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OUR CLUB LEARNS TO PLAN AND SERVE MEALS

A radio talk by Ruth Bowman, 4-H club member, Keokuk County, Iowa, to be delivered Saturday, August 6, 1932, in the National 4-H club radio program, broadcast by a network of 57 associate NBC radio stations.

Good afternoon radio friends. I am thrilled at this opportunity to bring greetings to all 4-H Club members in the United States from the Iowa 4-H girls.

I have been thrilled ever since I received that letter from Miss Tregoning telling me that I was to go to Chicago and broadcast over the radio. I am supposed to tell you how our club has learned to plan and serve meals. Well, suppose I start by telling you about the meeting we were holding on the day Miss Tregoning's letter came to me.

Our club is studying bread this year. At our meeting that day we were to learn how to make muffins and whole cereal cookies. So we used them in our meal. The committee for planning the meal had for the menu creamed chicken, potatoes, buttered peas, beet pickles, muffins, strawberry jam, ice cream, and cookies. Other committees cooked and served the meal. We used the buffet style of service.

Our club leader has taught us the principles of nutrition, but I'm not going to repeat them for you have heard them many times. I do want to tell you that our club considers economy in food this year more than ever. We save by using home grown products. Why buy fruit and vegetables at the store when you have them growing on your own farm - maybe not just the same product, but something you can easily use in place of it. Such as substituting tomatoes for orange juice for they have exactly the same food value. We also save by canning for good nutrition and by using home grown cereals for our bread and other cereal products.

We club girls find interest in seeing how many new dishes we can learn to make; and how attractive we can make the family table. Also in learning exactly how to serve a meal. All that we learn about food values, and cooking, and sewing is practical.

We all use this knowledge at home, and some of us use it away from home. Let me tell you about Blanche Brobeil, the former state president of the Iowa 4-H girls. Her club training in meal planning and cooking and sewing made it possible for her to go to college last year. I am going to give you the story in Blanche's own words.

"I wanted so very much to go to school last fall", Blanche says, "but financial conditions on the farm were such that it was going to be impossible. I was able to borrow enough money to get started and to help on my tuition. It was possible for me to do this because the man from whom I borrowed it knew my 4-H record and said that he felt I must be dependable.

"I secured light-housekeeping rooms where I had good cooking facilities. There was a gas stove with an oven which made meal getting a pleasure. Then during the year I took in boarders. They were college girls who were working and are glad to find a place to eat. Part of the time there were three and the rest of the year there were two of them. Last summer mother and I planned our canning with my

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'boarding house' in mind. My home is only thirty miles from my college town, so during the winter my family was able to bring home-butchered meat and some baked goods to me.

"Meals were rather difficult to plan at first as I had a class until twelve and another at one. But after a few days it worked out very well. We had our dinner in the evening so I would have more time to prepare it. I usually made out a week's menu on Sunday evening, and here my 4-H training in meal planning came in very handy. In this way I knew just what days I would have to set my alarm early so I could get rice or macaroni or some other dish cooked before I went to my eight o'clock. Only training such as 4-H and my farm home afforded me made this enterprise possible.

"The meal planning and serving together with the canning which made it possible were not the only practical aids which 4-H had given me. I found that it was necessary to keep house accounts and that budgeting was an extreme aid. Here my 4-H personal account book served its very important purpose.

"Aside from actual college expenses I was able to buy all my own clothes and to purchase a portable typewriter. The typewriter, by the way, did its share to help make extra pennies in spare minutes.

"I would say these things have made college possible for me the past year; cooperation with my parents which is so beautifully taught in 4-H. a 4-H record which made a friend feel that he could loan me a little money, more efficient and scientific methods of canning, actual training in meal planning and serving, and the experience of keeping personal accounts."

I think this story of Blanche Brobeil's shows the value of 4-H training in planning and serving meals.