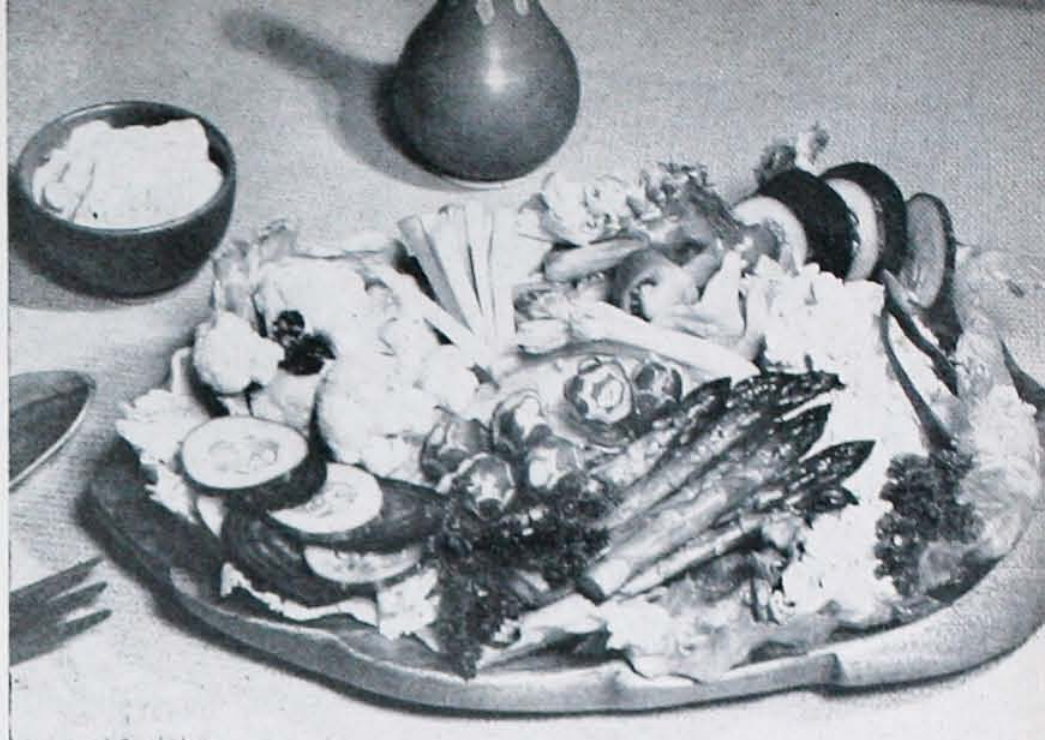


The Ontario Salad prepared by nutritionists on our extension staff, for the Dominion display of provincial salads in last year's "Salad Week."



least 1 pint. Adolescents, at least 1½ pints. Adults, at least ½ pint.

Fruit—One serving of citrus fruit or tomatoes or their juices and one serving of other fruit.

Vegetables—At least one serving of potatoes; at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

Cereals and Bread—One serving of whole grain cereal and at least four slices of bread with butter.

Meat and Fish—One serving of meat, fish, poultry or meat alternates such as dried beans, eggs and cheese. Use liver frequently.

Eggs and Cheese—Each at least three times a week.

Vitamin D—As in cod liver oil.

Iodine—As supplied in iodized salt.

Bulletins for the Asking

To help the homekeeper to plan attractive, satisfying meals and to feed her family along lines of sound nutrition, the Home Economics Extension Service has a stock of bulletins, any of which will be sent without charge to anyone writing for an individual copy. The address is Home Economics Service, Extension Branch, Ontario Department of Agriculture, 1207 Bay St., Toronto. These are the publications:

"Foods That Healthy Children Like," "Good School Lunches," "Your Food and Your Figure," "Let's Cook It Right," "Your Money's Worth in Food," "Oven Meals," "Potatoes Every Day," "Salads All the Year Round," "Supper Dishes," "Cooking Shortcuts," "Canning Ontario's Fruits and Vegetables," "Frozen Foods."

Courses in Food and Nutrition

Nutrition, along with good cooking and attractive food service, has the primary place in the courses given by Home Economists of the Extension Service. Even the subjects of these courses give some idea of the field covered—"Let's Cook It Right," "Food For the

Family," "Hospitality Foods," "Salads," "Sandwiches For All Occasions," "Your Food and Your Figure," "Make the Most of Your Home Freezer," "Canning Ontario's Foods."

Last year 215 Food and Nutrition Courses were given with a total enrolment of 6996 women.

4-H Homemaking Food Clubs

Girls and young women from twelve to twenty-six may learn about food and cooking in the Ontario 4-H Homemaking Clubs, supervised by the County Home Economist and directed locally by local leaders. Following are the Food Clubs for this year.

"The Supper Club." Choosing food for health is the basis of this project with emphasis on the preparation and serving of family and club suppers. The girls prepare such dishes as salads, fruits, cream soup, scalloped dishes and tea biscuits.

"Dressing Up Home Grown Vegetables." Club members are encouraged to eat and like vegetables by learning to prepare and serve them in a variety of ways.

"The Milky Way." The girls learn the nutritional value of milk, how to care for it, and varied ways of using it in family meals; also the use of milk in the diet of the child and the invalid.

"Meat In the Menu." The programme of this club includes the identification of cuts of beef and pork and how to cook them.

"The Cereal Shelf." — The use of whole cereals is stressed with emphasis on the importance of cereals at all family meals; and the girls make porridge, whole wheat muffins, rolled oat cookies and other cereal dishes.

Last year there were 230 Food Clubs in the province with a registration of 2044 girls.

The Health House on our cover may offer a suggestion to an Institute setting up a food exhibit at a fair. Food bulletins and a sort of "harvest home" decoration of the season's fruits and vegetables might be used in the exhibit.