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AUNT SAMMY'S

RADIO RECORD



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AUNT SAMMY'S RADIO RECORD is designed for the use of home makers who will listen regularly to the "Housekeepers' Chats" during 1928-29 and who want to keep the menus and recipes in convenient form. In addition to up-to-date information on practical phases of housekeeping, the weekly broadcast schedule includes three menus, and recipes that are not in "Aunt Sammy's Radio Recipes." Menus and recipes are contributed by the Bureau of Home Economics, United States Department of Agriculture.

Newcomers to "Aunt Sammy's" circle who are not familiar with the cookbook published last year may obtain free copies by writing to the station from which they hear the "Housekeepers' Chats."

UNITED STATES DEPARTMENT OF AGRICULTURE

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September, 1928



AUNT SAMMY'S RADIO RECORD



"MUCH DEPENDS ON DINNER"

"Don't forget," I concluded, "to add a pinch of salt."

Uncle Ebenezer arrived home from work just in time to hear the end of a telephone conversation between my next-door neighbor and myself.

"A pinch of salt," he repeated. "Aunt Sammy, it seems to me that you and your friends are always talking about recipes and what to cook for dinner. Aren't you interested in the higher things of life—poetry, and music, and—and politics?"

"Uncle Ebenezer," I began patiently, "if you had to go to market three times a week to buy meat and potatoes and spinach; if you had to plan and cook one thousand and forty meals in one small year (I'm counting only two meals on Sundays); if you had to wash and dry and put away more than seven million——"

"Enough!" interrupted Uncle Ebenezer. "I begin to realize what a misguided wretch I am. As the poet said—

All human history attests
That happiness for man—the hungry sinner!—
Since Eve ate apples, much depends on dinner.

When do we eat, Aunt Sammy?"



A great many home-keepers have written in the past two years that their biggest problem is planning balanced meals. Do you remember our definition for meal planning? It's a good one to keep in mind: Meal planning is combining the five main groups of foods in the right proportions and in wholesome, attractive, and appetizing ways. Of course it is not necessary that every meal include every group of foods, but each group should be represented in the daily diet.

The five main groups of foods are as follows:

GROUP I. VEGETABLES AND FRUITS

Vegetables and fruits are rich in mineral matter, which the body must have to build and repair bones, teeth, and other tissues and to keep it in good running order. They also contain vitamins necessary for normal growth, while the bulky material helps to prevent constipation.

GROUP II. EFFICIENT-PROTEIN FOODS

Milk, eggs, cheese, meats, poultry, and fish contain protein of a kind called "efficient" because the body can use it to especially good advantage in building new tissues and repairing old ones.

GROUP III. CEREAL FOODS

This group includes the cereal foods such as rice, barley, wheat, and corn; prepared breakfast foods, hominy, flour, meal, bread, crackers, and macaroni. Starch, the most abundant food material in cereals, is used by the body to keep it warm and to provide it with energy.

GROUP IV. SWEETS

Sugar itself and honey, molasses, sirups, jellies, rich preserves, candy, and other sweet foods containing a great deal of some form of sugar also supply energy to the body. Some dried fruits, such as figs, raisins, prunes, and dates contain so much sugar that they might also be included in this group. They can often be used instead of other sweets, with benefit to the body, because such fruits are rich in minerals.

GROUP V. FATS AND FAT FOODS

The fats, which include butter, cream, lard, suet, table oils, and such fat foods as salt pork, bacon, chocolate, and nuts are used by the body as fuel. Vitamins are found in some fats, especially butter and cream, and minerals in chocolate and a few others.

Foods from these five groups, combined in the right proportions, make what are called "balanced" meals. As a general rule vegetables and fruits, in variety, should furnish one-fifth of the fuel the body needs; efficient-protein foods, one-fourth; cereal foods, one-fourth; sweets, one-tenth; and fats and fat foods, one-fifth. People who do very heavy muscular work may need a larger proportion of the cereals, sweets, and fatty foods.



Since the first "Housekeepers' Chat" was broadcast, two years ago, I have received thousands of letters from homemakers. Here is one which includes a question I get many times a month:

DEAR AUNT SAMMY: Won't you please give us a talk on table manners and how to set the table correctly? I know these things are not so important as knowing how to cook, but a hostess feels much more comfortable if she is sure that the silver is on the approved side of the dinner plate.—Mrs. J. B.

I'll tell you why I have neglected the subject of table manners. Some time ago, while reading a copy of Godey's Lady's Book printed in 1846, I found the following "hints to young men when dining out:"

Your first duty at the table is to attend to the wants of the lady who sits next to you, the second to attend to your own. In performing the first you should take care that the lady has all that she wishes, yet without appearing to direct your attention to her plate, for nothing is more ill bred than to watch a person eating. If the lady be something of a gourmand, and in overzealous pursuit of the aroma of the wing of a pigeon should raise an unmanageable portion to her mouth, you should cease all conversation with her and look steadfastly in the opposite corner of the room.

That makes you smile, doesn't it?

Customs vary in different parts of the country, and they change as we find more convenient methods of serving food. If I should be so bold as to make a list of rules governing table manners, or manners of any other kind, some pert young thing might get hold of my Radio Record a hundred years from now and be moved to laughter.

"How funny and quaint," she might say to her girl friends. "What a queer old-fashioned piece Aunt Sammy must have been!"

No; I will not give her a chance to laugh at me.

However, I shall answer the numerous requests I've received about setting the table. Although we may not agree on trivial points, we will agree on the important ones. These are the rules given a hostess who arranged a table for a formal company dinner, as part of a dining-room exhibit:

SETTING THE TABLE

Place a silence cloth on the table, then lay the tablecloth perfectly straight, with the crease in the exact middle from head to foot. In the center place a low centerpiece of flowers, fruit, bright berries, or a growing plant. Keep the centerpiece low enough to allow everyone at the table a ready view of everyone else. If you like, at regular intervals near the centerpiece place four unshaded candles of sufficient height to avoid shining in the eyes.

Place dishes and silver about 1 inch from the edge of the table. Knives, forks, and spoons are laid in the order of use, starting with the piece farthest from the plate, on each side. Knives are placed to the right, the cutting edge toward the plate; spoons to the right, bowl up; and forks to the left, tines up.

Set salt and pepper shakers at each place or between each two places.

Place water glasses above and to the right of the knives.

If butter is to be served, a bread and butter plate is placed at the upper left-hand side, with butter spreader laid across the edge of the plate, the handle toward the right.

Place the napkin at the left of the fork.

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(Set down here requests for free bulletins or questions for answer by the Bureau of Home Economics. Cut or tear out and mail to your station, or to the *Radio Service*, U. S. Department of Agriculture, Washington, D. C.)

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DR. [Name] is a member of the
National Academy of Sciences
and the American Academy of Arts and Sciences.

He has received numerous awards
for his contributions to the field
of chemistry, including the
National Science Foundation
Director's Award for
Outstanding Achievement.

Dr. [Name] is also a member
of the Board of Directors
of the American Chemical Society
and the American Physical Society.

He has published over 100
papers in the field of
chemistry and has been
invited to give numerous
lectures at international
conferences.

Dr. [Name] is currently
working on a project
to develop new materials
for use in the
energy industry.

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