

# How to *Plan* Your Meals

**T**HE most important job every wife and mother has is that of feeding her family. Many women consider planning for these meals a tedious task and not worth the time. This is a big mistake. It has caused many families to be ill-fed and sickly. Menu planning can be fun and very rewarding.

## Why It Is Important

The physical well-being, the mental alertness of your family depend largely on what they eat. It is the job of the homemaker to plan and prepare the kind of meals capable of achieving this. Menus hastily planned before serving may result in inadequate meals. Develop the *habit* of planning the family's meals several days or a week ahead.

Planning *saves you money*. "Impulse buying"—buying on the spur of the moment because something looks attractive or is on "special"—can raise your food costs.

Planning *saves time* as well. Everything needed for your menus can be bought in one shopping trip, avoiding extra trips for something you might have forgotten if you had gone shopping with only a vague idea of what might be needed.

Other advantages of advance planning are:

- less likelihood of repeating foods and ways they are prepared;
- more economical use of fuel and equipment—for example, oven meals or "one-dish" meals;
- helps cut down on time required for preparation;
- meals are more apt to be appetizing.

Avoid monotony in menus by planning for variety in flavors, texture, color, method of preparation and shape or form of food. The menu planner should aim to provide a meal that is a joy to the senses as well as wholesome.

## Remember These Points

**Flavor**—Food flavors vary from quite strong to mild. Some foods have a distinct flavor, as bananas, but are not especially strong. Several strong or distinct-flavored foods in the same meal are likely to be unpleasing. By contrast, a meal of all mild-flavored foods lacks interest—have some distinct flavor to pep up the meal. Avoid repeating similar flavors in a meal as tomato soup and meat balls in tomato sauce or turnips and cauliflower in the same meal. Use a variety of seasonings—try sage, thyme, marjoram, savory, basil for example.

Flavor includes fragrance as well as taste. No one needs to be told that the appetizing aroma of a meal being cooked will automatically bring hungry folk to the table. Wholesome fragrance excites eager anticipation of a meal. It is a sublimally of the good cook.

**Texture**—For the average healthy person an all-soft meal or one so liquid the foods run together is enough to discourage a hearty appetite. Have a balance between soft and solid foods. Serve something crisp with a soft dish. Crisp foods like carrot, celery or raw turnip sticks, radishes, or cauliflower or broccoli flowerets offer satisfying contrast to soft dishes such as souffles, creamed chicken or scrambled eggs. Crackers with soup is another example of texture contrast.

**Color**—Have a variety of color in the meal. Pleasing color combinations contribute greatly to a meal's interest. An all-white or an all-yellow or all-green meal looks monotonous and is sadly lacking in eye and appetite appeal.

A meal of mashed potatoes, creamed onions, liver and white bread with rice pudding for dessert lacks color. It does little to tempt the taste buds. Neither is it a really balanced meal since the potatoes, bread and rice pudding are all decidedly starchy foods.

Learn to picture in your mind how the meal you have planned will look when it is placed on the table. Practice artistry in planning and serving meals. It will help insure that your meals are balanced. A dinner consisting of brown meat, green vegetable, red tomatoes, white baked potato with yellow pineapple for dessert is not only attractive—it is nourishing.

Study the different food groups. You will find that each has a predominating color. Starchy foods, for instance, are mostly white or have a light color. The meats, after preparation, are of different tones of brown or red brown. Likewise, several of the varieties of dried beans. Vegetables introduce green into our meals and both fruits and vegetables have bright tones of red, orange, yellow and purple. Let color help you achieve the proper proportions. A colorful plate usually indicates a well-selected, well-balanced menu.

Take care that the colors are harmonious. Clashing colors are unpleasant. The purple-red of red cabbage or beets does not look attractive with orange-red tomatoes. Use one and save the other for a later meal.

Consider also the colors of the dishes in which the food will be served. Orange juice in a blue glass is not as appetizing as orange juice served in a clear glass. Potatoes served in a colored bowl appear more attractive than if served in a white bowl. Or if you do serve them in a white bowl, put a pat of yellow butter on top and a green sprig of parsley on one side of the potatoes.

Garnishes such as parsley, lemon or pimiento can be used effectively as accent colors with other foods. When serving salads on lettuce leaves, use the leaves from the outside of the head for more color.

**Keep a Balance**—When you are planning, keep in mind the proper use of starchy vegetables in the meal.

Following are two lists: One names the moderately starchy vegetables; the other, vegetables which are very starchy.

### STARCHY VEGETABLES (about 15% starch)

Green Lima beans  
Parsnips  
Green peas

### VERY STARCHY VEGETABLES (about 20% starch)

Dried beans (kidney, pinto, Lima,  
white beans and so forth)  
Corn (maize)  
Potatoes, white and sweet, and yams

Suppose that you have a meal of cooked dried beans, corn and potatoes. How can you tell whether or not this is a balanced meal? Check these points: 1) the meal lacks color, one good indicator of whether or not the meal is balanced. 2) it is a very starchy meal as you can see from the list above. Something needs changing. What and how? Simply use only *one* of the starchy foods and substitute other foods for the other two.

For example, if you choose the dried beans, with them you could have some kind of quickly cooked greens—turnip tops, beet tops, spinach or chard—and a custard dessert. Or in season a mixed green salad could be served instead of the cooked greens.

If you have corn, the meal must include something for protein since the corn does not contain much of that. The corn could be made into a custard containing eggs, milk and perhaps cheese. Then have with it cabbage (cole) slaw or a green

salad and for dessert fresh fruit in season or canned fruit if you chose the cole slaw.

Potatoes, the third vegetable in the high-starch list, are generally thought of as a vegetable that *goes with* other foods. Beside other vegetables you can think of, they may be served with one of the colorful less-starchy foods—green Limas or green peas. If milk is drunk along with these foods or if milk has been used in a gravy or sauce, they make a balanced meal with only the addition of a fruit dessert.

Of course, with any of these menus, it is taken for granted that you will serve butter, sour cream or another spread and bread, though with meals where starchy vegetables are served, bread is not always necessary. They can be rounded out with olives, pickles, nuts and similar foods.

The cereal, rice, is sometimes used like a vegetable. Even after cooking, the amount of starch it contributes to a meal would be higher than any of the starchy vegetables listed. It is therefore wise not to use any of these starchy vegetables with it in a meal except perhaps a few green peas in a mixture where color contrast is wanted.

When these vegetables are in season, meals may have two of the less-starchy vegetables. For example, green Limas and corn are often served together, and green peas and potatoes. The meal-planner should take care that the remaining items in such a meal are *not* starchy. Choose meat or some other protein food as shown in the Food Guide, perhaps another vegetable (there are a host to choose from) and a light dessert, either fruit, or a light sponge (a porous pudding of gelatin, beaten egg whites, etc.) or custard to go with these starchy foods.

Don't be afraid to include starchy foods in your meals. All are a good source of vitamins and minerals if they have not been peeled, polished or cooked in large amounts of water which is afterward poured off. Their relative inexpensiveness helps make every food dollar go farther, but do choose wisely the foods you serve with them. That way your family's health will not suffer from your economy.

### Vary Method of Preparation

Meals are more appetizing when the foods are prepared in a variety of ways. Avoid having a number of creamed or fried or breaded foods in the same meal. A collection of wholesome recipes that the family enjoys are a major contribution to the preparation of desirable meals. When re-using a favorite recipe, add variety to the meal by serving different foods to accompany it than those used the last time that "favorite" was served. If an inexpensive dish seems dull, vary it with different seasonings or a sauce or combine it with other foods. Some examples might be *dried beans* with herbs or tomato sauce, in chili, in soup or as bean loaf or beanburgers; *potatoes*, scalloped or with carrots or peas or green beans, or with a combination of vegetables in a casserole or hearty vegetable stew.

Occasionally a meal will prove particularly successful. The menu for such a meal deserves to be recorded for future use. Write such menus on small file cards and keep them in a file box. They will prove helpful sometime when you are wondering what to serve to guests or the family.

*Form or Shape*—This is of less importance than the other factors previously mentioned, but it should not be forgotten in meal planning. Serve foods with a variety of natural shapes. Serve a vegetable or a salad having definite shape with a food that is creamed or mashed—such as mashed potatoes with green beans or broccoli. Don't spend extra effort and time shaping foods into realistic forms like animal crackers.

### What Meals When

As a general rule breakfast should contain 1/5 to 1/3 of the food needs for the day. A guide to go by here and in the

other meals too is: In general, provide meals that are adequate enough so that no one *needs* a between-meal snack.

The remaining two meals will depend upon the occupation of the family and their schedules. For example, do the children in school eat at home or take a lunch to school? In some areas the dinner is served at noon, with a lighter meal called supper served in the evening. When the heavier dinner meal is served at night the noon meal is usually a lighter one in the form of lunch. What is needed in the noon meal will depend upon what was served for breakfast or what is to be served for the evening meal. This consideration is true for the evening meal—the well-planned menu for this meal will be affected by what was served for the two earlier meals of the day. The meals may be extremely simple—a one-dish meal—or very elaborate—a formal dinner—and still meet the family's food needs. Check your menus to see if the meals for the day include the types of foods needed daily. Plan your meals by an orderly method; this will insure that the daily food includes the needed quantities of protein, minerals and other nutrients.

### What Foods to Include

The various foods which are considered in meal planning have been divided into *four* main groups. By using this daily food guide in your meal planning it is possible to make a quick check as to the nutritional adequacy of your menus. The division of the various foods is as follows:

#### A Daily Food Guide for Menu Planning

- I. Milk Group—some daily
  - children and teenagers—3 to 4 cups daily
  - adults —2 or more cups daily
  - pregnant and nursing mothers —4 to 6 cups daily
 Cheese—in prepared dishes, or sandwiches or plain  
(This can take the place of some of the milk)
- II. Meat and Protein Group—2 or more servings daily
  - Beef, veal, lamb, poultry, eggs, fish, dry beans, dry peas, nuts, peanut butter, cheese.
- III. Vegetable-Fruit Group—4 or more servings daily
 

Include:

  - 1) A citrus fruit or juice as grapefruit or orange, or tomatoes or tomato juice, or other fruit or vegetable as cantaloupe, strawberries, cabbage, broccoli, green peppers or greens as turnip or mustard.
  - 2) A green or yellow vegetable.
  - 3) Other vegetables and fruits, including potatoes.
- IV. Bread-Cereal Group—4 or more servings
  - Whole grain breads or cereals—wheat, oatmeal, brown rice, stone-ground corn meal—or whole grain products such as soy or whole wheat macaroni, spaghetti or noodles.

To round out the meals, serve butter daily and use vegetable oils as needed in preparation and serving of meals. Desserts and other sweets, as honey, may be used to finish off the meals and to satisfy the appetite. It is usually sufficient to serve a prepared dessert at only one of the daily meals. If honey, chutney, jam or jelly is served during the meals, no prepared dessert at all need be added.

Use this Food Guide as a yardstick for your day's menus. See if you have included the number of foods required in each group. This may seem laborious at first, but soon you will almost automatically choose the kind of foods that will insure your family a well-rounded diet.

### Sample Menus

Some sample menus which may be used as a help in your menu planning are:

Menus with dinner in the evening having meat as the main dish:

<i>Breakfast</i>	<i>Lunch</i> (at home or packed)	<i>Dinner</i>
Orange, whole	Egg Salad	Meat Loaf
Whole-Wheat Cereal	Sandwich	Baked Potatoes
Milk	Celery Sticks	Green Beans
Coffee or Tea (if desired)	Apple	Cabbage Slaw
	Milk	Bread, Butter
		Milk
		Peach Cobbler

Menus with dinner at noon with a one-dish main course of meat and vegetables:

<i>Breakfast</i>	<i>Dinner</i>	<i>Supper</i>
Tomato Juice	Beef-Potato-	Scalloped Corn
Soft Boiled Eggs	Onion-Carrot	with Cheese
Whole-Wheat Bread	Stew	Broccoli
Butter	Lettuce Wedge	Sliced Tomato-
Milk, Coffee or Tea	with French Dressing	and-Lettuce Salad
	Homemade	Bread, Butter
	Whole-Wheat	Milk
	Crackers	
	Milk	
	Gingerbread with Lemon Sauce	

Menus using protein-rich foods other than meat:

<i>Breakfast</i>	<i>Lunch</i> (at home or packed)	<i>Dinner</i>
½ Grapefruit	Cottage Cheese-	Baked Beans
Poached Eggs	and-Pineapple	Cauliflower with
Bran Muffins	Salad	Grated Cheese
Butter	or Sandwich	Mixed Vegetable
Milk, Coffee or Tea	Carrot Sticks	Salad
	Milk	Cornbread Sticks,
	Raisins and Nuts	Butter
		Milk
		Apple Crisp

Menus with fish and other protein-rich foods as the main dishes and vitamin C-rich foods at meals other than breakfast:

<i>Breakfast</i>	<i>Lunch</i> (at home or packed)	<i>Dinner</i>
Stewed Prunes	Cheese Sandwich	Tuna-Rice
Oatmeal	Broccoli Flowerets	Casserole
Scrambled Eggs	Banana	Buttered Carrots
Bread (if needed)	Fruit Juice	(cut and cooked in quarters)
Milk, Coffee or Tea		Cabbage-Green
		Pepper Salad
		Bread, Butter
		Milk
		Oatmeal Cookies

The quantity of food for the above menus varies, of course, according to one's body-build, metabolism and occupation.

## WHY God's Women Do Not Wear MAKE-UP

(Continued from page 8)

her as a girl and handled her virgin nipples and had intercourse with her freely. So I handed her over to her lovers, to the Assyrians... They exposed her nakedness... and they slew her with the sword, so punishment was inflicted on her, till she became a WARNING TO WOMEN.

"Her sister Oholibah saw this, but she went further in depravity, in her lust and harlotry... I saw that she was befouling herself... but she carried her harlotry further, she saw men pictured upon walls, figures of Chaldeans drawn in vermilion... and when she saw them she doted upon them... Therefore, Oholibah—here is the Lord the Eternal's sentence—I will rouse your lovers against you... I will mass them all round you, the Babylonians, all the Chaldeans... they shall attack you... with a host of nations" (type of the punishment yet to come on MODERN Israel for the SAME sins and abominations!) "...and they shall sentence you; I will vent my jealous fury upon you, and let them deal with you fiercely....

"Since you forgot ME and flung ME aside, then suffer for your sensual harlot ways!" 'Son of man,' said the Eternal, 'arraign Oholah and Oholibah, and show them their detestable impieties... They did this to me *also*; they polluted my sanctuary and *desecrated my sabbath*... And this is how they behaved within my temple; they actually sent for men who came from abroad, sent messengers to them! *And for them you bathed yourself, you PAINTED YOUR EYES, you put on your ornaments, you sat on a handsome divan, with a table spread in front of it... and sounds of revelry arose!*" (Ezek. 23).

NOTICE THAT! Here God pictures Israel and Judah as harlot women. They have sent for *men*. In order to seduce these men, and lead them into adultery, they PAINTED THEIR FACES! This has always been the main equipment of harlots! It is the very instrument of harlotry. God CONDEMNS the ACT as SIN—and shows plainly that this paint was applied FOR THE PURPOSE of seduction.

Now complete this blistering message

from God to modern women today!

"This therefore is the Lord the ETERNAL'S sentence: Bring a host of folk against them, and hand them over to be maltreated and robbed! Let them be stoned and put to the sword... *that all women may TAKE WARNING and avoid YOUR sensual ways*... and so learn that I am the Lord the ETERNAL!"

How about it? Do you want to argue that God doesn't mean YOU—or that this does NOT apply to using make-up today? YOUR body is God's temple today, and if you defile it, God says He will destroy YOU!

IN EVERY CASE where make-up is mentioned in the Bible, *God labels the woman who uses it a WHORE!*

Always, its use is an attempt to *change the appearance of the face!* It is an attempt to make the face *appear* to be (a DECEPTION!) more beautiful than it is. Always in one way or another it is VANITY! Today it is also an instinctive human-nature pull to conform to the ways of this world—perhaps without realizing that this is in direct disobedience of God's command: "Be NOT conformed to this world, but be ye TRANSFORMED by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect WILL OF GOD!" (Rom. 12:2.)

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