

# FIFTEEN LESSONS IN FOOD CONSERVATION

COMPILED AND RECOMMENDED

BY

THE TEXAS ADVISORY EDUCATIONAL COMMITTEE  
ON HOME ECONOMICS

COOPERATING WITH

THE UNITED STATES DEPARTMENT OF AGRICULTURE AND  
THE FEDERAL FOOD ADMINISTRATION



BULLETIN 71

DECEMBER 1, 1917

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THE DEPARTMENT OF EDUCATION  
STATE OF TEXAS



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## FOREWORD

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At a recent meeting in Dallas of the Texas Advisory Educational Committee on Home Economics, the fifteen lessons comprising this bulletin were compiled, recommended, and adopted. It was recommended that these lessons be published by the State Department of Education and distributed to all public schools of the state offering home economics courses, with the request that the schools co-operate with the government and the state in a concerted effort to conserve the nation's food supply. This co-operation may be accomplished by emphasizing the methods by which the consumption of wheat, fats, sugars, and meats may be reduced to the minimum, in order that these foods may be saved for our armies and our allies.

This course of fifteen lessons is based on the Syllabus of Domestic Economy, prepared by the State Home Economics Association and the ten lessons prepared by the Federal Food Administration, revised to meet the needs of Texas. The lessons have been prepared with the idea that they would be incorporated in the work in home economics in a four-year high school course, but may be adapted to high schools offering one, two or three years' work, or could be used as a special course, provided a qualified instructor is available.

W. F. DOUGHTY,  
State Superintendent of Public Instruction.

November 15, 1917.



## HIGH SCHOOL COURSE IN FOOD CONSERVATION

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(Based on U. S. Food Conservation Bulletin, August 1, 1917, and University of Texas Bulletin 326, Syllabus of Domestic Economy for Elementary and Secondary School of Texas.)

Lesson I—Elimination of waste of food.

1. Improper handling in the home.
2. Poorly planned meals.
3. Careless preparation.
4. Careless cooking.
5. Wasteful servings. (Advocate the doctrine of the clean plate.)
6. Use of local food supply in order to save transportation.

Reference: U. S. Food Conservation Bulletin, Lesson II.

Lesson II—Quick breads.

1. Cottonseed flour biscuit.
2. Corn dodgers.
3. Corn bread.
4. Corn muffins.
5. Rice flour biscuit, or any practical local substitute.

Lesson III—Yeast breads.

1. Use of wheat substitutes.
2. Wheat loaf as a standard (demonstration).
3. War bread—cottonseed flour bread.

References: U. S. Food Conservation Bulletin, Lessons III and IV, University of Texas Bulletin 326, Syllabus of Domestic Economy, page 47.

Lesson IV—Breads—continued.

1. Rice bread.
2. Cornmeal bread.
3. Potato bread.
4. Peanut or rye bread.
5. Oatmeal bread.

Lesson V—Meats, other than beef and pork.

1. Fish.
2. Squirrel.
3. Rabbit.
4. Chicken.
5. Goat—kid.

Avoid frying processes with all meats.

References: U. S. Food Conservation Bulletin, Lesson V. Syllabus of Domestic Economy, University of Texas, Bulletin 326, page 45.

Lesson VI—Meat substitutes.

1. Eggs.
2. Pea or peanut loaf.
3. Cowpea salad.
4. Rice and cheese.
5. Onions stuffed with pecans.
6. Peanut loaf with tomato sauce.
7. Cottage cheese.

Lesson VII.

- A. Skim milk.
  1. Junket.
  2. Cottage cheese.
  3. Clabber for dessert.
  4. Cocoa and chocolate.
  5. Indian pudding.
- B. Skim milk as a substitute for whole milk in:
  1. Sauces.
  2. Milk gravies.
  3. Cream soups.
  4. Breads and cakes.
  5. Seasoning for vegetables.
  6. Milk sherbet.
  7. Junket ice cream.

Reference: University of Texas Bulletin 326—Syllabus of Domestic Economy, page 38.

Lesson VIII—Sugar substitutes.

1. Cooking of fruits.
  - a. Apple sauce sweetened with corn syrup.
2. Cooking of vegetables.
  - a. Sweet potatoes or pumpkin—with corn syrup or sorghum.
3. Cereals sweetened with dried fruits, such as dates, figs, and raisins, or honey.
4. Honey cookies.

References: U. S. Food Conservation Bulletin, Lesson VI; Farmers' Bulletin 653, Honey and Its Use in the Home; University of Texas Bulletin 326, Syllabus of Domestic Economy, pages 35 and 37.

Lesson IX—Confections—jams.

1. Candied sweet potatoes.
2. Candied citrus fruits.
3. Parisian sweets—use peanuts and pecans.
4. Carrot and orange marmalade.
5. Pumpkin and orange marmalade.

Reference: Farmers' Bulletin 653—Honey and Its Use in the Home.



Lesson X—Fats.

1. Save and use
  - a. All drippings.
  - b. Goose fat.
  - c. Chicken fat.
  - d. Beef suet.
2. Use substitutes for butter in cooking.
  - a. Oleomargarine.
  - b. Cottonseed products.
3. Prepare
  - a. Peanut butter.
  - b. Salad dressings.
    - (a) French dressing—peanut oil.
    - (b) Mayonnaise—cottonseed oil.
    - (c) Cookies—using rendered fats and rice flour, or other local wheat substitutes.

References: U. S. Food Conservation Bulletin, Lesson VI; University of Texas Bulletin 326, Syllabus of Domestic Economy, page 39; University of Texas Bulletin 1720.

Lesson XI—Bread crumbs.

1. Chocolate bread pudding.
  2. Steamed puddings.
  3. Scalloped tomatoes.
- NOTE.—Use bread crumbs to replace flour in making batters and doughs, including puddings, cakes; in soups; also to extend dishes, such as omelets, scalloped dishes, and stuffed vegetables.
- Reference: U. S. Food Conservation Bulletin, page 17.

Lesson XII—Fuel saving.

1. Construction, use, and economy of:
  - a. Fireless cookers.
  - b. Insulated ovens.
  - c. Steamers.
2. Cooking by fireless of:
  - a. Tough cuts of meat and poultry.
  - b. Soups.
  - c. Cereals.
  - d. Beans—baked and otherwise.
  - e. Dried fruits.
3. The cooking by steam of:
  - a. Vegetables.
  - b. Meats.
  - c. Poultry.
  - d. Puddings.
4. Emphasize economy in use of fuel.

References: University of Texas Bulletin 326—Syllabus of Domestic Economy, pages 19 and 36.

Lesson XIII—Canning.

1. Fruits (to be canned in season).
  - a. Hard.
  - b. Soft.
  - c. Fruit juices.

NOTE.—In all cases, reduce sugar by use of corn syrup, or omit it entirely.

References: U. S. Food Conservation Bulletin, Lessons VII and VIII; University of Texas Bulletin 326, Syllabus of Domestic Economy, page 46; University of Texas Bulletin 49, Rural Course in Home Economics, page 35.

Lesson XIV—Canning.

1. Vegetables.
  - a. String beans.
  - b. Tomatoes.
  - c. Greens.
2. Meats.
  - a. Chicken.
  - b. Rabbits.
  - c. Squirrel.
  - d. Fish.

References: U. S. Food Conservation Bulletin, Lessons VII and VIII; A. and M. College Extension Service Bulletin 39, Food Saving in Texas.

Lesson XV—A. Drying.

1. Corn.
2. Spinach.
3. Okra.
4. Peas.
5. Beans.
6. Fruits.

B. Fermentation—Sauerkraut.

References: U. S. Food Conservation Bulletin, Lessons VII and VIII; A. and M. College Extension Service Bulletin 38, Food Saving in Texas.

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