

## **Meals for small children / Stork Margarine Cookery Service.**

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Stork Margarine Cookery Service.

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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.  
Fish—especially fat fish, like herrings and sprats.  
Cheese.  
Eggs.  
Milk.

These are the best forms of body-building food. Peas, beans, oatmeal 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 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 go short.

Second on the list of necessary food factors come *Vitamins*. These 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.  
Cheese.  
Herrings, sprats, mackerel and salmon and fish roes; canned sardines, pilchards, 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—the starches and sugars.

#### 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 foods 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 mothers.

Use 1 oz. oatmeal and  $\frac{1}{2}$  pint water for each child. Weigh out the oatmeal, put it into a basin overnight and pour the measured cold water over it. Give it a stir, cover the basin with a plate and leave it to soak all night. In the morning, pour into a saucepan, add salt, stir while 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

$\frac{1}{2}$  lb. cooked fish (herrings, sprats, or white fish such as haddock,  
 $\frac{1}{2}$  lb. mashed potatoes cod or whiting)  
1 good tablespoonful chopped parsley Milk  
 $\frac{1}{2}$  oz. 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. Enough for 6

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  $\frac{1}{2}$  oz. chopped parsley  
12 ozs. mashed potatoes A little salt  
2 ozs. mashed carrots Dried breadcrumbs  
 $\frac{1}{2}$  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 sieved. Bake 5-10 minutes at the top of the oven. Serves 4 portions

#### 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 salt. 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 amount of rice, and the other made with bread.

#### CHILDREN'S MILK PUDDING I

1 oz. rice 1 oz. sugar, or 1 good tablespoonful of honey or syrup  
 $\frac{1}{2}$  oz. margarine Small pinch of salt  
 $\frac{1}{2}$  oz. dried breadcrumbs 1 pint milk

Cook milk and rice in a double saucepan (or in a small saucepan standing in a larger one half-filled with boiling water) until rice is soft. Add breadcrumbs and margarine, sugar, honey or syrup, and salt and stir well together. Serves 3-5 portions