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CHILDREN'S MILK PUDDING II

2 thick slices of bread 1 ox. margarine 2 tablespoonsful sugar (demerars or granulated) or golden syrup plut full plut milk 2 tablespoonsful sugar (demerars or granulated) or golden syrup plut the bread in squares and spread both sides equally with margarine. Roll in sugar and put in ple-dish. Pour milk over and leave to soak for 20 minutes. Sprinkle any sugar left over on top and bake until brown in a moderate oven (Regulo Mark 3). Serves 4 portions

TEA-SUPPER

This meal should be nourishing (because it has to keep children satisfied a long time) and light, because they go to bed soon afterwards, and a meal that is long in digesting may spoil their sleep. A very good thing for tea-supper is a lightly bolled egg, but nowadays an egg every day is not possible, except for mothers who keep chickens. A good substitute is this Vegetable Soup, sprinkled with a tablespoonful of grated cheese and served with a slice of bread.

VEGETABLE SOUP

I potato

Mash and prepare the vegetables and cut them up small. Make the
margarine hot in a saucepan and cook the vegetables in it for 10
minutes, with the lid on the pan. Add enough boiling water to cover
the vegetables and simmer for j hour. Fut the vegetables through a
coarse sieve, re-heat, add a little salt and serve, sprinkled with cheese.

Brough for 3 children

Brough for 3 children

SOMETHING NICE IN A BASIN

Another good supper dish for cold weather is hot cornflour, which my old nurse used to call Something Nice in a Basin.

pint milk 1 dessertspoonful castor sugar 1 teaspoonful cornflour

Mix the conflour to a smooth paste with a little cold milk. Pour boiling milk over and stir well. Return to pan, boil for 5 minutes, stir all the time. Add sugar and pour into a basin.

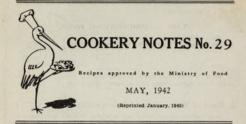
Give a little stewed fruit and a slice or two of bread and butter or margarine as a second course. Bottled fruit has as much vitamin value as stewed fresh fruit. A careful mother will bottle enough fruit during the summer to keep her children supplied during most of the winter. Stewed dried fruit is better than none. If fruit runs out altogether, see that your children get raw salad or raw grated carrot or swede, or give them shredded raw cabbage and plenty of potatoes cooked in their jackets. These will help to supply the lacking vitamins.

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Children over six will do well on the same simple food, but of course they need a little more of it. Give them larger helpings than the little ones of meat or fish, a little more butter or vitaminised margarine, grated cheese on no-meat days and an egg when you can spare it. They can eat the vegetable soup described above with the vegetables left whole, and they should have plenty of salad, fruit and green vegetables cerey day, and as much milk in puddings and soups as you can manage.

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MEALS FOR SMALL CHILDREN

POOD POR FUTURE CITIZENS-A word of warning

THREE CLASSES OP POOD—

A. Body-Building

B. Protective Poods

C. Warmth and Energy providers

A DAY'S MEALS FOR CHILDREN UNDER SIX

FOOD FOR FUTURE CITIZENS IS IMPORTANT

Food rationing has made us all learn many things about diet. Mothers of small children especially have been taught some things by experience, such as the necessity for vitamins, and the importance of fresh milk in children's diet. Many of them want to learn more about the right way to feed the children, who must grow up strong and sturdy so that they may be fit to enjoy to the full the better days that are

Food for small children is important, and in this leaflet mothers will find some simple rules for feeding children under six, also some hints on the best food for growing children.

All mothers want to be sure, first of all, that they are giving their children the foods that are absolutely necessary to them. First on the



COOKERY NOTES are published by the STORK MARGARINE COOKERY SERVICE, Unilever House, London, E.C.4, to help solve your present-day cooking problems. list are the Body-Building Foods (Class A), sometimes called proteins. Here is a list of them

CLASS A - BODY-BUILDING FOODS

Meat—including liver, tripe and brains. Pish—especially fat fish, like herrings and sprats. Eggs. Milk.

These are the best forms of body-building food. Peas, beans, neal and National flour help in body-building, too.

A Word of Warning about Body-building Foods

Every mother should realise and remember that the body-builders Every mother should realise and remember that the body-builders are just as necessary, in fact more necessary, for children than they are for grown-ups. Children's bodies are still being built. Grown-ups have finished growing, and although they need a certain amount of Class A foods to repair waste in their bodies, they don't need them more than the children. So don't make the mistake that many people have made, simply because they did not realise this fact, and give the working members of the family, the men and women, more than their share of meat and cheese and eggs. All these foods are rationed; the children of the family should have their fair share, and should never be allowed to so short. be allowed to go short.

ond on the list of necessary food factors come Vitamins. These Second on the list of necessary food factors come visamins. Assess are particularly important for children under six because, without them, bones and teeth cannot grow properly. Good digestion, strong nerves, good sight all depend upon a proper supply of vitamins. Good health depends upon them, too—that is why the foods which supply vitamins are often called the Protective Foods (Class B). They are:—

CLASS B-PROTECTIVE FOODS

Milk, butter and vitaminised margarine. Liver and fish liver oils, such as cod liver and halibut liver oil. Eggs.

rings, sprats, mackerel and salmon and fish roes; canned sardines, plichards, herrings and salmon (pink salmon has equal food value to red salmon, and needs fewer Points Coupons).

Fresh vegetables, especially green vegetables such as cabbage, cress, lettuce, kale, spinach and Brussels sprouts.

Carrots and swedes.

Fresh fruit—especially tomatoes, black currants and oranges
Strawberries, red currants, raspberries, loganberries and gooseberries.

Salads—such as watercress, radishes, lettuces, corn salad, young dandelion leaves, mustard and cress—all eaten raw. Raw grated carrot and turnip, and raw shredded cabbage are also good as salad.

The third class of food is the warmth and energy providing food he starches and suzars.

CLASS C-WARMTH AND ENERGY PROVIDERS

Bread.
National flour.
Potatoes.
Oatmeal.
Sugar.
Jam, syrup, treacle and honey.
Dried fruits, such as prunes, figs, dates, raisins and sultanas.
Dried beans and peas.
Lard.

Margarine and butter. And bacon.

This group of foods is not so important as the body-builders and the vitamins (with the exception of margarine and butter, which contain the important Vitamins A and D). Foods in the third class form a large part of our diet, because they are filling, and, most, of them, nice to eat. But if we have to do without some of them, we can. The Goods we can't do without are Class A and Class B. Children especially should be certain of the right amount of both these classes of food.

MEALS FOR CHILDREN UNDER SIX

BREAKFAST—Oatmeal porridge, with milk and sugar or syrup. Milk to drink.

Fingers of bread, or toast, with butter or margarine and jam, or a slice of bread soaked in bacon fat or spread with dripping.

Prunes or prune juice, or blackcurrant juice.

PORRIDGE

Here is an easy way to make porridge that may appeal to busy

Use 1 oz. oatmeal and ½ pint water for each child. Weigh out the meal, put it into a basin overnight and pour the measured cold ter over it. Give it a stir, cover the basin with a plate and leave it soak all night. In the morning, pour into a saucepan, add salt, stir ile it comes to the boil and boil 3 minutes.

DINNER—Minced meat, or fish dish (see recipe).

Potatoes, green vegetables (see recipe).
Salad (see recipe).
Stewed fruit.
Milk pudding or junket (see recipe).

FISH PUDDING

i lb. cooked fish (herrings, sprats, or white fish such as haddock, i lb. mashed potatoes cod or whiting) i good tablespoonful chopped parsley Milk i ca. margarine or cooking fat Salt.

Take out fish bones and flake fish. Mix with mashed potatoes, parsley and melted fat, beating in enough milk to make a creamy mass. Season

very lightly with salt, beat well with a fork until the mixture is light and fluffy. Put into a pie-dish and brown at the top of the oven or, if you are not using the oven for other cooking, under a red-hot grill.

Remember that fat fish (herrings, sprats or tinned salmon) is better than white fish, because it covers 2 classes of food, A and B.

FISH BALLS

4 ozs. cooked fish, boned and flaked 12 ozs. mashed potatoes A little salt 2 ozs. mashed carrots Dried breadcrumbs i oz. chopped chives, or green part of leeks

This is an economical way to use some of your points ration of tinned pink salmon. Or you can use herring or any cooked white fish. Mix potatoes, carrots and fish together with parsley and chives or leek, season very lightly. You will find that the mixture binds quite well without liquid. Roll into balls and toss well in breadcrumbs made from baked stale scraps of bread, put through a mincer or sleved. Bake 8-10 minutes at the top of the oven.

GREEN VEGETABLES

Much of the valuable vitamin in green vegetables can be wasted, if you cook them the wrong way. Cabbage, kale, broccoli or sprouts should be cooked in a closed saucepan, with just enough boiling water to cover the bottom of the pan, and a pinch of sait. Cook 12-15 minutes and serve the water with the greens. When you throw away the water you throw away much of the food value of the greens.

SALAD

Children often prefer to eat salad without any dressing, for small children, as all mothers know, do not like pronounced flavours, like too much salt or vinegar. Their palates are not hardened, as are ours, and the natural flavour of foods pleases them better. Give them well-washed watercress, or lettuce, including the green outside leaves, with grated raw carrot or the heart of a raw cabbage, finely shredded.

Here are two simple milk puddings, one using a small am-rice, and the other made with bread.

CHILDREN'S MILK PUDDING I

1 oz. rice 1 oz. sugar, oz j oz. margarine j oz. dried breadcrumbs 1 oz. sugar, or 1 good tablespoonful of honey or syrup ne Small pinch of salt readcrumbs 1 pint milk

Cook milk and rice in a double saucepan (or in a small saucepan standing in a larger one half-filled with bolling water) until rice is soft. Add breadcrumbs and margarine, sugar, honey or syrup, and salt and stir well together.

Serves 3-5 portions