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## A HANDBOOK OF FOODS AND COOKERY



HOME ECONOMICS HALL AT IOWA STATE COLLEGE

# FOODS AND COOKERY

A H A N D B O O K

*for Homemakers and*

*Teachers of Home Economics*

*Compiled for*

DEPARTMENT OF FOODS AND NUTRITION

DIVISION OF HOME ECONOMICS

IOWA STATE COLLEGE

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## FOREWORD

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THE Publication Board of the Iowa Homemaker, "A Magazine for Homemakers from a Homemakers' School," has for a number of years issued a first-class monthly magazine, which reaches the homes of Iowa with interesting, practical and helpful suggestions as to ways to meet many of the demands made upon the homemaker.

Today the Homemaker Board is offering another service thru "Foods and Cookery, a Handbook for Homemakers." This book fills a real need, for in this day of general interest in foods and nutrition and when the home must serve balanced meals, no homemaker can afford to be without a good up-to-date scientific book which will help her solve her food problems. We hope it will find a place on every kitchen shelf, for it is not only a compilation of the best of Iowa's recipes, but it has valuable dietetic information simply told, suggestions as to how to plan and serve meals, chapters on marketing, selection of foods and table service.

The book represents generous service on the part of the members of the Foods and Nutrition staff who have contributed material, tested recipes and compiled data. We are especially indebted to Miss Margaret H. Haggart, of this department, who is the editor and who has put much time and effort into the undertaking. She is largely responsible for the working out of the plan.

The staff of the Homemaker has well done its share and has assisted, particularly thru the Associate Editor, the Business and the Sales Managers.

The Division of Home Economics heartily endorses this undertaking of the Iowa Homemaker and we commend to you this book.

ANNA E. RICHARDSON,  
Dean of Division of Home Economics.

## ACKNOWLEDGMENTS

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This book would not have been possible but for the cooperation of the Department of Food and Nutrition of Iowa State College. Its files provided much of the material and its staff members assisted in reading the manuscript and checking proofs, to insure accuracy. Acknowledgment is also due the Department of Applied Art for suggestions for the cover. The Gorham Silver Company generously furnished the plates illustrating appropriate table silver. The National Livestock and Meat Board kindly loaned the engravings illustrating various cuts of meats and permitted the reproduction of illustrations on carving. Other illustrations of meats were from the bulletins of the Animal Husbandry Section of the Iowa Agricultural Experiment station. To the Collegiate Press, Inc., credit is due both for publishing and arranging the finances for publishing.

—THE IOWA HOMEMAKER