nut sandwiches may be made by crushing or grinding the meats of peanuts, walnuts, hickory nuts, pecans, etc., together or separately, mixing with sufficient butter to hold the nuts together. Spread a generous layer between slices of white bread, brown bread, sliced rolls, or Graham bread.

The above makes a delicious sandwich, appetizing and full of nourishment.

Lye Hominy

Here is a dish that is not only nourishing, but relished universally by almost everyone during the winter and spring months, and should appear on the table in some tempting way at least three or four times per week.

Recipe: Select sound, white corn. To every gallon of corn use one tablespoon of concentrated lye. Cover the corn with water; boil slowly until the skin comes off easily and the dark tips on the grains near the eye begin to come out; pour into a vessel and wash thoroughly; let soak (preferably over night) in plenty of cold water; drain; return to the kettle, and boil in plenty of water until tender; put in a stone jar and set in a cool place, and it will keep several days. One-half gallon of hardwood ashes put in a sack and boiled with the corn will answer the same purpose, except it is not so quick a method.

If the particular fruit or vegetable mentioned cannot be had substitute others.

In making up these dietaries the central thought has been to give the farmer the maximum amount of nourishment at the minimum cost, and from foodstuffs all of which could and should be produced on every farm.

I have purposely avoided attaching a money value to the above dietaries because, after the first nine months, the farmer is to become more self-supporting; and the \$8.00, \$10.00, or \$12.00 per month, or its equivalent which is now customary to advance him, will, as a rule, take care of the situation, as you can readily see that he has but little of his foodstuffs to buy.