

OKLAHOMA
AGRICULTURAL AND MECHANICAL COLLEGE
STILLWATER, OKLAHOMA

EXTENSION DIVISION
IN COOPERATION WITH
UNITED STATES DEPARTMENT OF AGRICULTURE
W. D. BENTLEY, DIRECTOR OF EXTENSION AND STATE AGENT

LESSON IV
THE COST AND CARE OF FOOD
BY EDITH ALLEN

I—REFERENCES

- (1) Care of Food in the Home, Farmers' Bulletin 375, United States Department of Agriculture, Washington, D. C.
- (2) The Farm Kitchen as a Workshop, Farmers' Bulletin 607, United States Department of Agriculture, Washington, D. C.
- (3) Kitchens, Bulletin No. 3, Ohio State University, Columbus, Ohio.
- (4) Cost of Food, Cornell Reading Course, College of Agriculture, Ithaca, New York.
- (5) Net Weight or Volume of Food Products Which Are Sold in Packages, Bulletin No. 172, Connecticut Agricultural Experiment Station, New Haven, Connecticut.
- (6) The Planning of Meals, Bulletin No. 30, University of Illinois, Urbana, Illinois.

II—THE COST OF FOOD

Some people claim that it is cheaper to buy canned and ready prepared food than it is to cook it. This may be true where the mother of the family can earn 50 cents to \$1.00 an hour giving music lessons or at some other business. Let us see if it is true of the woman who works in the cotton patch or the one who has no other business than that of home-making.

Suppose there are eight persons in the family and they were going to have the following dinner:

Pork and Beans		Hominy
	Lettuce Salad	
Rolls		Butter
Peaches		Cake

	Purchased		Home Prepared	
Pork and Beans.....	2 cans	\$.25	4¾ cups	\$.15
Hominy	1½ cans	.15	4 cups	.04
Lettuce	10c	.10	10c	.10
Salad dressing.....	2-3 bottle (Yacht Club)	.17	2-3 cups	.03
Rolls	1 doz.	.15	12	.07
Butter	6 oz.	.17	6 oz.	.16
Peaches	2 cans	.50	18 halves	.16
Cake	25c (Angel)	.25	1 cake	.25
	Total	\$ 1.74		\$.96
Cost of time of preparation 15c per hour	2¾ hours	.37½	Cost of time of preparation 4¾ hours	63¾
Cost of fuel	½c	.00½	3c to 5c	.05
		\$ 2.12		\$ 1.64¾
		1.64¾		
	Difference	\$.47¾		
	Difference in time (hours)	1¾		

The housekeeper who prepared the food at home earned or saved for the family 47¾ cents by spending one and three-fourth hours extra time in preparing the food, or 27 cents an hour.

Other persons say it is cheaper and better to buy food in packages and small quantities than in large quantities. The following table shows how much food costs when purchased in different ways:

(Table from University of Illinois Bulletin.)

Rice	Bulk .08	Package 12¾ .04	Puffed .147
Corn meal	Paper sack .025	Package .04	Flakes .27
Wheat	Bulk .02	Wheat meal biscuit .05	
Dried beef	Sliced in market .35	Sliced in jars .51	
Bacon	Sliced in market .25	In glass jars .47	
Corned beef hash	In tin can .48	Made at home .099	

III—CARE OF FOOD

It does not pay to buy food in quantities if some of it is going to be wasted by insects and spoiling, and being allowed to get too old to be good.

It does pay to buy food in quantities if it is properly cared for.

When fruit jars are not in use for canned fruit or vegetables they are useful to use for storing rice, oat meal, corn meal, chocolate, raisins, dried fruits and other foods that may be troubled by insects. The jar should be washed every time a new supply of material is put into it.

It is best to keep cake, cookies and bread in tin boxes or cans. These should be thoroughly scalded, washed and aired quite often. Sometimes as

often as twice a week in very hot weather. All food should be kept out of the reach of flies. Even one fly may be dangerous.

Old bread or cookies should never be stored in the same box with the new batch in hot weather. If the old bread or cookies should happen to mold they will spoil the new ones also.

If food has become wormy, buggy, moldy or spoiled in any way, the place where it is kept must be thoroughly cleaned. The spoiling of food, like disease, is "catching". Thorough cleaning helps to prevent the other food material nearby from being spoiled. This is particularly true of molds.

IV—AIM OF THIS LESSON

(1) To give information that will help the housekeeper to know if she is buying to advantage.

(2) To show that knowing how to care for food so that it can be safely purchased at the lowest market rate is economy.

V—RECIPES

Directions for Ridding the House of Ants.—Watch the ants and destroy their nests. If you see an anthill in the yard or near the house, pour boiling water into it. If you can, pour boiling water along the paths that the ants seem to follow. Kerosene is also good here. Some ants can be trapped with dishes of sugar and water, but this only kills a few of them.

Directions for Ridding the House of Weevil.—Weevil live and grow in bits of food that get into cracks and out-of-the-way places. If a little flour sifts out of the flour box into the back of the kitchen cabinet it will furnish food enough to keep the house stocked with weevil once they get into it. A kitchen cabinet must have all the drawers taken out occasionally and all cracks and corners cleaned. A forgotten box of cereal that gets pushed to the back of the pantry shelf may be a breeding place for weevil. All such places must be looked for and cleaned up, and there need be no trouble with weevil, except as they are brought new into the house. Then they can be destroyed before they cause much trouble.

FOR TEACHERS

The following is a suggestive plan for developing this lesson and relating it to other school lessons:

Materials needed for this lesson:

- (1) Some household scales—these might be borrowed.
1 can of peas
Weigh the can of peas
Open the can and pour out the contents
Weigh the can. Drain the water from the peas
Weigh the water; then weigh the peas.

Suggestions for correlating with other school lessons:

- (1) English—The keeping of notebooks in which the things learned in this lesson are written down and corrected. Stories about cost and care of food.—Drury Lane Mother Goose Rhymes.

- (2) Spelling.—Learn the new words used in this lesson. Define them.
- (3) Arithmetic.—If a No. 2 can of peas costs 15 cents and weighs 3 ounces, and the water on the peas weighs 6 ounces, and the empty can $3\frac{1}{2}$ ounces, how many ounces of peas would you get? How much a pound would you be paying for peas? A pound of canned peas furnish 5 calories per pound. How many calories would you get in this can of peas?
- (4) Nature Study.—Examine some of the common insects that trouble food.