

CONTENTS

UNIT ONE. The Design for Good Nutrition

Problem 1	What are the Indications of Good Nutrition?	6
Problem 2	What may Affect a Person's Nutrition?	19
Problem 3	What Food Constituents are Essential to Good Nutrition?	28
Problem 4	How is One's Food Requirement Determined?	44
Problem 5	What may Influence the Food Eaten?	60
Problem 6	How is a Record of Food Intake Evaluated?	65
Problem 7	How can Dietary Deficiencies be Remedied?	71

UNIT TWO. The preparation and Use of Common Foods

FRUITS	76	
Problem 1	How shall Fruit be Prepared?	92
CEREALS AND CEREAL PRODUCTS	98	
Problem 2	How shall Breakfast Cereals be Prepared?	118
Problem 3	How shall Starchy Sauces and Desserts be Prepared?	125
BEVERAGES	133	
Problem 4	How shall Beverages be Prepared?	139
VEGETABLES	142	
Problem 5	How shall Vegetables be Prepared?	157
Problem 6	How shall Salads be Prepared?	171
MILK AND MILK PRODUCTS	183	
EGGS	204	
Problem 7	How shall Eggs be Prepared?	214
Problem 8	How shall Custards and Related Dishes be Prepared?	220
Problem 9	How shall Souffles and Similar Dishes be Prepared?	225
MEAT, POULTRY, AND FISH	228	
Problem 10	How shall Meat be Prepared?	244
Problem 11	How shall Gelatin Dishes be Prepared?	263
NUTS	269	
SUGARS	272	
Problem 12	How shall Candy be Prepared?	283
Problem 13	How shall Frozen Desserts be Prepared?	294
FATS AND OILS	300	
Problem 14	How shall Fried Foods be Prepared?	306
FOOD ADJUNCTS	309	
LEAVENING AGENTS	329	
FLOUR MIXTURES	337	

Problem 15 How shall Quick Breads be Prepared?	346
Problem 16 How shall Yeast Breads be Prepared?	355
Problem 17 How shall Sponge Cakes be Prepared?	364
Problem 18 How shall Butter Cakes be Prepared?	370
Problem 19 How shall Plain Pastry be Prepared?	379

UNIT THREE. Marketing for Our Food

Problem 1 What are Woman's Responsibilities as Buyer of Food?	388
Problem 2 What Affects the Price of Food?	394
Problem 3 How do Grades and Brands in Foods Aid in Efficient Marketing?	398
Problem 4 What shall Determine the Food to be Purchased?	405
Problem 5 How shall Coffee, Tea, Cocoa, and Chocolate be Purchased?	415
Problem 6 How shall Cereals and Cereal Products be Purchased?	420
Problem 7 How shall Fresh Fruits and Vegetables be Purchased?	424
Problem 8 How shall Dried and Frozen Fruits and Vegetables be Purchased?	438
Problem 9 How shall Dairy Products be Purchased?	443
Problem 10 How shall Eggs be Purchased?	451
Problem 11 How shall Poultry be Purchased?	457
Problem 12 How shall Meat and Fish be Purchased?	464
Problem 13 How shall Canned Food be Purchased?	478

UNIT FOUR. Preserving Food for Future Use

SPOILAGE OF FOODS	494
METHODS OF PRESERVATION	501
Problem 1 How shall Foods be Canned?	509
Problem 2 How shall Foods be Frozen?	527
Problem 3 How shall Pickles be Made?	538
Problem 4 How shall Jelly be Made?	543
Problem 5 How shall Preserves, Marmalades, Conserves, Jams. and Butters be made?	553
Problem 6 How shall Foods be Dried?	559
Problem 7 How shall Meat be Preserved?	564
Problem 8 What Determines the Kind and Quantity of Food to be Preserved in the Home?	569

UNIT FIVE. Planning and Preparing Meals

Problem 1 What Constitutes a Good Meal?	578
Problem 2 How shall Meals be Planned and Prepared?	585
Problem 3 What Contributes to the Efficiency and Ease of Meal Preparation?	598
Problem 4 How shall Dishes and Utensils be Cared for?	615
Problem 5 How do Table Appointments Contribute to the Meal?	621
Problem 6 How has Table Service Evolved?	632

UNIT SIX. Food and Social Usage

Problem 1 How have Social Usages Pertaining to Food Evolved?	645
Problem 2 What are Some of the Factors Influencing American Social Usage?	655
Problem 3 What Rules of the Game are in Current Use?	659
Problem 4 What are Accepted Procedures in Meal Service?	670
INDEX	711